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copy

Hello May

Pukka Bath

Inside our May magazine, we have our amazing advertisers offering services for you and your home, Home Heating Efficiency, The MS Society, volunteering, our What's On, Quiz, Wordsearch and much, much more

Sash Window Restoration

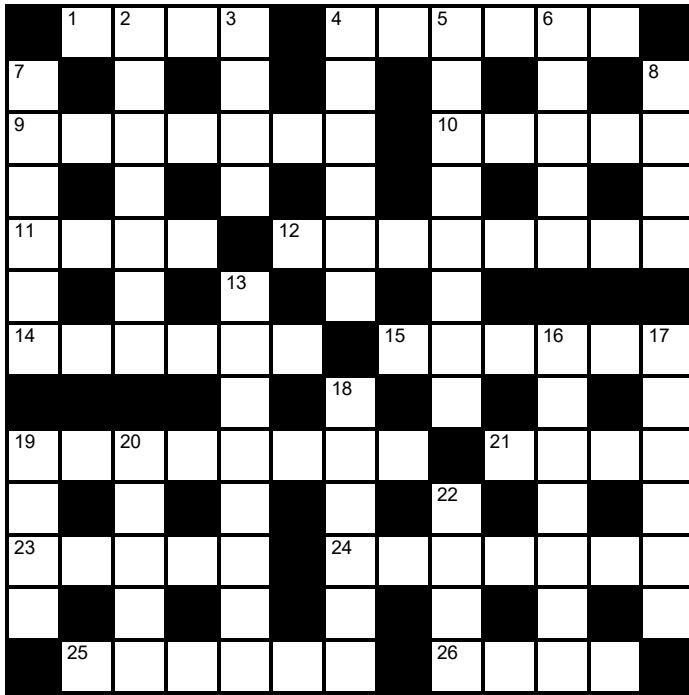
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www.tgeorge.co.uk email: tom@tgeorge.co.uk



Crossword



Across

- 1 Capricious thought (4)
 4 “--- Angry Men” (1957 Henry Fonda film) (6)
 9 Wayfarer (7)
 10 Man with a mission? (5)
 11 Make up (4)
 12 Occasion for lighting candles (8)
 14 Curdled milk (6)

- 15 Strengthen (4,2)
 19 Bangers inside bangers? (3,5)
 21 Titanic nemesis (4)
 23 Cheque writer (5)
 24 Properly organized (2,5)
 25 Hawk (6)
 26 Shoe type (4)

Down

- 2 Serving (7)
 3 Any brother in “Animal Crackers” (4)
 4 Side of the forehead (6)
 5 As was James Bond, by Stromberg (8)
 6 It means “I see” in Latin (5)
 7 “American Beauty” Oscar-winner Kevin --- (6)
 8 Hibernian heating fuel (4)
 13 Protected drunken, rude Omar (8)
 16 Bondman’s dream (7)
 17 Mobile forerunners (6)
 18 Accommodate (6)
 19 Reporter’s output (4)
 20 What me and thee do (5)
 22 What an air ball misses (4)

Solution on page 23

Could your street work together to improve your homes?

Improving your home's energy efficiency can feel complicated – but you don't have to do it alone. Across Bath, neighbours are joining forces to share ideas, learn from experts, and take practical steps to make their homes warmer and cheaper to run.

Home Energy Neighbourhoods, a project run by Bath & West Community Energy (BWCE), brings together people living in similar homes, making it easier to understand what works and which upgrades are worth investing in.

If you haven't had one yet, you can get a discounted home energy assessment from BWCE, which provides expert retrofit advice tailored to your home. Afterwards, BWCE will help you host a simple get-together to share the results with your neighbours, along with a catering budget.



Taking part is a chance to:

- Get practical, tailored advice to improve your home
- Learn which upgrades are most worthwhile, so you can spend your money wisely and avoid costly mistakes
- Help others do the same and feel part of something positive in your community.

By bringing together people in similar homes, the project helps people to save time, reduce costs, and make energy upgrades more manageable and even enjoyable.

Residents who've taken part speak highly of the experience. One participant from Weston said: "Thanks for the time and energy you put into last night's get-together. We really appreciated your detailed engagement with people's questions and concerns, and your level of knowledge and enthusiasm."



Another resident in Widcombe shared: "I want to say a big thank you for pushing me to get a move on with energy efficiency measures in the house! It's a joy to move forward."

BWCE are currently looking for six more streets to get involved. If you're up for hosting a small get-together, you can access a Heat Pump Assessment for £100 or Futureproof Survey for £160 (both well below the typical cost of £260-460 for a 4-bedroom house, though prices may rise soon subject to funding from Retrofit West). If you've already had an assessment, you can still share your findings to help others on your street.



