

Free copy

Hello October



Inside our October magazine we have our amazing advertisers offering services for you and your home, RUHX Wills, Volunteering opportunities, a FREE Diabetes event, our What's On, quiz, and much, more

For many of us, the summer holidays have flown by and it's time to make our return to school and regular routines. Many children will be excited to return to class and their friends. But for others, September can be a time of worry and concerns about what comes next.



Children and young people reach out to our counsellors at Childline every day about their worries, and for many of them school is the topic of conversation for all sorts of reasons.

Some young people also spoke to our counsellors about feeling overwhelmed about the challenge of starting a new school or college. Others feel overwhelmed about what the new term will bring and that they were worried about the future.

Young people have also told us how they worry about the demands of getting good grades and that the weight of exams and revision would cause them stress. And others say they were concerned about teachers and school staff.

As parents and carers, we need to do everything we can to make sure our children feel supported no matter what their worries might be.

Encourage them to write down their feelings, including everything they look forward to at school, and everything they are worried about. Chat through the list together so there's time to speak about their concerns, help them cope with their worries, and look at the positives.

It is important to listen to their concerns and give them time to speak before offering advice or your opinion. Once your child has shared any concerns or anxieties they might have about going back to school, you could try talking through some practical solutions. You could start by asking them what they think might help them to feel better about the situations that worry them.

Remind them that adjustment can take time. It's okay if it doesn't feel comfortable at first, that's to be expected and others will feel the same way, and they can always speak to you or another safe adult about whatever is worrying them.

This could be a relative, teacher or one of our Childline counsellors. It's vital they know they can speak to someone about their concerns.

Encourage them to ask questions about anything they're not sure about. They could ask teachers, parents or carers about things they'll need at school, who will be in their lessons or anything else that's on their mind. It is also important to ensure they find time to do things they enjoy outside of school hours too, whether that's a sport, club or other activity that brings them joy.

Our Childline counsellors are here around the clock to listen to whatever young people are worried about on 0800 1111 or at www.childline.org.uk

Childline is available for young people via the phone on 0800 1111 and online through the 121 chat on the Childline website.

For parental advice, the NSPCC Helpline is here to help on:
0808 800 5000 or visit
www.nspcc.org.uk/keeping-children-safe



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2009) - Fish hawker
with basket 1951
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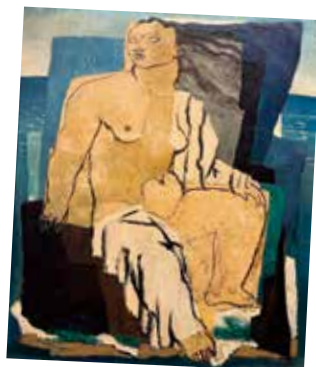


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SOLD - £23,000! Jean Souverbie
(French, 1891-1981) - Allegorical
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Rise in large-breed dogs being abandoned or surrendered to UK animal rescue charities.

The number of large-breed dogs in UK rescue centres has risen in recent years. Local animal rescue charity, Bath Cats and Dogs Home saw a 16% increase in the number of large dogs they took into their care between August 2023 and August 2025. Currently, around half of the dogs at the rescue centre are larger breeds. Bigger dogs are increasingly being abandoned as strays and brought into the animal rescue centre by council dog wardens, local vets or members of the public. Other large dogs are being surrendered for rehoming by their owners who are no longer able to care for them for a variety of reasons such as a change of circumstances or behaviour challenges such as separation anxiety.



Rachel Jones, CEO at Bath Cats and Dogs Home, said: "We'd ask for the public to help our larger dogs in three ways this Autumn. If you are considering bringing a dog into your home, please keep an open mind about adopting a larger rescue dog of any size or breed; they can make the most loving companions with the right training. Secondly, please talk to us if you are struggling to cope with your large dog, as we may be able to offer some guidance, and they are easier to rehome if we know their history. Finally, if you can't adopt yourself, please spread the word or consider supporting the care of our larger dogs with a donation so we can continue our vital rehabilitation and rehoming work."

Abi Sutton, who adopted Mack, a German Shepherd Dog from Bath Cats and Dogs Home last year, said: "My partner and I decided to adopt a dog, and he wanted a young, small breed, and I wanted a large-breed older dog, so we compromised with an enormous puppy called Mack. Although a stray, Mack quickly settled into our home and routine, helped by puppy training classes. He has grown into a very large boy, but is gentle, loving and loyal. It's hard to imagine our lives before Mack came along. I could go on forever about how wonderful it is to have a larger dog. Choosing him to be part of our family was one of the best decisions we have ever made."



There are several reasons for the increase in bigger dogs in rescue centres across the UK. The current high cost of living is putting a financial strain on pet owners, and larger dogs are bearing the brunt of this rise in costs as they are more likely to be abandoned or rehomed due to higher food, vet bills, insurance and other costs compared to smaller dogs. The RSPCA's Pet Cost Calculator shows that big dogs cost from £93 per month, whereas small dogs cost from £62 per month to care for.

