

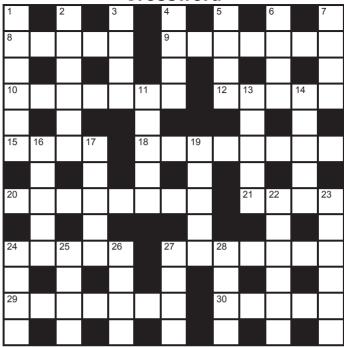


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## Crossword



#### Across

- 8 Diminish (5)
- **9** Lie (7)
- 10 Swift horse (7)
- 12 Member of the nobility (5)
- 15 60% of us live here (4)
- 18 Ghosts (8)
- 20 Breaks (8)
- 21 Masticate (4)
- 24 Residence (5)
- 27 Shutting (7)
- 29 Israeli financial centre (3,4)
- **30** Foot-operated lever (5)

#### Down

- 1 Species of goose (6)
- 2 Largest Western Samoan island (6)
- 3 Speciality food shop (4)
- 4 Undoing (4)
- **5** Stump (4)
- 6 Sound of feline contentment (4)
- 7 At that time (4)
- 11 Passageway (5)
- 13 Ancient Mexican (5)
- 14 Corpulent (5)
- 16 Indian form of address (5)
- **17** Behaved (5)
- 19 Artist's support (5)
- 22 Coiffure (6)
- 23 Move back and forth (6)
- 24 Against (4)
- 25 Sole (4)
- 26 Covetousness (4)
- 27 Guinea pig (4)
- 28 Exclamation of mild dismay (4)

Solution on page 30



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### **Spring Lawn Care**

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Spring not only brings a welcome change in weather and a burst of colour but there's something about the sight of a lush green lawn that brings us a sense of achievement and enjoyment. Beyond being a visual delight, healthy lawns provide a sanctuary for relaxation, recuperation, and socialising. As the season of growth unfolds, here's our Spring Lawn Care tips that not only nurture the health of our lawns but also contribute to our overall wellbeing.

One of the most important lawn care jobs for a good-looking lawn is correct and regular mowing.

- Always sharpen or replace your lawn mower blade regularly, to avoid tearing the grass.
- Mow regularly and keep the cut between 25mm (1") and 50mm (2") in length. Too short can weaken the grass and encourage weeds, moss, and lawn disease.
- Remove grass clippings which contribute to surface thatch, and then moss.

Winter may have left behind some bare patches on your lawn, but spring is the ideal time for recovery. Rake any bare patches and carefully sow high-quality seed mixed with topsoil. Remember to water well while seedlings sprout.

For those seeking professional assistance in achieving a beautiful lawn all year round, GreenThumb Lawn Treatment Service has the best treatments and fertilisers to turn tired, weed-infested grass areas into lawns that can truly be enjoyed. Their seasonal treatments are specially formulated to ensure it receives the correct nutrients to grow strong and give it a vibrant colour. They'll also control the weeds

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#### BATH ROTARY SUPPORT FOR UKRAINE

Members of the Rotary Club of Bath marked its two-year anniversary of supporting Ukraine by attending a special concert in Bath Abbey recently, to mark the second year since Russia invaded.



Last year the Club helped with the establishment of "Friends of Oleksandriya", a friendship organisation based in Bath and NE Somerset, which is

linking the city of Bath with the Ukrainian city of Oleksandriya, in central Ukraine. The Friends group, led by local Ukrainian ex-pat Zhenya Shkil, organised the commemorative Abbey concert.

The Rotary Club has been raising a special toast to Ukraine at its weekly lunch meetings since February 2022, and also organised a street collection that year to fund humanitarian aid. As well as providing advice and contacts with Rotary clubs in Ukraine, the Rotary Club of Bath is also providing banking support, collecting donations and passing them on. Funds raised by the Friends so far have been spent on mobile electricity generators for hospitals. Now money is being collected to purchase a much-needed modern school bus, to enable children from outlying villages around the Ukrainian city to continue to attend lessons, despite the ongoing Russian aggression.



Rotary Club of Bath President, Allan Gait, attended the lunchtime concert which featured a number of Ukrainian musicians, including a choir which had travelled up to Bath from Cornwall especially. A packed Abbey was treated to some beautiful and emotional music, which ended with the performers being given a rousing reception.

Allan said: "Rotary is an international movement, and we hold as a key principle the belief in promoting peace and support for all those in need. It was an honour to be invited to continue heloing Ukraine in any way we can."



those in need. It was an honour to be invited to the special concert. Our Club is determined to continue helping Ukraine in any way we can."



