

Hello January

Free
copy



Pukka Bath

2026

HAPPY
NEW YEAR



Inside our January magazine, we have our amazing advertisers offering services for you, your pets and your home, our What's On, Quiz, RSPB Big Garden Birdwatch, Volunteering opportunities and much, much more



Peggy Dodd is an award winning charity which works to help those living with dementia and memory loss, whilst supporting and providing respite to the people who care for them.

**Peggy Dodd
Centre**



Our vision is to enrich the lives of those living with memory loss and their carers by consistently providing support which respects the needs of each individual.

Our Day Centre has a homely feel and is open Monday to Friday from 9am until 3.30 pm. We encourage clients to participate in a variety of activities which are designed to stimulate the memory whilst improving physical and mental wellbeing. Activities include gentle exercise, singing, card games, dancing, quizzes, crafting plus much more. We pride ourselves on being person centred, and activities are adapted to suit all abilities and needs. The sound of laughter, smell of fresh coffee and a smiley face is what will greet you.

In our main day centre, we have two large day rooms and four resource rooms where the activities take place along with two separate dining rooms for lunch. We also have our Margaret Fisher room which is designed when someone's dementia is more progressive.

As you head into our beautiful garden, which is a safe space to walk and relax in, you will find our new large garden room. This new room will allow us to offer therapeutic sessions along with a space for clients to be surrounded by nature. Refreshments are provided throughout the day, with a two-course hot meal at lunchtime. Where we can cater for those with special diets too. All this is included in one fee with Hair dressing, Chiropody and supported baths available at an additional cost.

We can provide transport for those living in the Bath area but welcome others to make their own travel arrangements to the centre. We also work closely with other local transport providers and can support you to arrange suitable provision.

As well as delivering the activities, our engaging team are here to assist with personal care, general wellbeing and mobility issues, using a variety of specialist equipment to deal with moving clients and any falls which may occur.

**www.peggy-dodd-centre.org.uk
Brierley House, Summer Lane,
Combe Down, Bath, BA2 5JX**





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“ Just twelve weeks on, I'm walking unaided, travelling confidently on buses and trains, and enjoying a new sense of freedom and independence.
Brian, 92, Bath, Client



Bath's popular community Bath Good Afternoon Choir resumes on Thursday January 8th.



The choir has been singing for over 10 years and the founder of the choir Grenville Jones is standing down to hand over the reins to John Sandford. Over the years Good Afternoon Choirs have raised many thousands of pounds for charities and at their recent carol celebration Bath Good Afternoon Choir welcomed children from Combe Down Primary School for a memorable concert with the Mayor of Bath, Cllr Prof Bharat Pankhania, as the special guest

John Sandford lives in Bath and is associated with many local singing groups and he looks forward to welcoming back all the members of Bath Good Afternoon Choir, plus potential new members.



“We run community choirs with over 1300 members joining together every week across the West of England and Wales, and the Bath Good Afternoon Choir was the first that I started all those years ago. I’m delighted that John will be taking over and if you are reading this and love to sing then why not come along, meet John and ‘discover’ the fun of Singing in the Afternoon.

“We meet at Widcombe Baptist Church on a Thursday afternoon from 2pm-4pm, see you there,” said Grenville.

**Further details of our Good Afternoon Choirs can be found on
www.goodafternoonchoir.org**

**Widcombe Baptist Church,
Pulteney Road (South), Bath, BA2 4JR**

www.goodafternoonchoir.org

STARTING BACK ON
Thursday January 8th
YOUR *Local* COMMUNITY CHOIR



THE NO AUDITION - FRIENDLY
BATH
GOOD AFTERNOON CHOIR

On **THURSDAY** AFTERNOONS
from **2:00pm-4:00pm**

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YOUR FIRST REHEARSAL

WITH NEW CONDUCTOR

**JOHN
SANDFORD**

at

**Widcombe Baptist Church,
Pulteney Road (South), Bath, BA2 4JR**



www.goodafternoonchoir.org

What's On January

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, 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

1st January, Thursday, Happy New Year



Continued on page 14



As an adult in Scouting you can put your skills to use, learn new ones and be part of something truly amazing. Join us and be part of a great team!

bathscouts.org

#SkillsForLife

SWAN Transport Calls for New Volunteer Drivers to Support Vital Community Transport Service



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.