To find out more, scan the QR code

or visit: www.bwce.coop/home-energy/home-energy-neighbourhoods

BWCE's Home Energy service helps residents across B&NES to make their homes warmer, healthier and more energy efficient. They offer impartial advice and support throughout the retrofit journey – from initial guidance to full project coordination.



THREE CHEERS FOR LOCAL READ EASY GROUP

Read Easy Bath had three reasons to celebrate recently. Two new readers received certificates on completing their reading journey - and the Midsomer Norton-based Sperring Charity made a generous £2500 donation.

Read Easy Bath Team Leader Caroline Cronin explains: 'Read Easy Bath is a voluntary group affiliated to Read Easy UK. We offer free, confidential, one-to-one coaching with trained volunteer coaches for adults who, for any number of reasons, can't read or have limited reading ability. We passionately believe that reading changes lives and in the National Year of Reading, there's never been a better time to learn or improve!'

Roger (58) never mastered reading at school and didn't have the confidence to ask. Having worked through the five stages of the Read Easy programme with his coach, Roger says: 'I've loved learning to read. I now know how to sound out words and am buying myself books and going to the library.'

Called a 'model pupil' by his coach Steph Perrett, Roger has wide interests. He completes Wordsearch puzzles and hopes to enrol on an IT course.

Also graduating is Gary (29). His learning difficulty made it hard to concentrate at school, but with the help of the Swallow charity, he learnt cooking and counter skills at their café in The Hive, Peasedown St John. Knowing his inability to read was holding him back, he jumped at the chance to learn.

'I was nervous at the start,' he says, 'but my coach was so friendly and kind, I soon got going!'

Gary's coach Debbie Wilkes says: 'I'm so proud of Gary's achievements, motivation and focus. Watching him learn and grow has been the most amazing thing - we have changed the course of his future.'

Trustee George Persson of the Sperring Charity adds: 'We were impressed by the Read Easy Bath's passion for the work it does in the area and wanted to provide support.'

But the last word goes to Roger. 'I feel like a reader now. I'm much more confident. I say to myself "I can do it!"'



George Persson of the Sperring Charity Trustees presents cheque to Read Easy Bath Team Leader, Caroline Cronin and Read Easy Co-Ordinator for Radstock, Midsomer Norton and Peasedown, Alison Maughan.



Proud graduates Gary (L) and Roger (R)

If you know someone who would like to learn to read please contact:

Sarah at bath@readeasy.org.uk

or Alison - bathcoordinator3@readeasy.org.uk or 07593 187293

To find out more about volunteering as a coach, please contact:

Juliet on bathrecruiter@readeasy.org.uk

If you can offer us a venue for coaching (two sessions a week) especially in Peasedown or Radstock, please contact Alison - bathcoordinator3@readeasy.org.uk

or 07593 187293.

Check out Read Easy Bath on Facebook or Instagram

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What's On May

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

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, Resumes 30th April, 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

Continued on page 18





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Bath and District Group



Do you know someone who has Multiple Sclerosis (MS)?

We are here to support you and your loved ones to live well with MS. Whether you have MS or care about someone who does, join our group to connect with other people from the community and share experiences. We don't want anyone to face MS alone.

From information on local services to opportunities to meet others in the area and more, our group is part of a large network of MS Society groups situated across the UK.

We run a local telephone helpline, publish a monthly newsletter, help with transport (we operate our own minibus) as well as providing some ad hoc financial support.

We also hold regular exercise classes and arrange group meals, outings and hold a monthly social.

Seated Exercise

Every Tuesday from 13.00 to 14.00 at St Andrew's Hall, Hawthorn Grove, Combe Down, BA2 5QA
Every Tuesday from 10.40 and 11.40 at Somerdale Pavilion, Keynsham, BS31 2FW

Monthly Social

The last Friday of every month from 11.00 to 15.00 at Odd Down Sports Ground, Chelwood Drive, Bath, BA2 2PR

Can you help?

We are looking for volunteer drivers and/or passenger assistants to join our small friendly team. We collect MS members from their homes and take them to their exercise class, therapy sessions and social events. The role is a little physical as you'll need to use wheelchair fixings in the minibus and handle manual wheelchairs. Or have your own car to pick up members and take them to events?