Donations for a new
Oleksandriya school bus
can be made to the
Rotary Club of Bath
Trust Fund
online, via this address:
gofund.me/2d660451





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## What's on: April 2024

Wednesdays: Free Homework Club

for 11-16 year olds, from 3.30pm – 5.00pm, The Hub, Mulberry Park. BA2 5BU. For more details please contact 01225 436969 or enquiries@mphub.co.uk

Thursday Afternoons: Free IT Support

**Clinic**, The Hub, Mulberry Park. BA2 5BU. For more details please contact 01225 436969 or enquiries@mphub.co.uk

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

**6th April, Saturday, - Irena Radić plays Rachmaninov at The Holburne,** doors open at 6:30pm pay bar available before the concert starts at 7:30pm. **See page 18** 

8th April, Monday, New Moon

**9th April, Tuesday, 10.30am. Beaufort TG meeting** in The Milsom Room at Manvers Street Church rooms .Come along to hear the Smithy Singers with us. Contact Bath 316700 for more details

10th April, Wednesday, 8.45am-12noon, Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

11th April, Thursday, 3pm-4.30pm. Coffee and Welsh conversation . Burdall's Yard, London Road, Bath. Free. Call Catherine on 07941669925 for information

11th April, Thursday, refreshments served from 7pm, meetings start at 7.30pm.

Weston Village Gardening Club Meeting, Gardens of Madeira- Jonny Hartnell, The Weston Hub, Penn Hill Road, Weston BA1 4EH. For further information please visit westonvillagegardeningclub.co.uk

**11th April, Thursday, 7.30pm. Bath Railway Society,** The Museum of Bath at Work, Julian Road, Bath BA1 2RH. An evening of BR Steam nostalgia, sights & sounds covering 50 years, Simon Foote. Membership £22 annually, £5 visitors per meeting.

12th April, Friday, 6-9pm. Articulate Art and Craft Group, Hillside Hall, Hillside Road, Oldfield Park, Bath, BA2 3NX. Are you looking for an outlet for your creativity? Come and join this friendly group and try new activities. Pay £5 membership for your first crafty night of the year (£3 on future nights). Free drink included in the price! www. articulatebath.com

Continued on page 16....

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1. (photo)

In which area of Bath is this lock?

- 2. How many teeth does an adult human being have?
- 3. What was the Turkish city of Istanbul called before 1930?
- 4. William Booth born in April 1829 went on to found which international charitable organization?
- 5. What is the name of the dog breed that is often used as a guide dog for the blind?
- 7. In 1976 Apple Computer Inc was founded by which two people?

6. Where was the first modern Olympic Games held?

## Pukka Quiz

9. Which country is the origin of the cocktail Mojito?

- 8. Which company was originally called "Cadabra"?
  - 10. Who wrote the novels Sharp Objects and Gone Girl?
- 11. What is the 6th letter of the Greek alphabet?
- 12. What name is given to a group of moles?
- 13. What sauce is traditionally served in a prawn cocktail?
- 14. Which Spanish artist painted the famous artwork "The Persistence of Memory"?
- 15. How many notes are there in an octave?
- 16. Which English county is this an anamgram of? Relish Wit
- 17. In which country was ice cream invented?

Answers on page 30



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## Unexpected snow fall makes annual Sleep-Out a Big challenge.

The unexpected snowstorm that hit Bath on Friday night made the 2024 Big Bath Sleep-Out, run by local homelessness charity Julian House, an even bigger challenge for the 98 fundraisers who took part this year.

The heavy snowfall took everyone by surprise and event organisers had to implement their emergency procedure to make sure the fundraisers sleeping under flimsy tarpaulins, who were taking part in the flagship event for Julian House, were safe and made aware of the adverse sudden change in weather.

The emergency shelter, put in place every year in case of bad weather, was soon filling with people who were extremely wet and cold, with 10 people quickly relocated when their shelters collapsed under the weight of the sudden snowfall.



Rachel Avent, event organiser for Julian House said; "the snow really did catch us by surprise and had not been forecasted. We quickly realised we had to wake up all 98 participants at around 4.30am to make sure they were aware of the change in weather and to let them know there was alternative shelter available for them.

"Tony from the Alice Park Café, who had stayed all night, quickly opened his doors, lit the fire and made



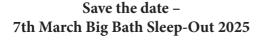
hot drinks. It's not often you find yourself in a park at 4.00am with snow falling like that, but that really is the point of the Sleep-Out: we don't have to sleep outside every night and can return to our homes and hot showers in the morning. This year really did make us more aware than ever of how fortunate we are that we have homes to return to."