“Our volunteers are the heart of this service,” said Sofia Perkins, Community Transport Scheme Manager. “Just a few hours a week can make a life-changing difference to someone who would otherwise struggle to get out of the house. We’re looking for friendly, reliable people who want to make a positive impact in their community.”

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.

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10th Bath (Combe Down) Scouts



Jumble Sale

Sat. 17th January 2026

2.30 pm

At Scout H.Q. (The Ave.)

BA2 5EQ

Admission 50p Children under 12 Free

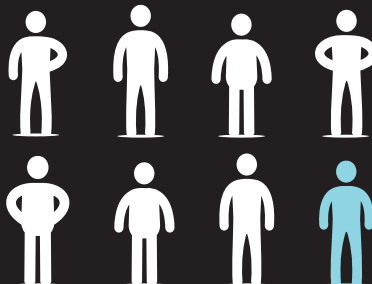
Donations accepted on the morning of the sale but please no furniture or electrical items.

The next jumble sale will be Saturday 14th March 2026

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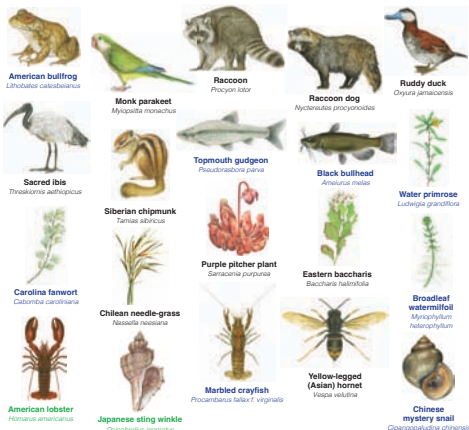
prostatecanceruk.org/risk8

Statistics are for men in the UK
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*Tolls are recorded for funding purposes only
Confidentiality is maintained between callers and Prostate Cancer UK

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and in Scotland (SC045252). Registered offices: London, 200 2002
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29

Have you seen these species?



■ Terrestrial ■ Freshwater ■ Marine

The plants and animals depicted on this poster are 'Alert 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: alerinnonnative@ceh.ac.uk

Find out more and
report a sighting:



Please note: the relative size of the different species represented in this poster is not proportional. This poster is based on a design by the Belgian National Scientific Secretariat on invasive alien species. Images: Belgian Museum of Natural Sciences and Manuel CABALLER - Museum national d'Histoire naturelle CC BY 4.0. <https://creativecommons.org/licenses/by/4.0/>, via Wikimedia Commons

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

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07771852751



**GrandFriends is a grassroots initiative conceived by
elders, parents, young people, education
and medical professionals in Bath.**



At the Lunch & Play Time Visits programme.

e hosted at St John's Primary School in Oldfield Park, the GrandFriends share lunch with pupils from all ages 5 – 11, and then have time together in the playground, or classrooms in bad weather.

At the 'Library Sessions' GrandFriend volunteers go into two local primary schools to read with children selected for their literacy and emotional needs.

The Sunday Socials are informal, old fashioned tea parties which take place monthly in Bath where GrandFriends host families, students, all younger people and intergenerational connections are made over cake and traditional pastimes such as crochet and jigsaw puzzles.

The Hobbies Clubs are for children aged between 8 and 14 from all over Bath to explore a huge range of interests together with the GrandFriends, such as crochet, gardening, cooking, science experiments, crafts and board games

Could you be a GrandFriend?