**If any of the above appeals to you please call us on 08000 665 355
or email bath@mssociety.org.uk
www.mssociety.org.uk/bath www.facebook.com/MSSocietyBath**

If you would like to receive MS Society Bath and District monthly newsletter, please use this link and enter your details: <https://signup.mssociety.org.uk/page/21388/-/1>

**It's a really upbeat group so why don't you get in contact
and come and see us to see what it's all about.**

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Bath & District Dahlia Society

Bath & district Dahlia Society was founded in January 2026 to promote the growing and showing of dahlias in the local area. We hope to establish a membership of dahlia growers of all ages and abilities and encourage those new to exhibition growing.



We hope to plan a series of talks by Dahlia experts to educate and inform and to hold meetings, events and garden visits or outings. We are currently planning our first ever show for Saturday 5 September and are very grateful to The Urban Garden Centre, Marlborough Buildings, Bath for their help and use of their space. We are affiliated to The National Dahlia Society and will award their Silver and Bronze medals for the best exhibits in the members only classes which will be judged under NDS rules.

Entries in our single bloom classes are primarily for novice exhibitors who have not won a first prize before at any other show judged under NDS rules. The best bloom in each single bloom class will be awarded a prize card and rosette. Please contact bathdahlia@yahoo.com if you would like to get involved.

Also, please get in touch if you are an individual or business that might like to sponsor the cost of a class or donate a trophy for next year's show. Thanks to all our current members and supporters who have helped us so far.

Next meeting:

16th May, Saturday, Bath Dahlia Society meeting, 3-4pm, at Mulberry & Thyme, Hillier Garden Centre, Whiteway Road, 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.

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Brian, 92, Bath, Client



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The next jumble sale will be Saturday 11th July 2026

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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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8 ways to improve energy efficiency in your home

Rising energy costs have made home heating efficiency more important than ever. The good news? You don't need a full system replacement to see meaningful savings. Here are eight practical ways homeowners can improve heating efficiency and lower monthly bills.

1. Upgrade to a high-efficiency boiler

If your system is more than 15 years old, it may be operating at 70–80% efficiency. Modern condensing boilers can exceed 90% efficiency, meaning more of the fuel you pay for heats your home. While it's an investment, the long-term savings can be substantial.

2. Upgrade the thermostat

A programmable or smart thermostat automatically adjusts temperatures when you're sleeping or away. Even lowering your thermostat by a few degrees for 8 hours a day can reduce heating costs by up to 10% annually.

3. Fit thermostatic radiator valves

Millions of homes lack even basic controls such as thermostatic radiator valves (TRV's). TRVs monitor the temperature of the air around the radiator and automatically adjust the amount of hot water that enters the radiator, depending on whether each individual room is at the correct temperature, making sure the room doesn't overheat.

4. Seal drafts and improve insulation

Heating systems work harder when warm air escapes. Seal gaps around windows and doors, add loft insulation, and check for drafts in basements or crawl spaces. Proper insulation keeps heat inside where it belongs.

5. Schedule annual boiler maintenance

Yearly servicing keeps your boiler running safely and efficiently. A service engineer can clean components, check airflow, and ensure proper combustion — all of which help reduce energy waste and extend system life.

6. Zone the home

Creating heating zones inside a property ensures rooms are heated only when they are required, instead of the whole property being heated whenever there is a demand for heat. Heating only the spaces you need reduces overall energy demand.

7. Treat the system water

Dirt and air can have a significant impact on heating efficiency. Checking the quality of the water and then treating any sludge or magnetite found, can help make the system more efficient and reduce fuel bills.

8. Reduce the flow temperature

Reduce the flow temperature on a combi boiler to 55°C. Make sure the radiators are balanced and the system is cleaned and treated.

Improving heating efficiency doesn't have to be complicated. With a few smart upgrades and simple maintenance steps, you can stay warm, lower your utility bills, and reduce your home's environmental impact — all at the same time.



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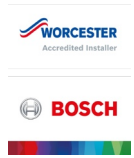
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Art Exhibition

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What's On May (continued)

1st May, Friday, Beltane

1st May, Friday, Full Moon

1st, May, Friday, 6-9pm. Articulate Craft Group

Organisation, Hillside Hall, Hillside Road, Oldfield Park, Bath, BA2 3NX. articulatebath.com, Prebook.

3rd May, Sunday, 7-9pm. New Oriel Hall, Come

and discover Paris singer and song writer, Zoé Fottorino singing French classic numbers with a jazz twist "La chanson française en mode jazz".

Tel: 07932 377 130 email: Bath@afbristol.org.uk www.afbristol.org.uk

4th May, Monday, Bank Holiday, May Day

5th May, Tuesday, 1pm. Bath Flower Club, St

Stephen's Centre, Lansdown Road, BA1 5SX. A flower arranging demonstration by Caroline Cooper entitled "The Wonders of the Wye". Coffee/tea and cake available before the demo. Arrangements will be raffled at the end of the meeting. Visitors very welcome £8. Contact: susanmsouthgate@aol.com. Tel: 01225 314531.