The fundraising total jumped over night as people took to their social media with photos of the snow-covered park and makeshift shelters. Jim, aged 8, said "I knew it was going to be hard sleeping outside in the cold, but when I realised it was snowing too, I couldn't believe it. My Dad had built a great canopy out of plastic sheets, so we were OK, but I saw some families having to go to the shelter.

Julian House provides lifechanging and life-saving support

for people who are vulnerable or at-risk across the South West of England. Their services reach the people who have been forced to live on the edges of society, offering them a route to something better. At a time when cuts are being announced by BANES to local funding, impacting charities like Julian House, it is crucial now more than ever that fundraising events like the Big Bath Sleep-Out are successful in raising money for these vital services.

Donations to the Sleep-Out for Julian House are still coming in, to donate visit the fundraising page: The Big Bath Sleep-Out for Julian House





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#### Council Tax change to encourage owners to bring empty properties back into use

Owners of residential properties in Bath & North East Somerset that have been empty for more than six months were being alerted during National Empty Homes Week, to a change in Council Tax charges.

Following a change in legislation and a decision by Bath & North East Somerset Council, the length of time a property can be empty before the owners are charged a council tax premium of 100% will be reduced from two years to one from 1 April.

The change encourages owners of long-term empty properties to return them to occupation, so increasing the number of homes available in B&NES.

Since the start of the financial year 2023/24, 98 empty properties have been bought back into use under the council's Empty Residential Property Policy that offers advice and financial support to owners of homes that have been empty for six months or more, through loans, grants and VAT reduction.

In addition, the Empty Property team has helped to bring several properties back into use to house Ukrainian refugee and homeless families.

Councillor Matt McCabe, cabinet member for Built Environment and sustainable Development, said: "We have growing need for additional housing in Bath & North East Somerset and unoccupied houses are a valuable resource that are going to waste and often have a negative impact on local communities. We hope that by increasing the Council Tax premium we will encourage owners to bring their empty properties back into use as homes for other residents. The council's Empty Property Service offers a range of financial assistance and advice to owners of empty properties and National Empty Homes Week is a good opportunity to raise awareness of how we can help."

From April 2024, 200% Council Tax will be charged on properties that have been empty for between one and five years (previously between two and five years), 300% Council Tax on properties that have been empty for between five and ten years and 400% on properties that have been empty for ten years or more.

If you own an empty property, Council Tax is normally payable, although in some situations you may be eligible for an exemption. You can find more information on Council Tax and unoccupied properties on the council website.

For more information about the council's Empty Property Service or to report an empty property that's negatively impacting the community, please visit the council website or contact the Empty Property Officer on 01225 396 411 or empty\_properties@bathnes.gov.uk

The decision to increase the Council Tax premium was made by Council on 30 November 2023.





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If you have money or property and you became unable to deal with your affairs because of an accident or illness your assets may become frozen. If you had a stroke or suffered from Alzheimer's your family may have to apply to the courts to deal with your affairs. This could be very expensive, may take a year or more to complete and a large sum of money may have to be deposited with the courts!

A Lasting Power of Attorney is a legal document you complete which gives somebody of your choice, the power to deal with your financial affairs if for any physical or mental reason, you were unable to.

If you take out a Lasting Power of Attorney now, you can appoint somebody you trust to deal with your affairs on your behalf if you need them to. This saves any delay in dealing with your affairs and will stop the state appointing a receiver to act on your behalf.

A Lasting Power of Attorney is the only document which gives this power even after mental incapacity such as a stroke but you can only complete one while in good health so you need to act as soon as possible.

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## What's on: April 2024

13th April, Saturday, 7pm for 7.30pm. Let us entertain you, The Bath Welcome Chorus, St Michael's Church, Broad Street, Bath, free admission, retiring collection. Tel: 01761 472468 See page 3.

15th April, Monday, 7.30pm. Weston Local History Society Mr Alan Clarke talk on "Bath and Bristol's Hotwell in the 18c". Moravian Church in Weston village. New members and Visitors most welcome. Visit our website "Weston Local History Society (Bath), or ring John Tucker on 01225-425030.