The charity has a wonderful team of volunteers, who give their invaluable time and company. In their own words: "Volunteering as a GrandFriend gives as much to me as the children and I feel lifted up after each visit. When we arrive at school the children rush up to say hello, and I feel like a celebrity. The children are so interested in a nonjudgmental way. One of them was asking about my hearing aid, why it was squeaking, and we talked about it in a way that felt natural and easy. It's a pleasure to watch them learn through simple curiosity".

"I love meeting up with the students and younger adults over a relaxed tea at the Sunday Socials – it feels important to be able to listen to their stories, and lovely to feel their interest in me." The GrandFriends enjoy regular 'café collective' meet-ups in a different independent café in Bath each time, and the charity hosts Christmas and summer parties to thank the volunteers, many of whom have made excellent new friendships with their fellow GrandFriends.

The charity is looking for more GrandFriends to join the team. The volunteers are aged between early 60s and late 80s so far . . . no qualifications or experience required, and people of every background and circumstance are invited get in touch. Training is provided and the GrandFriends are supported by staff all of the way.

Lavinia, (charity founder), says 'We are all looking ahead to another year of our wonderful enterprise. I hope that anyone who may be interested in our mission to forge rewarding connections between GrandFriends and younger people will get in touch.'

**Please visit www.grandfriends.uk to find out more or contact
hello@grandfriends.uk
01225 967680 or 07713400071**

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- › Home environment assessment



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We look forward to hearing from you

What's On January (continued)

7th January, Wednesday, 8.45am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

8th January, Thursday, 2-4pm. Bath Good Afternoon Choir, Widcombe Baptist Church BA2 4JR. No charge for your first rehearsal, see page 5 for details. www.goodafternoonchoir.org.

8th January, Saturday, 10am - 4pm. Bear Flat Community Market Christmas Special. Methodist Church Hall, Bruton Avenue. Stalls selling a variety of locally made artisan bread and pastries along with Christmas cards and gifts, jewellery, plants and preserves. Enjoy a drink with a range of home-made cakes and savouries; plus home-made soup at lunchtime. Contact details - helenscamell@gmail.com

8th January, Thursday, 7.30pm - 9.30pm, Bath Railway Society, An Illustrated Talk by Mike Beale 'The Langford Collection Part 1 – Western Region 1956-65'. A selection of black & white and colour photographs taken by Bristol based railway enthusiast the late Derek Langford. 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

14th January, Wednesday, 8.45am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

17th January, Saturday, Bear Flat Community Market with Share and Repair Workshop, Methodist 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 and a home made cake and savouries. Contact details helenscamell@gmail.com

17th January, Saturday, 2.30pm. Jumble Sale. 10th Bath (Combe Down) Bath at Scout HQ, The Avenue BA2 5EQ.

21st January, Wednesday, 8.45am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

24rd - 25th January, Big Garden Birdwatch. See pages 25 & 25.

28th January, Wednesday, 8.45am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

28-31 January. Wed-Fri @ 7.30pm, Sat @1pm & 5pm, Robin Hood and the Traitor of Nottingham. Brand new family pantomime by St Philip & St James Church Drama Group. St Philip & St James Church Hall, Odd Down, Bath. BA2 2QF. Tickets £10 adults and OAPs, £6 children (under 18) excl. booking fee, available online at www.ticketsource.co.uk/spsjdrama or call 01225 835228 (Mon-Fri 9-1, 2-5pm). Wheelchair spaces available.