Another factor is the rise in popularity of certain large breed dogs shown in social media videos as highly trained, working dogs like Malinois, Huskies or German Shepherds. This has increased public demand for breeds which often require a lot of training, exercise or mental stimulation, but can lead to bigger dogs being abandoned or handed over to rescue centres when the reality of their day-to-day care sets in.



Bath Cats and Dogs Home's rehoming team carefully matches each dog with an owner who can meet their needs and vice versa. Potential adopters are encouraged to research the needs and traits of different breeds, consider their family's working hours and lifestyle, and remain open to dogs of all sizes and breeds. Big dogs thrive on routine, make active companions, and have big personalities to match their size.

The charity ensures that all dogs available for adoption are neutered, microchipped, vaccinated, and treated for fleas and worms. Each dog is fully assessed by the Centre's animal behaviour team, and adopters receive expert advice on grooming, training, and settling in their new pet.

Bath Cats and Dogs Home are keen to hear from dog lovers who are able to adopt a large breed dog or puppy. To find out more visit Adopting a pet

Or to donate towards the care of bigger dogs at the animal rescue centre, visit Bath Cats & Dogs Home at <https://www.bathcatsanddogshome.org.uk/>

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What's on: October 2025

See also Bath City Farm events on page 8

Until Friday 24th October 2025. Photographic Exhibition by Phil the Photographer. Widcombe Social Club. BA2 6AA. In the Waterside Room. Free during normal opening times. Phil the Photographer has captured the faces and places that define our community. His gritty portraits of local business owners and familiar faces offer a heartfelt snapshot of Widcombe High Street in 2025 – a real-time capsule. Come along, spot someone you know, and celebrate the people who make Widcombe shine.

Tuesdays: 12.30-1.30pm. Feel Good Walks, 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. Meet at Time Bank Plus 86 High Street, Twerton. <https://timebankplus.co.uk/wp/groups-2> Tel: 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. <https://timebankplus.co.uk/wp/groups-2> Tel: 01225 442813 / timebankplus@gmail.com

Wednesdays 3 - 4.30pm. Yarn Craft. Free yarn craft activity group with Time Bank Plus. Join with others to crochet, knit, sew or just have a yarn. We have plenty of wook, knitting needles, crochet hooks etc. or bring your own. We also welcome anyone who is happy to share their skills and teach others. <https://timebankplus.co.uk/wp/groups-2> Tel: 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. Digital Drop In. 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. <https://timebankplus.co.uk/wp/groups-2> Tel: 01225 442813 / timebankplus@gmail.com

Thursdays 10 – 11am. Creative Writing. FREE 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. <https://timebankplus.co.uk/wp/groups-2> Tel: 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

Until 8th October, The Draconids Meteor Shower, due to peak on the evening of 8 October

Continued on page 29....



If you have an event that you would like to advertise in Pukka Bath, please email pukkabath@live.co.uk



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Bath City Farm

Autumn Fayre — Saturday 4 October

FREE & NO BOOKING REQUIRED! Seasonal community event bringing the local community together outdoors to celebrate the changing of the seasons and the harvests that come with autumn. There's something for everyone, from apple juicing and welly wanging to live music and lots of tasty treats homegrown at the Farm.



Intro to Chicken Keeping — Saturday 18 October

Beginner-friendly course perfect for adults and ages 12+ (accompanied by an adult) who want to confidently care for their own feathery flock.

Bonfire Night — Saturday 8 November

FREE & NO BOOKING REQUIRED! Hosted by Bath City Farm and featuring a lantern parade, blazing bonfire, hot food, mulled apple juice, a fire performance, and stunning views over the city.

More details and booking links for all the above can be found at bathcityfarm.org.uk/events and locals can follow Bath City Farm on social media for updates.



Do you know that you can view the current edition
of Pukka Bath on our website?

www.pukkabath.co.uk



Previous issues of Pukka Bath can also be viewed at
www.issuu.com ... search for Pukka Bath

Local charity Share and Repair has lots going on to help you to keep your stuff working for longer and save money along the way. Their Southdown Repair Cafe is on at the Methodist Church Centre, BA2 1NJ on the first Saturday of the month, their Weston Repair Cafe is on the second Saturday at the Weston Hub BA1 4EH and their Bear Flat Repair Cafe is on the third Saturday of the month at the 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 they don't take any new repairs after half an hour before they close.

Share@Repair

Share and Repair has recently moved from their George Street base in the city centre to the second floor, Redbridge House, Lower Bristol Road, BA2 3EW. Why not book a repair slot there if you can't make a Repair Cafe, or pop along there to borrow something from their Library of Things. Like a book library, but full of stuff, from hedge trimmers to gazebos, all available to borrow for a small fee. Find out more about all these things and more on their website www.shareandrepair.org.uk. Watch out for their new locker collection points for their Library of Things in Mulberry Park Hub, which launch in November and will self-service access to their most popular items.