17th April, Wednesday, 8.45am-12noon, Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

21st-22nd April, Sunday-Monday, Lyrid Meteor Shower

23rd April, Tuesday, St George's Day

24th April, Wednesday, 8.45am-12noon, Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs! 24th April, Wednesday, Full Moon

26th April, Friday, 6-9pm. Articulate Art and Craft Group, Hillside Hall, Hillside Road, Oldfield Park, Bath, BA2 3NX. Are you looking for an outlet for your creativity? Come and join this friendly group and try new activities. Pay £5 membership for your first crafty night of the year (£3 on future nights). Free drink included in the price! www.articulatebath.com

29th April, Monday, Auctioneum Asian Art, Chinese Ceramics & Works of Art Auction, see page 19

2nd May, Thursday, 7.30pm. Bath Railway Society, The Museum of Bath at Work, Julian Road, Bath BA1 2RH. Over the Mendips, 1874-2024, Peter Bamber. Membership £22 annually, £5 visitors per meeting.

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



#### World Heritage Day 2024 April 21st 2024 - Bath Guildhall

The Museum will have a stall at the World Heritage Day Fair being held at the Bath Guildhall on Sunday April 21st. This year the subject of the fair is concentrated on through displays and presentations for many years. The event is free and runs from 10.00 a.m. until 5.00 p.m. at the Guildhall in High Street.



The previous day Museum Director Stuart Burroughs will be giving a presentation on Bath's working landscape at the Museum at 10.30 a.m. on Saturday April 20th.

https://bath-at-work.org.uk

The Museum of Bath at Work is open from 1 April-31 October, every day Monday-Sunday 10.30am-5.00pm





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## Irena Radić: Rachmaninov Saturday 6th April 2024

Irena is a virtuoso musician, a graduate of the
Royal College of Music; her debut recital in Bath
Performed on the concert grand played by
Rachmaninov himself, including the beautiful
Opus 23 Preludes
Tickets £25 each from www.holburne.org

Saturday 6th April 2024 - Irena Radić plays Rachmaninov

This recital is a rare chance to hear the beautiful music of Rachmaninov played on the concert grand he used for concerts in Britain, including a 1934 performance in Bath.

Irzna is a graduate of the Royal College of Music, studying with Niel Immelman and Dina Parakhina. She was an award-winning pianist in the Bromsgrove International Musicians Competition, the RCM's Taylor Beethoven Competition, and gained awards at music festivals in Oundle and Peterborough, among many others.

Her repertoire is very diverse, ranging from JS Bach to Steve Reich, and she has worked with conductors of the calibre of Ashkenazy, Haitink and Masson. Irena's recitals have graced the Cadogan Hall, St John's Smith Square and the Royal Festival Hall in London as well as venues in Estonia, Portugal, Scotland and Sweden.

Among other choice pieces for this special occasion, Irena will play Rachmaninov's 10 Preludes Op.23, considered among his greatest works for solo piano.

Please note, doors open at 6:30pm pay bar available before the concert starts at 7:30pm.

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## Sudoku, solution on page 30

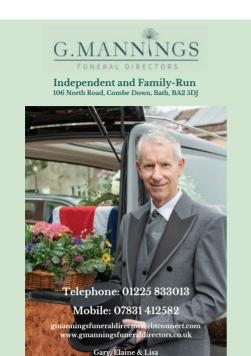
You can view the current edition of Pukka Bath on our website www.pukkabath.co.uk



Tuesday 23rd April St George's Day, time to celebrate our gorgeous England. Whether your England is found by seeing oak trees, red roses, telephone boxes, green fields, beaches, roast dinners or Stonehenge,

or by watching or playing football, rugby, cricket or tennis. Take a moment or two to stop, look around you, breathe the air and have a smile. We are so lucky to live somewhere so beautiful, and truly with so much goodness in it, yes ... truly.

So from us to you...happy St George's Day, happy England Day.







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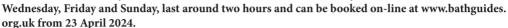
Tel 01225 448840



## The Mayor's Guides 90th Anniversary Year Summer Walks Programme.

Tea, Theatre, Carnival and Characters of Bath are all part of the programme of this year's free summer walks from the Mayor of Bath's Guides who are celebrating their 90th anniversary year. If discovering about Freemasonry or Intriguing Inventions on a summer's day appeals to you, come and join one of our free walks.

Running from May 13th to August 30th, there are fourteen free themed walks taking place over nearly 80 different sessions – all lead by an enthusiast from the Mayor of Bath's Guides. Walks will run on Monday,





Seeing Bath through the eyes of Samuel Pepys, exploring the city's links with the postal service and exploring Bath's musical links are three more of the offerings, as are Bath's waterways and parks, and Bath in the Blitz. Nine hundred years of history every ninety years is also covered, as is an exploration of the history of the artisan quarter of Walcot and the Paragon.