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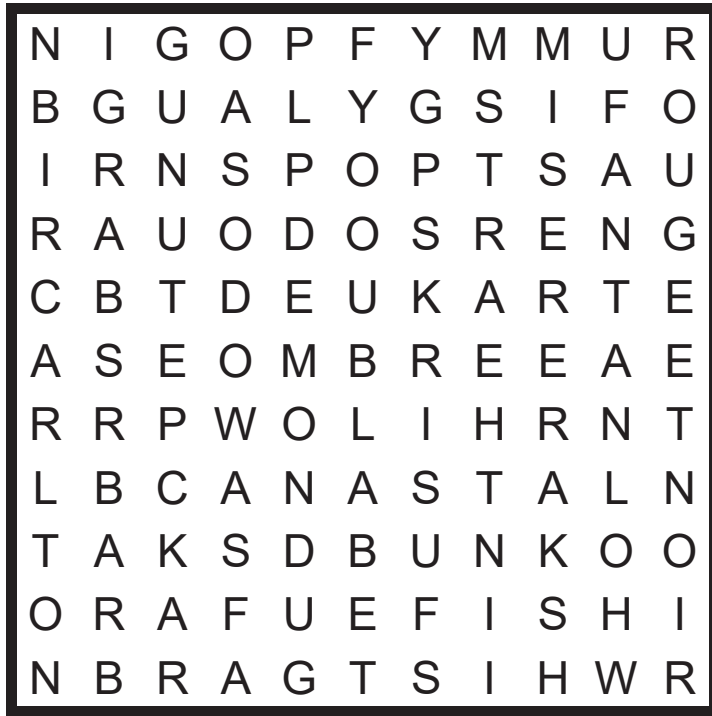
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Wordsearch



Can you find the card game names below in the wordsearch above?

Brag

Fan-Tan

Hi-Low

Rouge et Noir

Bunko

Faro

Misere

Rummy

Canasta

Fish

Nap

Skat

Carlton

Gin

Ombre

Solo

Crib

Grab

Poker

Spades

Demon

Hearts

Red Dog

Stop

Whist



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1. Which church spire are we looking at?

2. What type of food is Danish Blue?

3. Suffragettes Emmeline and Christabel shared which surname?

5. The name of which football club is abbreviated to PNE?

4. Cingula are bundles of nerve fibres in which organ?

6. The Gulf Stream current is named after which gulf?

7. In which sea is the Malta Channel located?

8. The film Cold Mountain is set during which war?

9. What is three quarters of 40?

10. What are the spines on a porcupine called?

11. What is the official language of Costa Rica?

12. In a rice pudding, what liquid is the rice cooked in?

13. In finance what does SVR stand for?

14. The Mesozoic era was formed by the Triassic, Cretaceous and which other period?

15. Chelsea and Chiswick are bridges over which river?

16. Who created Rumpole of the Bailey?

17. In which century was the painter Canaletto born?

Answers on page 30



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Have you upgraded your electrical appliances over Christmas? Donate your old small appliances to our HomeKIT project, and they will go to a home in need. Share and Repair's HomeKIT project takes donations of clean, working small household appliances in good condition, and partners with local charities to rehome them with people in need. Think radios, vacuum cleaners, lamps, hairdryers and more, and email homekit@shareandrepair.org.uk to see if they can accept it.

Southdown Repair Cafe is taking a break for Christmas, 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

*deliveries are first-come first-served, please check details on our website



Sudoku - solution on page 30

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

Wordsearch solution

N	I	G	O	P	F	Y	M	M	U	R
B	G	U	A	L	Y	G	S	I	F	O
I	R	N	S	P	O	P	T	S	A	U
R	A	U	O	D	O	S	R	E	N	G
C	B	T	D	E	U	K	A	R	T	E
A	S	E	O	M	B	R	E	E	A	E
R	R	P	W	O	L	I	H	R	N	T
L	B	C	A	N	A	S	T	A	L	N
T	A	K	S	D	B	U	N	K	O	O
O	R	A	F	U	E	F	I	S	H	I
N	B	R	A	G	T	S	I	H	W	R

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Parsnip Orange & Ginger Cake

RECIPE



Ingredients

Cake:

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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.

Bath Bowling Club situated on Pultney Road between The Bird and Arylington had a very successful team season. Somerset mens county league A team Prem1 runners up, B team Prem2 3rd and C team East 2 5th. The C team being mainly new bowlers who were introduced to the game via previous Open Days held at the beginning of April. Our ladies sides are competitive in their leagues. The mens and mixed teams winning both their Mid Somerset Leagues.