6th May, Wednesday, 8.45am-12noon. Barney's

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

6th May, Wednesday, 6.30, Museum of Bath at

Work, talk by David Williamson, local historian and author of Bath Between the Wars on the 'General Strike in Bath' . £5 entry.

7th May, Thursday, 2.30pm - 4 pm. 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 May, Thursday, 7.30pm - 9.30pm, Bath

Railway Society, An Illustrated Talk by Colin Brading, 'Getting the Railway off the Ground'. The story of the famous and much-missed Liverpool Overhead Railway, the 'Dockers Umbrella'.

Opened in 1893 the world's first electric elevated railway carried almost 20 million people in a year at its peak and closed at the end of 1956. 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

8th May, Friday, 7pm. La Chanson Francaise En

mode Jazz, Zoe Fottorino at the New Oriel Hall,

Larkhall, bath Tel: 07932 377130 https://bath.afbristol.org.uk/ . Come and discover Parisian songwriter, Zoé, performing French original & classic numbers with a jazz twist. See page 15.

12th May, Tuesday, Beaufort Guild in the

Pultney Room at Manvers Street Baptist church, Manvers Street ,Bath BA11JW Do join us for a talk on Modern Day Jewellery. Also hear our plans for other events. More Info . 01225 316700

13th May, Wednesday, 8.45am-12noon. Barney's

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

13th May, 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 Burlington given by Nick McCamley. "Burlington" was the code name for the massive underground bunker complex deep under Wiltshire designed as the Central Government emergency HQ during the Cold War. Nick is the author of "Cold War Secret Nuclear Bunkers". Entry £4. (£2 for members.) Sign up for our regular emails: membership@combedownheritage.org.uk.

Continued on page 28.....





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Commemorating the 1926 General Strike in Bath Exhibition at the Museum of Bath at Work

This year marks the centenary of the 1926 General Strike. It's fading from memories now but there is a national commemoration and the Museum of Bath at Work is playing its part!

You might think that it wouldn't have affected Bath but for the short – 9 Days – duration of the strike, over 2,500 workers were on strike in Bath, in support of the miners in North Somerset who were locked out by the mine owners.

Printers, builders and transport workers joined the strike, and several meetings were held in Sawclose of 3,000 workers.

It was all very peaceful – it was Bath after all – and the only disturbance was on the Lambridge to Devonshire Buildings bus.

It was reported in the Bath Chronicle as the Bath Bus Hold-Up:

“A Mr Withers, defied the picket lines and was instructed to drive a bus on the Lambridge—Devonshire Buildings route. On his return journey, a group of strikers posed as passengers, and boarded the bus. As it came down Wells Road, the strikers formed a cordon ... the driver did not heed the obstruction and went straight ahead over the Old Bridge ... men clambered on to the bus, turned off the petrol ... and then not too gently hauled the driver out of his seat. Police constables and an Inspector arrived with a tramways' inspector.

There were no arrests, the bus was driven off, and the strikers made their way to the Guildhall in very high spirits”

The Exhibition is open from 2nd May until the 25th June everyday from 10.30 – 16.00.

Special events:

6th May at 6.30 talk by David Williamson, local historian and author of Bath Between the Wars on the 'General Strike in Bath'

14th May at 6.30 Presentation by Dr Trevor Turpin on the 1926 General Strike in and around Bath and showing of The Rank & File BBC film made by Ken Loach in 1971. (Standfast & Solid book for sale)

21st May at 6.30 Launch of 'Resistance & Resilience - Somerset Miners in the General Strike', Dave Chapple, Somerset Trade Unionist (Book for sale)

All £5 entry



Pickets stop the bus from Devonshire Buildings and turn off the petrol! (courtesy Bath Record Office)

Museum of Bath at Work, Julian Rd, Bath, BA1 2RH, 01225 318348.

Squirrels

Wild about the outdoors? So are we.

Squirrels. The newest branch of the Scouts family tree. Where 4-6 year olds can join in too.

This is an age when minds are fizzing, when energy and curiosity levels are sky high, when little lives are full of wow and wonder.