Titles of the walks are:

Music in Bath: Past, Present and Future
Restoration Bath through the eyes of Samuel Pepys
A History of the Theatre in Bath
Two Waterways and Two Parks
Fancy a Cuppa?
Made in Bath
It's Bath, 1934, Carnival Time!
Characters of Bath
Signed, Sealed, Delivered!
Freemasonry and Bath
The Bath Blitz
90 x 10 = 900 Years of Bath
Walcot and The Paragon
William Smith's Bath - the Making of his Iconic Map



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The Trio's newest series is at St Michael's

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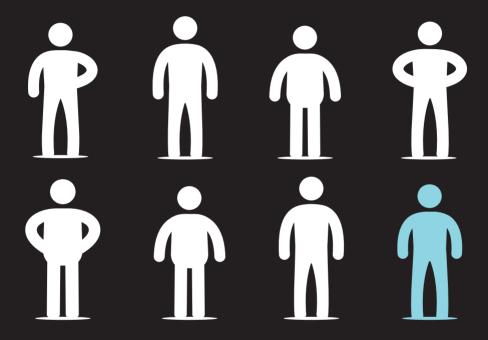


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# 1 IN 8 MEN WILL GET PROSTATE CANCER

Early diagnosis saves lives.



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Check your risk of prostate cancer in 30 seconds.

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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.

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## Money and Mental Health



Worrying about money can impact your mental health, while living with a mental health condition can make earning and managing money more difficult. This can feel exhausting and create the feeling of being stuck in a 'vicious cycle' – money worries lead to difficulty managing money and vice versa.

## There are things you can try to help organise your money. Some tips are:

- Make sure you're claiming any extra money or support you're entitled to. Bath Mind are part of a joint partnership with Citizens Advice BANES which can advise you on welfare benefits, support you in maximising your income, and appeal decisions. To access this service, contact Citizens Advice on 0808 278 7897 and ask for the Welfare Benefit Service.
- Use Clean Slate's Money Health Check. Create a budget. The Money Helper website has helpful budgeting advice as well as a free budget planner.
- Put all your important documents in one place so you can find them easily. This could be bank statements, bills and payslips.
- If you're struggling to pay off your debts, get debt advice. You might find it helpful to contact a debt organisation such as Money Advice Service, National Debtline, or StepChange Debt Charity.
- Set up direct debits for your bills and other regular payments so they don't pile up.
- Make a plan for ways to distract yourself, ready for if you notice changes in your mood that might affect your spending. You could also remove shopping apps from your phone that you might be tempted to use.
- When you're feeling well, put money aside for times when you might not be able to focus so well on money. This might be in a savings account or piggy bank.

For more information and support on managing your money and improving your mental health, visit

https://www.bathmind.org.uk



#### On Monday 4 March 2024 the Royal National Lifeboat Institution (RNLI) celebrated 200 years of saving lives at sea – thanks to volunteers giving their time to save others, all funded by public donations.

On the day the charity turned 200, the RNLI revealed its volunteer lifeboat crews and lifeguards across the south west\* have saved an incredible 16,028 lives during its two centuries of lifesaving.

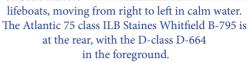
Since the charity was founded in 1824, its volunteer crews in Cornwall, Devon, Somerset West Dorset and the Channel Islands have launched the lifeboats 55,912 times, saving 14,967 lives. RNLI lifeguards across the region – who became part of the charity's lifesaving service in 2001 – have responded to 176,585 incidents, saving 1,061 lives. In total, across the UK and Ireland, 146,452 lives have been saved by the RNLI – this equates to an average of two lives saved every day for 200 years\*\*.

Founded in a London tavern on 4 March 1824 following an appeal from Sir William Hillary, who lived on the Isle of Man and witnessed many shipwrecks, the RNLI has continued saving lives at sea throughout the tests of its history, including tragic disasters, funding challenges and two World Wars. The charity has a strong presence in the south west with 33 lifeboat stations and 89 lifeguarded beaches during the summer season.

Lifesavers in the south west have witnessed some of the greatest moments of triumph in the charity's history including the largest rescue in RNLI history of the liner the Suevic which ran aground off the coast of Cornwall in 1907 in which 456 lives were saved and not a single life lost. Cornwall also saw the first RNLI gallantry medal for lifeguarding when in 2003, Rod MacDonald was presented with the bravery award for a particularly challenging and selfless rescue of a bodyboarder in Newquay.