The club also has a long and proud record of supporting community organizations. This season has been no exception. On the green the club hosted deafPLUS a charity that works to improve the lives of deaf and hard of hearing people in the UK. Providing resources, support and advice to ensure they have full and independent lives in the wider society. The club supplied bowls and volunteers to support guests many of who were also visually impaired. Great fun and day had by all.

A charity weekend kicked off with an evening event that included a donated prize raffle which raised £950 for The Grand Appeal and Cots for Tots. The following day a social celebration club match raised £400 for this years club members nominated club charities.

Bath Carers Centre supporting those who look after someone with information, advice and support to anyone looking after their loved ones in Bath and North East Somerset. They help young people from 5 years old and adults, at any stage in their caring role and Young Lives versus Cancer the charity that helps children and young people (0-25) and their families find the strength to face whatever cancer throws at them. The contribution from the celebration match together with Whist evenings, catering on club finals days and post-match bucket collections meant a final total of £1685 was equally shared and presented to representatives of Bath Carers Centre & Young Lives versus Cancer by club vice president Graham Symonds at a fireworks night event held at the club on 1st November.



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RSPB Big Garden Birdwatch 2026

Together, let's make it count

RSPB's Big Garden Birdwatch is the largest garden wildlife survey in the world and provides a snapshot of how garden birds are faring in the UK.

In 2025, almost 600,000 people across the UK took part, counting more than 9 million birds.

With even our familiar birds now facing so many challenges due to the nature and climate emergency, every count matters.

The world's largest garden wildlife survey returns, with hundreds of thousands of people watching and counting the UK's garden birds over the last weekend in January for the RSPB's Big Garden Birdwatch.

Almost 600,000 people took part in 2025, counting more than 9 million birds of over 80 species – an amazing achievement. The survey provides a valuable snapshot of how our most common garden birds are faring and taking part is one positive way to take action for birds and nature.

This year's event takes place on 23, 24 and 25 January 2026. People across the UK are asked to spend an hour watching and counting the birds in their garden or local park, or from their balcony, then send their results to the RSPB.

The Birdwatch, which started in 1979, has become the UK's biggest citizen science wildlife survey. Over that time, more than 200 million birds have been counted and over 12.6 million hours spent watching and counting garden birds.

Beccy Speight, the RSPB's Chief Executive, said: "By taking part in the Birdwatch, you and hundreds of thousands of other nature lovers across the UK, are helping us understand how garden birds are doing. Birds and wildlife are struggling right now.

Every observation counts, even if you see nothing at all. Whether you live in a city or the countryside, anyone, anywhere, can take part in the Big Garden Birdwatch – even if you don't have a garden! A park, balcony, allotment or window box will do. Simply spend an hour and count the birds you see. It's good for wildlife and evidence shows it's good for our own wellbeing."

Over its four decades, Big Garden Birdwatch has highlighted the winners and losers in the garden bird world. 2025 results revealed that House Sparrow was still ranked number one for the 22nd year in a row. However, numbers were down 11% compared to 2024. Average House Sparrow counts were the lowest since 1998 and down 64% compared to the first BGBW in 1979. Starlings dropped out of UK's top three garden birds as the lowest average count ever recorded.

Chris Gomersall (RSPB Images)



Andy Hay (RSPB Images)



Ben Andrew (RSPB Images)



Average Woodpigeon counts increased, largely mirroring the national trend in breeding population. Average counts in 2025 were the highest ever recorded in Big Garden Birdwatch. It is the first time, Woodpigeon has been ranked in 3rd place at a UK level.



Ray Kennedy (RSPB Images)

Beccy added: “Even on the greyest winter day, garden birds bring a welcome dose of nature into our everyday lives. Take a moment to pause, to listen, to notice. We need nature, and nature needs us. By joining the Big Garden Birdwatch you’re doing something positive for birds and nature. Because when we act for nature together, we can do so much more.”