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

#SkillsForLife



Scouts
City Of Bath



1. Which church can you see in this photograph?

2. Oak apple day, 29th May, celebrates the restoration of which King?

3. What was the nationality of the artist Murillo?

5. The Gulf of Cadiz is an inlet of which Ocean?

4. Serum forms part of what bodily fluid?

7. If you double a number, what number do you multiply it by?

6. Florida softshell is a species of which reptile?

9. What types of plants are cultivated in silviculture?

8. Camembert cheese comes with skin of which colour?

10. In which board game might you 'Advance to Mayfair'?

11. In the game, rock, paper, scissors, what beats rock?

12. Which weekdays begin with the letter 'T'?

13. Colchester is in which county?

14. Pho is a noodle soup from which Asian country?

15. Which animated childrens show is set in the town of Tonypandy?

16. In Maths the abbreviation LCD means 'Lowest C..... D.....' fill in the gaps.

17. May 4th is commonly known as what, due to a famous film franchise catchphrase?

Answers on page 30



Women urged to check for symptoms of ovarian cancer

A woman treated for ovarian cancer at the Royal United Hospitals Bath NHS Foundation Trust is calling on others to be aware of the signs and symptoms of the disease. Christine Grant, 68, from Trowbridge, went to her GP after she found she was having to get up a lot during the night to urinate. Initially, it was thought this was down to her age and an oversensitive bladder. However, Christine then began struggling to go to the toilet. She thought it was cystitis but her GP recommended she go for an ultrasound. The scan showed a mass in her pelvis and the biopsy that followed confirmed it was ovarian cancer.

Speaking during Ovarian Cancer Awareness Month, Christine said: “The news that it was cancer was devastating, but I already had a bad feeling that was what it would be. My daughter is a medic and she had done her best to prepare me for the news. “I got the diagnosis in the summer and really thought I might not make it to Christmas. But once I met with the consultant at the RUH I felt much more positive. She was fantastic – she spoke very honestly with me but gave me a lot of hope too.” Christine began chemotherapy straight away, followed by surgery for a full hysterectomy. She then signed up to a research trial at the RUH which saw her receive immunotherapy treatment, which involved an infusion every three weeks. Christine said: “It has been very tough at times, but I’m in remission now which is just fantastic. “The care and support I received at the RUH was excellent – everyone has been so caring.

“My message to women is to make sure you get checked as soon as something doesn’t feel right. It might be nothing, but it’s always better to know and finding a problem early means it’s more treatable.”

Each year 7,400 women are diagnosed with ovarian cancer in the UK. Ovarian cancer affects the ovaries. It mostly affects women over the age of 50 but can affect anyone who has ovaries.

The main symptoms of ovarian cancer are frequently having:

- a swollen tummy or feeling bloated
- pain or tenderness in your tummy or the area between your hips
- no appetite or feeling full quickly after eating
- an urgent need to pee or needing to pee more often

You can find lots more information and advice, as well as where to go for help and support, on the NHS website: <https://www.nhs.uk/conditions/ovarian-cancer/>

Sudoku - solution on page 30

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

Crossword solution

	1	2		3		4		5		6		
	W	H	I	M		T	W	E	L	V	E	
7	S		E		A		E		X		I	8
9	P	I	L	G	R	I	M		10	P	A	D
	A		P		X		P		E		E	A
11	C	O	I	N		12	B	L	A	C	K	O
	E		N		13	A		E		T		
14	Y	O	G	U	R	T		15	B	E	E	16
							18	O		D	R	17
19	C	A	20	R	B	O	M	B	S	21	B	E
	O		H		U		L		22	H		E
23	P	A	Y	E	R		24	I	N	O	R	D
	Y		M		E		G		O		O	S
	25	P	E	D	D	L	E		26	P	U	M

If you would like to advertise your business or event please email:
pukkabath@live.co.uk





One Pot Tomato and Chickpea Stew

This delicious one pot stew comes together incredibly quickly, making it a great dish for busy or lazy nights. Not only is this meal easy to make, it's also high in zinc and magnesium, which support the immune system and muscles.

This recipe makes ONE serving, but can be doubled, tripled or even quadrupled to make many meals in bulk. Store it in an airtight container in the fridge for up to 3 days, and reheat in a microwave until piping hot.

*This recipe is suitable for vegetarians. To make vegan, leave out the parmesan or switch it for any plant-based cheese.

INGREDIENTS

1 tbsp olive oil
 1/2 a medium onion, chopped
 1/2 a red pepper, chopped
 1 small carrot, diced
 1 garlic clove, crushed
 1/2 tsp cumin
 1/4 tsp salt
 1/4 tsp chilli flakes
 A pinch of black pepper
 200g chopped tomatoes
 100g canned chickpeas
 A handful of basil
 10g of Parmesan (or vegan alternative) finely grated.