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The Holburne unveils two new galleries and an elegant new look after £2.5 million redevelopment
The Schroder Gallery and The Dutch Gallery are now open to the public.

The Holburne Museum, Bath's first art museum at the top of historic Great Pulteney Street, has opened two brand new galleries. Thanks to generous funding from the Bruno Schroder Trust totalling £2.5 million, a new gallery has been created on the lower ground floor to display Renaissance treasures, while a new gallery on the first floor will exhibit Dutch paintings, all on permanent loan from the Schroder family collection.

About the Schroder collection - The Schroder family have led what is now Schroders plc since it was founded in London in 1804. The family collection was built up by the late Bruno Schroder and his forebears during the course of the last century, becoming one of the finest private collections of silverware in the country, as well as paintings, bronzes, maiolica and gems. Items from the collection have very rarely been seen in public and never all together. We are very proud to be able to share them with audiences for the long-term future.

World class art displays - The new Schroder Gallery on the lower ground floor has been created by converting archive and picture stores underneath the Café. Taking inspiration from the great treasury displays of the past, with sumptuous dark blue walls and oak panelling, it houses one of the finest collections of silverware in the country, as well as paintings, bronzes, maiolica and gems from the Renaissance period.

At the same time, the Museum is also opening a new gallery on the first floor, next to the grand Ballroom overlooking Great Pulteney Street. Used most recently as an office, the new Dutch Gallery will house the Schroder family's collection of 17th century painting, mostly Netherlandish but including a major work by Claude Lorraine, the grandfather of the pastoral landscape. Shown on a rotating basis, the Schroder Collection of 17th century paintings extends and enhances the Holburne's own collection.

Director of the Holburne, Dr Chris Stephens, said: "I could not be more thrilled or grateful that the Schroder family have chosen the Holburne as the home for their extraordinary collection of Renaissance fine and decorative art. The addition of so many works of such high quality will greatly enhance the Holburne's offer to its audiences and its standing more widely."

A refreshed visual identity - To mark this important new chapter, the Holburne is also unveiling an elegant new brand identity. Taking inspiration from the columns and pediment on the front of the iconic building, a striking 'H' icon is supported by a bolder colour palette and stylish typefaces, reflecting both the heritage and contemporary ambition of the museum.

To help break down any pre-conceptions of the historical façade, an alternative version of the logo will appear to 'dance' on occasion, capturing the more playful side of the museum which offers engaging activities for families, and provides supportive creative health programmes for adults with experience of mental health issues.

The Holburne Museum, Great Pulteney Street, Bath, BA2 4DB
01225 388569 www.holburne.org

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Gifts in Wills make up a third of RUHX's income



According to the Money and Pensions Services over half of UK adults don't have a Will. The idea of writing a Will is a serious subject and one that requires much forward planning.

RUHX, is the official NHS charity of The Royal United Hospitals Bath NHS Foundation Trust, but we are more than a hospital charity. We go further to give you and your loved ones the extra extraordinary care you deserve, while supporting our staff to do what they do best. Every donation goes towards improving the health, happiness, and wellbeing of everyone in Bath and beyond – and without gifts in Wills, we simply could not do what we do. Gifts in Wills make up a third of our charity's income!

“As a family, it's a comfort to know that people going through cancer treatment have been helped by our mother's generosity and kindness. It's a positive thought during a sad time.”
Mary, Daughter of Daphne, who left RUHX a gift in her will.

At the RUH Bath, we treat more than 230,000 patients each year and serve half a million people in the community through our family of hospitals and treatment centres.

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 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.

In 2024, £4.5bn was donated to charities across the country, through gifts left in Wills (Legacy Futures 2024 research) and across the UK, 1 in 5 people have included a gift in their Will to charity (Remember A Charity 2025 research).

At RUHX, we count on gifts in Wills. 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.

By leaving a gift in your Will, you're helping the RUH Bath to keep on being here and doing extra for your family, friends, and community – long into the future. What a powerful legacy to leave behind.

**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
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1. What a vantage point, but where are we?