How to take part:

To take part in the Big Garden Birdwatch 2026, watch the birds on your balcony, in your garden or in your local green space for one hour at some point over the three days. Only count the birds that land, not those flying over. Tell us the highest number of each bird species you see at any one time – not the total you see in the hour.

Registration for Big Garden Birdwatch 2026 is open. To receive your FREE Big Garden Birdwatch guide, which includes a bird identification chart, top tips for your Birdwatch, RSPB shop offer, plus advice on how to help you attract wildlife to your garden:

**text BIRD to 82727,
or you can choose a free digital guide (which helps the RSPB spend more on nature by reducing costs) by visiting: www.rspb.org.uk/birdwatch**

The parallel event RSPB Big Schools’ Birdwatch takes place during the first half of spring term, 6 January – 13 February 2026. For more than 20 years, the Birdwatch has helped to connect children and their teachers with nature in their school grounds. Registration for Big Schools’ Birdwatch is now live. Further information can be found at www.rspb.org.uk/schoolswatch

Ben Hall (RSPB Images)



Ray Kennedy (rspb-images)



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Department for Business & Trade

citizens advice

Something might be a scam if:


- It seems too good to be true, like you've won a competition you don't remember entering, or a "get rich quick" investment opportunity
- It's unexpected, such as someone you don't know getting in touch or getting a message about a parcel delivery you're not expecting
- You've been asked for personal information like passwords or your bank details
- You're being urged to respond or pay quickly
- You've been asked to pay in an unusual way, for example by gift vouchers or a transfer service
- You are being asked to pay for a product or service before receiving written confirmation of what's been agreed

Remember: If someone pressures you to send money or personal details, it's most likely a scam. Never give money or personal details, like passwords or bank details, to anyone you don't know or have only met online.

If you think someone might be trying to scam you, take the time to get advice. You can contact the Citizens Advice consumer service for help with what to do next, and report scams or suspected scams to Action Fraud on **0300 123 2040**.

Take a Mindful Moment


Taking time out can help to reduce stress and anxiety.
Find what works for you and aim to make it part of your daily routine.



Think of three things that you are grateful for. Try this every day, wherever you are!
You can write them down or just think in the here and now.




Take a look at our **Wellbeing Activities** for lots more to keep you busy through the coming months!
www.bathmind.org.uk/advice-and-support/wellbeing-activities/




Connect with your senses - one at a time:


- listen to a bird
- notice colours of leaves
- touch the bark of a tree
- smell the fresh air
- taste (take a picnic!)




Place your feet on the ground. Imagine you have roots like a tree, going deep into the earth, helping to keep you strong with a solid foundation.




Writing can be therapeutic and help you connect with others. Write a letter to someone you care out; compose a poem or verse.




Getting lost in a good book can help to calm the mind. Ask a friend to recommend something. Find a quiet place, and try to read without distraction.




Engage your senses and notice how sounds, smells, colours and textures change with the weather.




Take a notebook and pens, pencils/paints. Doodle, sketch, paint or draw! Try to focus on this alone, notice how you feel.




Appreciation for others can help you feel more positive about the people around you. Spend a moment thinking about someone who has been kind to you.



Sit quietly and notice your breath. Breathing in through your nose, and out through your mouth. Try to make the 'out' breath longer than the 'in' breath.



Stay in the moment - if you are walking, think about how your body feels, notice the sound of your footsteps, look around and appreciate what you see.



Find a quiet place to sit. As thoughts drift into your mind, acknowledge them and let them pass, do not dwell on them. Focus on your breath for a few minutes of calm.

How do you support your wellbeing?
We would love to hear from you.