METHOD

1. Heat the oil in a pot over a high heat. Add the onion, pepper and carrot. Cook for approximately 10 minutes, stirring occasionally, until the onion starts to go golden brown.
2. Add the garlic and cook for 3-4 more minutes.
3. Add the cumin, salt, chilli flakes and black pepper and cook for 1 minute more.
4. Add the chopped tomatoes and chickpeas. Mix well, then reduce the heat to medium. Allow to cook for 5 more minutes. At the very last minute, add the basil.
5. Serve with parmesan.

**LIGHTS! CAMERA! ACTION! : 120
Years of Cinemas and Films in Bath**

This year's special exhibition at the Museum of Bath at Work celebrates all things cinema – probably the most significant cultural development of the 20th century.



Find out about:

- Bath's earliest cinemas
- A timeline history of cinemas in Bath and the surrounding area
- The people who worked there – projectionists, usherettes and managers
- What it was like to go to the cinema in years gone by?
- What did people go and see?
- How films get made
- On location: the films with scenes in Bath
- And much more, including some fun items and memorabilia on display!

Alongside the exhibition we will have film screenings and talks, including the 70th anniversary of Rock Around The Clock – check our website and Facebook page for details. There is also a book to accompany the exhibition, full of original research and fascinating stories about the history of cinemas in our area.



EXHIBITION: LIGHTS! CAMERA! ACTION! :

120 years of Cinemas and Films in Bath

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

Saturday 9 May – Sunday 29 November 2026

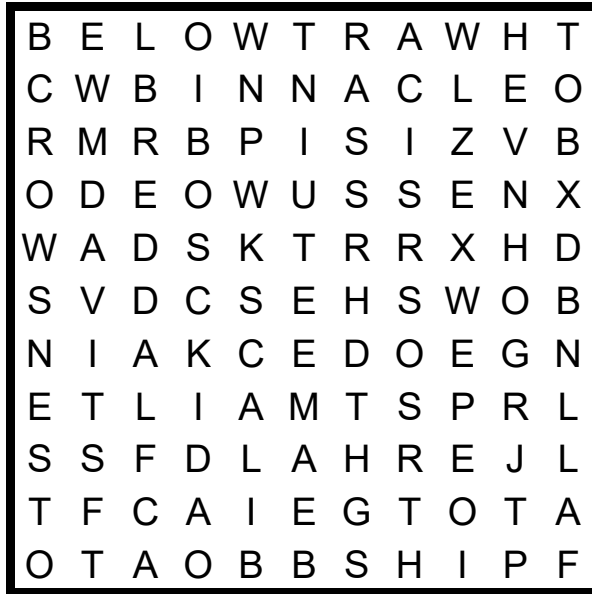
Open every day 9 May-1 November, and weekends in November

Opening hours: 10.30-17.00 (last admission 16.00)

Entry to the exhibition is included when you buy your Museum admission ticket

<https://museumofbath.org>

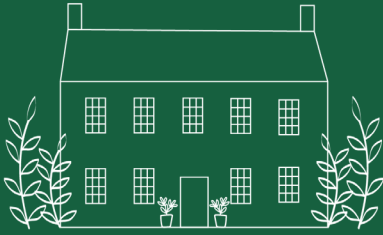
Wordsearch



Can you find the nautical terms listed below,
in the wordsearch above?

Aft	Deck	Purser
Beam	Fall	Ship
Below	Ladder	SOS
Binnacle	List	Stack
Boat	Mess	Stern
Bow	Officer	Thwart
Crow's Nest	Overhead	
Davits	Port	

Solution on page 30



Middlewick House Open Garden 6-7 June 2026



Middlewick House
Corsham • SN13 0PX
10am - 4.30pm

Don't miss out on an amazing
day for all the family!

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Advance ticket
purchase required

Adults = £20 *
Carer = £10 *
Car Parking = £5 *
Unders 12s go free
*+ booking fees



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Wiltshire and Bath Air Ambulance Charity

middlewickhouseopengarden.com



WILTSHIRE
+ BATH AIR
AMBULANCE



Registered Charity: 1144097

What's On May (continued)

14th May, Thursday, 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>

14th May, Thursday, 7.30pm. Weston Village Gardening Club Meeting, All Saints Church, Weston, Bath. Rob Handy- Life off-grid on a forest garden homestead#2. All welcome. Guests £5. More details www.westonvillagegardeningclub.co.uk

14th May, Thursday, 6.30, Museum of Bath at Work, Presentation by Dr Trevor Turpin on the 1926 General Strike in and around Bath and showing of The Rank & File BBC film made by Ken Loach in 1971. (Standfast & Solid book for sale).£5 entry.