2. How many sides has a hexagon?

3. Which part of the body is removed during a tonsillectomy?

5. Great spotted and green are species of which bird?

4. How many micrometres are in one metre?

6. Mount Vesuvius overlooks which Italian city?

7. In legend what should be found at the end of a rainbow?

Pukka Quiz

8. What is the name for a group of giraffes?

9. Who wrote the novel Jane Eyre?

10. Humbug sweets have which flavour?

11. Eurostar trains travel under which body of water?

12. What is the red light on the rear of a car called?

13. Pinot Noir is a variety of which fruit?

14. Which male relative term is sometimes used for a long case clock?

15. Lino is an abbreviation for which type of floor covering?

16. Gertrude is the Mother of which Shakespearean character?

17. Complete the phrase, 'A new broom sweeps



Answers on page 30



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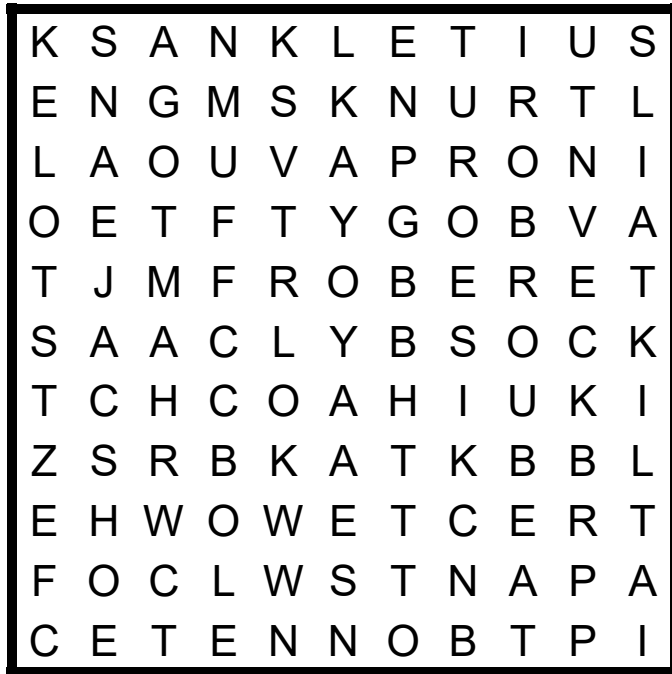
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Wordsearch, clothes

Can you find these nautical terms in this wordsearch? **Solution on page 28**



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Toga

Busby

Hat

Shawl

Trunks

Caftan

Jacket

Shoe

Thinking about volunteering but not sure where to begin? Or maybe you're already involved and looking for a fresh opportunity? Whatever stage you're at, 3SG's Volunteer Fair is the perfect place to explore what's out there in Bath & North East Somerset.

3SG Volunteer Fair
Friday 17th October 2025
Apex Hotel, Bath

Drop in any time between 11am and 3pm to meet over 40 local charities, all offering a wide range of flexible, rewarding ways to get involved. Whether you've got an hour a week or a day a month, there's something to match your time, interests, and skills.

Volunteering is a fantastic way to connect with your community, learn new things, and make a real difference - and this is the easiest way to start.

No need to book - just pop in, say hello, and discover where volunteering could take you!

Find Out More at: bit.ly/VOLFAIR25



The poster features the 3SG logo at the top left, which includes the letters '3SG' in a stylized font with 'B&NES 3rd Sector Group' written below it. To the right of the logo is a string of colorful triangular bunting. The main title 'VOLUNTEER FAIR' is in large, bold, purple capital letters. Below this is a purple banner with white text: 'Not Sure Where to Start with Volunteering? We've Made It Easy:'. Underneath is another purple banner with white text: 'Join Us This October in Bath to Find the Perfect Volunteering Opportunity for Your Time, Skills, and Passion!'. To the left of the date is a QR code. To the right of the QR code, the date and time 'FRIDAY 17 OCTOBER 11AM - 3PM' are written in yellow, followed by 'APEX HOTEL, BATH' in white. Below the date and time is a yellow banner with the text 'Find Out More' and a link icon followed by 'bit.ly/VOLFAIR25'. At the bottom, a green banner reads 'FREE ENTRY, ALL WELCOME! 43 CHARITY STALLS'.

3SG
B&NES 3rd Sector Group

VOLUNTEER FAIR

Not Sure Where to Start with Volunteering?
We've Made It Easy:

Join Us This October in Bath to Find the Perfect Volunteering Opportunity for Your Time, Skills, and Passion!

FRIDAY 17 OCTOBER
11AM - 3PM
APEX HOTEL, BATH

Find Out More bit.ly/VOLFAIR25

FREE ENTRY, ALL WELCOME! 43 CHARITY STALLS

Do you know that you can view the current edition of Pukka Bath on our website?
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Anybody of any age is welcome to come and join us at our FREE event, where you can learn all things about diabetes.

We will host various diabetes professionals all in one place to offer free advice and support on how to live well and manage a healthy lifestyle whilst living with diabetes.

On the day you can speak with: diabetes specialist nurses, diabetes prevention advice, nutritionists, health coaches, therapy support, diabetes support groups, diabetes education resources, sight loss advice, diabetic eye screening and Healthwatch.