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as
Little Jane



Finlay Randall
as
Will Scarlett

28th - 31st January 2026

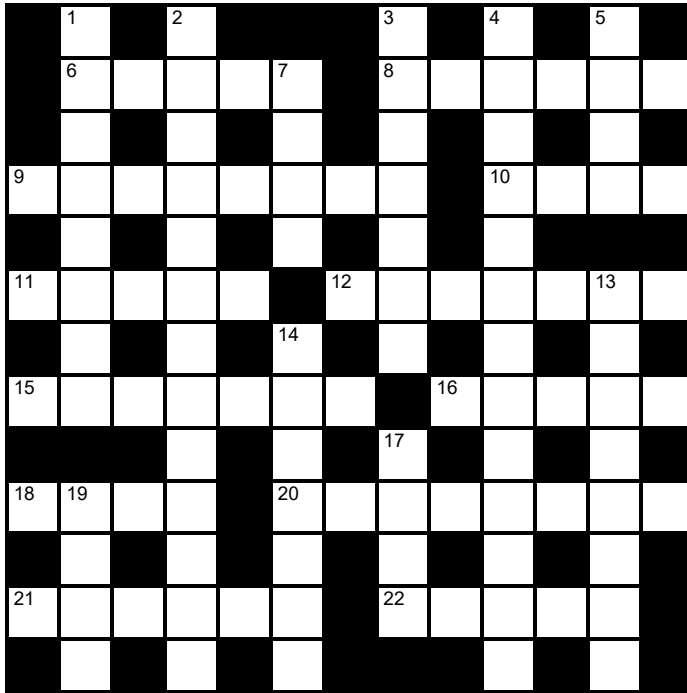
7.30pm Wed-Fri, 1pm & 5pm Sat

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Tickets: ticketsource.co.uk/spsjdrama



Crossword



Across

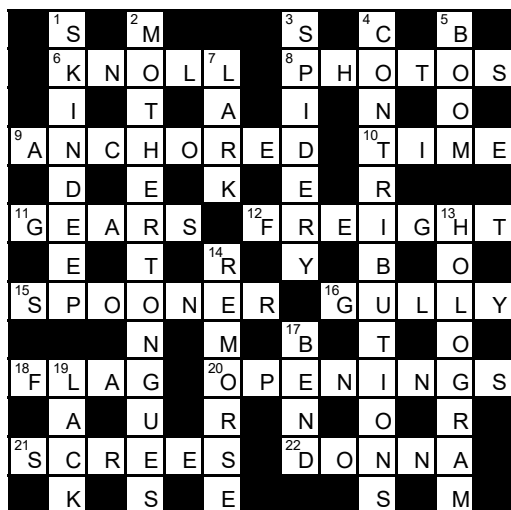
- 6 Hillock (5)
- 8 Snaps (6)
- 9 Fastened (8)
- 10 Cry at the end of an exam (4)
- 11 Adapts (5)
- 12 Artic's load (7)
- 15 Language-garbling clergyman (7)
- 16 Deep ditch (5)
- 18 Iris (4)
- 20 Job vacancies (8)
- 21 Accumulations of rocky debris (6)
- 22 Fashion's --- Karan (5)

Down

- 1 Superficial (4-4)
- 2 Shake up roughest men to find first languages (6,7)
- 3 Long, thin and angular (7)
- 4 Donations (13)
- 5 Sailing boat head-banger? (4)
- 7 Carefree outing (4)
- 13 3-D image (8)
- 14 Penitent's emotion (7)
- 17 Type of knot (4)
- 19 Deficiency (4)

Solution on page 30

Crossword solution



Sudoku solution

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

Pukka Bath Quiz answers

1. St Matthews (St Matt's) Widcombe.
2. Cheese
3. Pankhurst
4. The brian
5. Preston North End
6. Gulf of Mexico
7. Mediterranean Sea
8. American Civil War
9. 30
10. Kills
11. Spanish
12. Milk
13. Standard Variable Rate
14. Jurassic,
15. River Thames
16. John Mortimer
17. 17th century

Pukka Bath small print.....

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