16th May, Saturday, 9.30am - 12.30pm. Bear Flat Community Market 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 whilst enjoying a hot drink with home made cake and savouries to eat in or take away. Contact details : helenscamell@gmail.com

16th May, Saturday, Bath Dahlia Society meeting, 3-4pm, at Mulberry & Thyme, Hillier Garden Centre, Whiteway Road, Bath

16th May, Saturday, Super New Moon

16th May, Saturday, 4.30pm. FA Cup Final.

20th May, Wednesday, 8.45am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

21st May, Thursday, 6.30 Museum of Bath at Work, Launch of 'Resistance & Resilience - Somerset Miners in the General Strike', Dave Chapple, Somerset Trade Unionist (Book for sale). £5 entry

23rd May, Saturday, 2.30pm. Jumble Sale, 10th Bath (Combe Down) Scouts, at Scout HQ, The Avenue, BA2 5EQ. Admission 50p, Children under 12 Free, see page 12.

24th May, Sunday, 10am-5pm. Art Exhibition, Claverton Down Community hall, BA2 6DT. Paintings, cards and refreshments available. Free entry and parking, see page 17.

25th May, Monday, Bank Holiday

27th May, Wednesday, 10am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

29th May, Friday, 6-9pm. Articulate Craft Group Organisation, Hillside Hall, Hillside Road, Oldfield Park, Bath, BA2 3NX. articulatebath.com, Prebook.

31st May, Sunday, Full Moon, it's a blue Moon as its the second full Moon in the same month

If you have an event you would like included in Pukka Bath, please email:

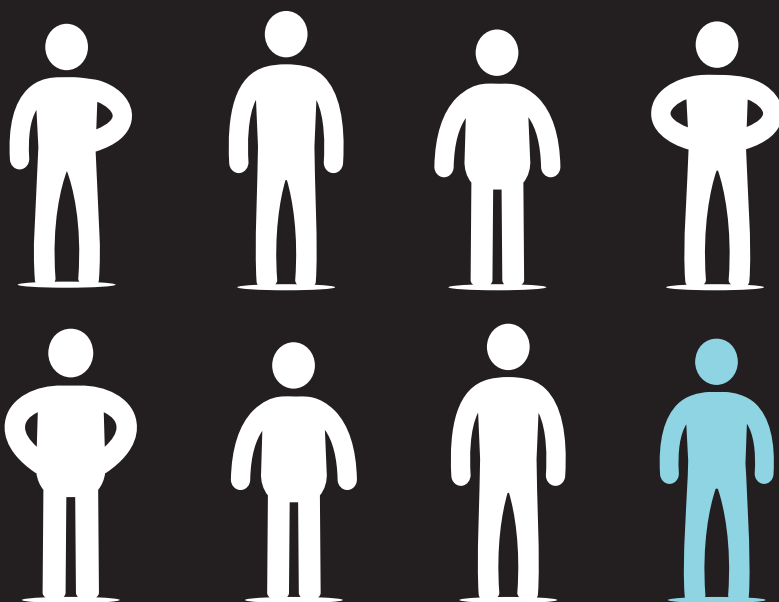
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for further information.



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PROSTATE CANCER 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

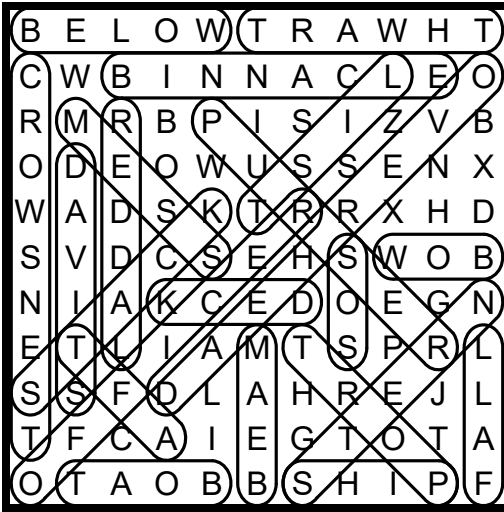
*Calls are recorded for training purposes only.

Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate Cancer UK is a registered charity in England and Wales (1005541)
and in Scotland (SC038332). Registered company number 02653887.

MEN4/AUG23 7147

Wordsearch solution



Sudoku solution

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

Pukka Bath Quiz answers

1. St Mary's, Bathwick
2. King Charles II
3. Spanish
4. Blood
5. The Atlantic
6. Freshwater Turtle
7. 2
8. White
9. Trees, - forest and woodland trees
10. Monopoly
11. Paper
12. 2, Tuesdays & Thursdays, but we will allow also, Today & Tomorrow!
13. Essex
14. Vietnam
15. Fireman Sam
16. Lowest Common Denominator
17. Star Wars Day ("May the 4th be with you").