The poster has a blue header with the text 'DIABETES WELLBEING FREE EVENT - IN BATH' in white. To the right of the header is the NHS logo. Below the header is a QR code. To the left of the QR code, the date and time 'Saturday 25th October 2025 10:00am - 1:00pm' are written in white. Below the date and time is the location 'Southdown Church Centre, The Hollow, Bath, BA2 1NJ' in white. Below the location is a yellow banner with the text 'FREE ENTRY! FREE RAFFLE! FREE REFRESHMENTS! FREE FOOD DEMOS!'. At the bottom, a blue banner with white text reads 'Enquiries: 01225 582303' and 'louise.stevens9@nhs.net'. On the right side of the poster is a photo of a young girl looking at a smartphone. Below the photo is the text 'SCAN FREE TICKET HERE' and the NHS logo.

DIABETES WELLBEING FREE EVENT - IN BATH

Saturday 25th October 2025
10:00am - 1:00pm
Southdown Church Centre,
The Hollow, Bath, BA2 1NJ

FREE ENTRY!
FREE RAFFLE!
FREE REFRESHMENTS!
FREE FOOD DEMOS!

Enquiries: **01225 582303** louise.stevens9@nhs.net

SCAN FREE TICKET HERE

NHS
healthwatch

Free tickets are available on the QR code or turn up on the day!

Programme to bring an end to domestic abuse arrives in Bath and North East Somerset

An innovative one-to-one programme to prevent domestic abuse is now being rolled out in Bath and North East Somerset thanks to an integrated approach between Avon and Somerset Police, B&NES Council and charity Society Without Abuse (SWA).

SWA's Open2Change programme works with those who use harmful behaviours in their relationships and supports them on a one-to-one basis to see the harm they are causing, identify the roots and support to change their behaviour.

Open2Change will be co-located with police in three areas; Bath, Radstock and Keynsham to provide the support of a Behaviour Change Worker, who will identify and work with those referred into the service by police and other partners due to current and historical domestic abuse.

The programme, which is open to men and women, has been running successfully in Swindon since 2021 and was recently independently evaluated by the University of Worcester who has recognised its unique impact in reducing abusive behaviours and improving participants' overall wellbeing. The findings showed its potential to be a key tool in breaking the cycle of abuse, which is an important step in one day seeing an end to domestic abuse.

Manager of Open2Change, Louisa Wrighton, explained: "Open2Change targets the root cause of domestic abuse, the people who are carrying out the harmful behaviour. By reducing and removing this behaviour, we can put a stop to the cycle of abuse; reducing the harm to victims and children, reducing the number of new and repeated incidents and bringing safety to families in the B&NES area."

"Domestic abuse accounts for around 20 per cent of Avon and Somerset Police incidents, hugely

impacting victims/survivors, children, families and communities." said Chief Inspector Scott Hill, Area Commander for B&NES

"Through an initiative called Project Bright Light our police service is committed to ensuring victims/survivors are at the heart of everything we do. Many domestic abusers are repeat perpetrators, so we see intervening to stop their patterns of behaviour as paramount to protecting those affected. Everyone deserves to live their lives in safety and free from abuse."

Councillor Manda Rigby, B&NES Cabinet Member for Communications and Communities, said: "It is essential that victims/survivors remain at the very centre of any support to prevent and reduce domestic abuse. I welcome this programme and look forward to hearing about reductions in the number of cases in our area as has been demonstrated in Swindon."

SWA has been providing support and recovery for those affected by domestic abuse since 1974. The charity's aims are to bring an end to domestic abuse through education, prevention and early intervention. Through Open2Change, specialist workers address harmful behaviours in order to prevent abuse occurring; and the charity's HOPE team works with children and young people in schools and in the community to teach them about healthy relationships and provide trauma support to aid recovery.

The charity also has a specialist business-focussed arm, working with employers to ensure that they have the right understanding and support in place for victims of domestic abuse, and train Ambassadors across the region to help signpost victims to where they can receive help.

To find out more about SWA, visit www.societywithoutabuse.org.uk.

If you need advice for yourself or a friend relating to Domestic Abuse, call the 24-Hour National Domestic Violence Freephone Helpline on 0808 2000 247.

To report a crime in progress or when someone is in immediate danger always call 999. You can also report domestic abuse via 101, through the Avon and Somerset website or via the independent Crimestoppers charity.

Do More. Be More.

Join **The Scouts** as a volunteer and be more. We **make the most of what we've got** whether that is an **at-home, virtually together evening** of skills and fun, or a safe and exciting **night under the stars** (when we're able). We have courage and we always do our best.

What about you?

We're looking for adults to join the adventure and help our young people learn the skills, and feel the connection, to overcome adversity.

There are **opportunities to volunteer** in our 6-18 years age bracket in:

- Oldfield Park
- Combe Down
- Batheaston
- Bathampton
- Larkhall
- Southdown
- Weston
- Odd Down
- Freshford
- Marshfield

Interested?

join@bathscouts.org



Bath Scouts, Registered Charity Number 800699

Let's Dance!

Did you know that dancing is great for your brain as well as your body? The movement exercises our brains at the same time as helping us stay physically active. Benefits include:

Increased flexibility and mobility..Improved balance.. lowering the risk of falling ..A chance to meet new people..Increased confidence in movement ..Enhanced mental well being.



A new free seated dance session, provided by Southdown Methodist Church, aims to offer these benefits to anyone who'd like to try a different way of exercising. The dancing is designed to be as accessible as possible with an emphasis on enjoying the music, not perfect dancing. The group get involved in selecting the music which covers a range of styles like Motown, 80s pop and older classics from the rock and roll era.

People already involved talk about how relaxed they feel afterwards and have even noticed improvements in their mobility. Sam Grief, who runs the sessions, said:

“ It's about fun movement to music to help keep you active. We start with a gentle warm up, then slowly build up the intensity, working the joints, muscles and heart in an effective, but safe way. This is very much not a competitive class, it's friendly and informal. “

Even better sessions end in time for anyone who has worked up an appetite to join the lunch club at the church!

You don't need to be a specific age to join a class, so if you feel this style of exercise is for you why not give it a go. Sessions run on the first Thursday of the month from 11am to 12 noon. No need to book, just turn up at Southdown Methodist Church, The Hollow, Bath, BA2 1NJ.

For more details contact Sam 07887 743054 <https://samgrief.co.uk/join-a-session>

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

Sudoku solution
on
page 30



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At Bath Medical Museum, we celebrate the history of medicine in Bath through its medical collection, curatorial activities, and exhibitions.

In collaboration with local universities and museums specialising in medicine, health science, and local history, we highlight the influence of the thermal springs on disease treatment, patient care, and wellbeing, while exploring contemporary practices and future developments.



Visit us at the historic Hetling Pump Room, where fascinating medical history comes to life. We are located at 1 Hetling Court, Bath, BA1 1SJ. Please note that while wheelchair access is available, there is no access to water or WC—the nearest facilities can be found at Marks & Spencer nearby.

We look forward to welcoming you!

ORAL HISTORIES

Do you have a story to tell?
Whether your experience is as a member of the public, a patient of the hospital or general practice staff, we want to hear from you.

LOAN AN OBJECT

Many of our objects are on loan from other collections or individuals. Get in touch if you'd like to loan us an object or need assistance with identification, research or conservation.

LEARNING

We offer a variety of educational workshops, demonstrations, seminars and lectures to make the history of medicine in Bath available to all.

VOLUNTEER

Join our friendly group of volunteers who welcome visitors, manage collections and put together events and exhibitions. New vacancies available.

The Museum's 'Wellbeing' Group continues to meet every Tuesday 2pm to 4pm with a varying programme of soothing and supportive activities indoors and out.

Hetling Pump Room, 1 Hetling Court, Bath, BA1 1SJ
<https://bathmedicalmuseum.org/>





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Companions Who Care

SUPPORT WITH A HELPING HAND

Companions Who Care are a small, friendly local service providing practical help and companionship for anyone who could benefit from extra support. We work with individuals across Bath, South Gloucestershire, and West Wiltshire, offering reassurance and assistance to elderly and vulnerable members of our communities.

Donna O'Brien who owns and manages the service lives locally in Bath with her family. With a background of working as a District Nurse for many years, she brings experience and a deep understanding of health conditions and their impact on daily life. This allows her to create a service that is both empathetic and tailored to each client's needs.

Not everyone requires help from formal carers; however, many people value a helping hand and regular companionship to help them remain independent in their own homes. We also offer respite visits, giving carers peace of mind while they take some time for themselves.

Our Companions are carefully chosen for their life experience and caring nature. Each is fully vetted through references and enhanced DBS checks, and all receive training in areas such as dementia awareness, safeguarding, and food hygiene. We don't wear uniforms, helping visits feel relaxed and personal.

We aim to provide continuity, with the same Companion undertaking your visits where possible. This helps clients and companions to build supportive and meaningful relationships. Every visit is shaped around the individual's needs, whether that means practical tasks, social time, or a mix of both.

We receive referrals from many sources including local GP surgeries, Social Services, Alzheimer's Society and the Carer's Centre, in addition to direct enquiries from families and individuals themselves.

If you or someone you know would like to learn more about Companions Who Care,
please call us on 01225 308141,
email us: hello@companionswhocare.co.uk
or visit our website – www.companionswhocare.co.uk.