Pukka Bath small print.....

And now for the small print... Any views or opinions submitted by contributors or advertisers are those of the authors only and do not necessarily reflect the views or opinions of Pukka Bath or its employees. The publisher, editors and authors accept no responsibility in respect of any advice, products or services which may be advertised or referred to in this issue. Neither the publisher, editors or authors accept, and hereby disclaim, any liability for loss, damage or expenses arising from any errors, omissions, misstatements or mistakes in any such advertisements, references or articles contained within this publication. No part of Pukka Bath may be reproduced in any form or by any means, either wholly or in part, without the written permission of the publisher or other owner of the copyright of the material. This publication must not be used for marketing purposes and as such no marketing representations should be made to Pukka Bath or our advertisers or contributors. Pukka Bath reserves the right to decide who will advertise in our publication.

Key tick awareness messages

- **be tick aware** and remember that 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 or your family. It is important to remember that bites can occur on any part of the body and more than one tick can be attached at a time
- you can reduce the chance of tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- 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, or develop a spreading circular rash (which usually appears within 1 to 4 weeks after being bitten), **contact your GP or dial NHS 111 promptly**

More information

For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites: www.nhs.uk www.gov.uk

www.gov.uk/government/collections/lyme-disease-guidance-data-and-analysis

www.nhs.uk/conditions/lyme-disease/

www.nhs.uk/conditions/tick-borne-encephalitis/

You can also send any ticks you find to our Tick Surveillance Scheme. Visit www.gov.uk/guidance/tick-surveillance-scheme to find out more.

NICE Lyme guidance: www.nice.org.uk/guidance/ng93

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UKHSA supports the Sustainable Development Goals

SUSTAINABLE DEVELOPMENT GOALS

Enjoy the outdoors but 'be tick aware'



'Be tick aware' to avoid tick bites and know how to take action if you or your family get bitten by ticks



What are ticks?

Ticks are small, spider-like creatures that feed on the blood of animals, including people. The size of a tick can vary, with a larva being as small as a tiny blackie, and fully fed females similar in size to a baked bean.

Where do you find ticks?

Ticks survive in many habitats, but prefer moist areas with leaf litter or longer grass, like in woodland, grassland, moorland, heathland and some urban parks and gardens. Ticks don't fly or jump. They wait on vegetation for a host to pass by, and then climb on. They bite and attach to the skin and feed on blood for several days, before dropping off. Ticks are found throughout the year, but are most active between spring and autumn.

Main health risks

- ticks can sometimes transmit microbes that may cause human diseases such as Lyme disease and tick-borne encephalitis (TBE), though TBE is rare in the UK. It is important to be tick aware and see your GP promptly for diagnosis and treatment if you recognise the symptoms of tick-borne diseases which can include:
 - a flu-like illness, fatigue and muscle and joint pain
 - a characteristic expanding red rash, known as erythema migrans (present in many but not all cases)
 - persistent headache, confusion or sensitivity to bright light
- you may not always remember being bitten by a tick, so if you have spent time outdoors and develop any of these symptoms, seek advice from your GP or dial NHS 111
- Lyme disease can be treated with a course of antibiotics. Without treatment, more serious conditions can develop such as swelling in some joints or problems with the nerves and heart, so prevention and early detection are key
- rarely ticks transmit tick-borne encephalitis (TBE), however the risk in the UK is very low. Symptoms include flu-like illness, persistent headache, confusion and sensitivity to bright light

Avoiding ticks

- walk on clearly defined paths to avoid brushing against vegetation
- wear light-coloured clothes so ticks can be spotted and brushed off
- use repellents such as DEET
- carry out a tick check

Carry out a tick check

Make it a habit to check your clothes and body regularly for ticks when outdoors and again when you get home. Check your children and pets as well.

Areas that ticks may frequently be found include skin folds, armpits, groin, waistband area, back of the neck and hairline. Data from UKHSA's Tick Surveillance Scheme shows that adults are commonly bitten on the legs, whilst children are commonly bitten on the head or neck area. It is important to remember, however, that bites can occur on any part of the body and more than one tick can be attached at one time.

If you have been bitten

- remove ticks as soon as possible
- the safest way to remove a tick is to use a pair of **fine-tipped tweezers** or a tick removal tool
- grasp the tick as close to the skin as possible
- pull upwards slowly and firmly as mouthparts left in the skin can cause a local infection
- clean the bite area with antibacterial wash/soap and water, and monitor it for several weeks for any changes
- contact your GP promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors

Tick removal with tweezers



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