CALL 01225 308141

EMAIL hello@companionswhocare.co.uk

www.companionswhocare.co.uk



Companions Who Care

SUPPORT WITH A HELPING HAND

OUR SERVICES INCLUDE:

- Home help and light housework
- Laundry and bed changing
- Shopping and meal preparation
- Trips out / help to attend appointments
- Support with interests
- Dementia support
- Hospital discharge support
- Welfare checks / Medication prompting
- Help with admin / IT support
- Respite breaks for carers
- Dog walking / pet care
- Companionship / Just being there

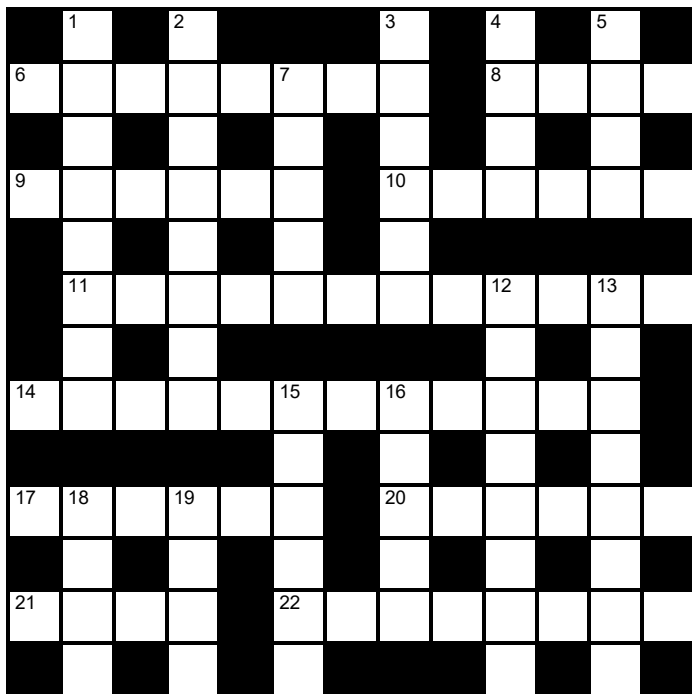


CALL 01225 308141

EMAIL hello@companionswhocare.co.uk

www.companionswhocare.co.uk

Crossword



Across

- 6 Loses signal strength (6,2)
- 8 Hogwarts posties (4)
- 9 Load (6)
- 10 Close, but no cigar (6)
- 11 Together, they're a charm (12)
- 14 Ghostly cop is incoherent expert on how we tick (12)
- 17 Small settlement for a Shakespeare character (6)
- 20 Coordinated (2,4)
- 21 Indolently (4)
- 22 Meets up with (4,4)

Down

- 1 Hunkers down (8)
- 2 Very widespread (8)
- 3 Leaped (6)
- 4 Wordsworth words (4)
- 5 Mountains (4)
- 7 Branch of Islam (5)
- 12 According to some ... (2,2,4)
- 13 Set off (8)
- 15 Uproar (6)
- 16 Three bright stars are his belt on high (5)
- 18 Increases (4)
- 19 Narrative songs (4)

Solution on page 30

**Trio Paradis, Café concert, Friday 31st October, 15:30,
St Michael's Church , Broad St, Bath BA1 5LJ, UK**



August's music is inspired by trees and forests, with music by Sibelius (Birch and Fir trees, among others), Massenet (Lime Trees) and a forest scene from a Rimsky-Korsakov opera.

Concerts last c45mins. Refreshments - tea, coffee & cakes - are available in the church café before the concert. An RSVP via our website is very much appreciated, though not essential.

Nearest parking is in Waitrose car park, there is good disabled access. FFI about the venue contact Lisa on 01225 447103 or email office@stmichaelsbath.org.uk

The trio started playing monthly concerts at Midsomer Norton Town Hall in 2012 and now play around 120 daytime concerts each year in venues across Somerset and Wiltshire.

Trio Paradis' Café Concerts enable people who find it difficult to access evening events to listen to live music during the daytime. The group reach new audiences by keeping their concerts entrance by pay-what-you-feel donation to ensure all can attend.

<https://www.trioparadis.com/event-info/planes-trains-automobiles-at-st-michaels-without-bath>

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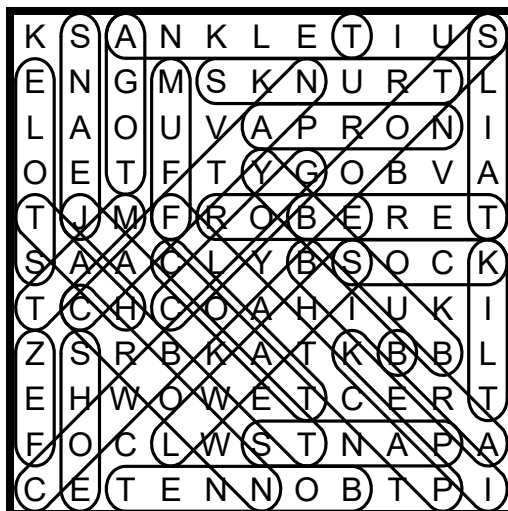
Mobile: 0777 308 2163

Julia George
MCFHP MAFHP
Foot Health Professional



MEMBER OF
THE AFHP INSTITUTE

Wordsearch solution



World Mental Health Day - Friday 10th October



Next month is World Mental Health Day — a great opportunity to support your local mental health charity! Here's how you can get involved with Bath Mind:

Wear your favourite blue outfit and make a donation. A simple, visible way to show your support for mental health.

Book mental health training! We offer everything from team talks to accredited qualifications like Mental Health First Aid.

Host a fundraiser. Whether it's a bake sale, community event, or dress-down day, we're here to help!

 fundraising@bathmind.org.uk

 www.bathmind.org.uk

 **Bath**

Registered Charity No. Charity No. 1069403

November

We would like to include details regarding the Remembrance Services in our area - if you know of any events that you would like us to consider including please email us at pukkabath@live.co.uk thank you

December

We include details about local Christmas Fairs and Bazaars - please let us know of any events that you would like us to consider including by emailing us at pukkabath@live.co.uk



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info@reminduk.org
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Approved by the Financial Regulator

What's on: October 2025 (cont)

1st October, Wednesday, 8.45am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

2nd October - 7th November, Orionids Meteor shower, peaks on 22nd October.

2nd October, Thursday, 11am-12noon. Free fun seated dance sessions at Southdown Methodist Church, The Hollow, Bath, BA2 1NJ. Keep active and make friends. Join us for a friendly exercise session guaranteed to make you smile. Everyone is welcome and the moves are designed to be as accessible as possible. Sessions are funded by the church so free of charge and no need to book, just turn up. For more information contact Sam sam_grief@icloud.com 07887 743054 or find details <https://samgrief.co.uk/join-a-session>

2nd October, 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.

2nd October, Thursday, 7.30pm - 9.30pm, Bath Railway Society, An Illustrated Talk by Matthew Pinto 'Milk on the Rails'. Between 1927 and 1980, millions of gallons of milk were conveyed on the railway in specially built milk tanks. The talk will cover the fascinating history of this lost traffic, the milk trains themselves and the depots and creameries that handled them. 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

7th October, Sunday, Full Super Moon

8th October, Wednesday, 8.45am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

9th October, Thursday, 3-4.30pm. Welsh conversation group - Bath - for Welsh speakers, Burdall's Yard, London Road, Bath. Free. Organiser Catherine Dhanjal. Call Catherine on 07941669925 or follow <https://www.facebook.com/CymraegBrysteCaerfaddon>

15th October, Wednesday, 8.45am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

17th October, Friday, 11am-3pm. Volunteer Fair, Apex Hotel, Bath. See page 21.

18th October, 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, preserves, jewellery, cards, gifts and plants. Bring along your items to be repaired and enjoy a drink with home-made cake. Contact details helenscamell@gmail.com

21st October, Tuesday, New Moon

22nd October, Wednesday, 8.45am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

25th October, Saturday, 10am-1pm. Diabetes Wellbeing Free Event, Southdown Church Centre, Bath BA2 1NJ, see page

29th October, Wednesday, 10am-12noon. Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

29th October, Wednesday, 7.30pm. Combe Down Heritage Society monthly talk. Two Tunnels room, upstairs at The Hub, Mulberry Park, BA2 5BU. Doors open at 7pm. This month we have a talk entitled "The history of Bristol, the birth of the city and its growth into a major sea port" given by Steve Spear, Historian and Guide. The talk explores Bristol's rich history dating back to the Anglo-Saxon period, leading to the city's role in maritime exploration, the transatlantic slave trade and the industrial revolution. Non-members are very welcome at all our talks. Entry £4. (£2 for members.) Sign up for our regular emails: membership@combedownheritage.org.uk.



Sudoku solution

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

Crossword solution

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

Pukka Bath Quiz Answers, October 2025

1. Alexandra Park, Bear Flat.
2. 6
3. The tonsils
4. 1,000,000 micrometers
5. The woodpecker
6. Naples
7. A pot of gold
8. A Tower
9. Charlotte Brontë
10. Mint
11. The English Channel
12. The brake or tail light
13. Grape
14. Grandfather
15. Linoleum
16. Hamlet
17. Clean



Pukka Bath small print.....

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Potato curry



Ingredients:

- 1 tablespoon oil
- Half teaspoon mustard seeds
- 1 red chilli cut lengthways, seeds removed
- A few curry leaves, chopped
- 1 chopped onion
- Quarter teaspoon each of ground coriander, garam masala, turmeric.
- Large pinch of chilli powder
- 1 tomato quartered
- 200g potatoes
- 50ml coconut milk

Method:

Heat the oil and add mustard seeds, chilli and curry leaves.
As the mustard seeds begin to pop add onions and stir fry until lightly browned.

Stir in the spices, tomato and cook for a further minute.

Peel the potatoes and cut into cubes.
Add to the pan and cook gently for 5 minutes stirring occasionally.

Pour in coconut milk and 50ml water.
Cook for 15 - 20 minutes until potatoes are tender.



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