In 2008, Torbay RNLI went to the rescue of the 20-person crew of The Ice Prince, a cargo ship which had got into difficulty 31 miles out in the English Channel. In storm force winds, the crew arrived on scene, supported by Salcombe RNLI and the Coastguard helicopter and discovered that the boat was listing and was at severe risk of sudden capsize. In atrocious conditions and an operation lasting nearly two hours, Torbay RNLI volunteers were able to take eight crew members from The Ice Prince,

Both of Burnham on Sea's inshore



with the Coastguard Helicopter India Juliet taking the remaining 12. The casualties were taken to hospital and all recovered.

Following the rescue, the Torbay RNLI crew involved that night were all recognised for their bravery, receiving the RNLI Thanks of the Institution Vellum award, and later attending the GMTV Pride of Britain awards in London and winning the Emergency Services category. The Salcombe lifeboat crew all received the RNLI Chief Executive's Letter of Thanks.

Two centuries have seen vast developments in the lifeboats and kit used by the charity's lifesavers – from the early oar-powered vessels to today's technology-packed lifeboats, which are now built in-house by the charity; and from the rudimentary cork lifejackets of the 1850s to the full protective kit each crew member is now issued with.

The RNLI's lifesaving reach and remit has also developed over the course of 200 years. Today, it operates 238 lifeboat stations around the UK and Ireland, including four on the River Thames, and has seasonal lifeguards on over 240 lifeguarded beaches around the UK. It designs and builds its own lifeboats and runs domestic and international water safety programmes.

While much has changed in 200 years, two things have remained the same – the charity's dependence on volunteers, who give their time and commitment to save others, and the voluntary contributions from the public which have funded the service for the past two centuries.



RNLI Heritage Archive and Research Manager, Hayley Whiting, said: 'The RNLI's founder, Sir William Hillary, witnessed the treacherous nature of the sea first-hand when living on the Isle of Man and he wanted to take action. His first appeal to the nation in 1823 did not have the desired result but. thankfully, he persevered and gained the support of several philanthropic members of society, who put their names to the charity at a meeting in the City of London Tayern on 4 March 1824. Twelve resolutions were passed at that meeting, the core of which still stand as part of the RNLI's Charter 200 years later. This shows how the RNLI's values and purpose have remained unwavering for 200 years, despite the social and economic changes and challenges of the past two centuries. Hillary's vision was ambitious and forward-thinking, and no doubt he would be extremely proud to see the charity he founded still going strong today, and to see how much it has achieved.



The Belgian steamer Louis Shield near Salcombe.

The charity has a history of innovation, and adapting to challenging circumstances, such as: Lifejackets: In 1861, Whitby lifeboat crew launched six times to rescue stricken vessels in a storm, but on their sixth launch a freak wave capsized the lifeboat and all but one of the crew were lost. The sole survivor was Henry Freeman, who survived because he was wearing a new design of cork lifejacket. After this event, the cork lifejacket became more widely adopted by lifeboat crews.

Fundraising: In 1886, 27 lifeboat crew members from Southport and St Annes lost their lives while trying to rescue the crew of the Mexico. A public appeal was launched, driven by local man Charles Macara. An 1891 appeal raised £10,000 in two weeks.

Lifeboat William James Holt.



On 1 October, Charles and his wife Marion organised the first Lifeboat Saturday. Bands, floats and lifeboats paraded through the streets of Manchester, followed by volunteers collecting money. More than £5,000 was taken on the day, which was the first recorded example of a charity street collection.

Lifeboats: In 1914, over 140 people were saved when the hospital steamship Rohilla was wrecked. The ship had been en route to Dunkirk to help wounded soldiers but was broken up when it ran aground on rocks near Whitby. Five lifeboats battled terrible seas to reach the ship. A motor lifeboat (the first of its kind) from Tynemouth, took the last 50 people on board. In total, 144 people were saved by the crews, who worked for over 50 hours in atrocious conditions. The motor lifeboat proved its capabilities and became more widely accepted by lifeboat crews after this event.

Wartime: When the First World War broke out, many lifeboat volunteers were called away to fight. The average age of lifeboat crews at home increased to over 50. During 1914-18, RNLI lifeboats launched 1,808 times, saving 5,332 lives. In 1939, young lifeboat volunteers were called away again to war. By the end of the Second World War, RNLI crews had saved 6,376 lives around the coasts of Britain and Ireland.

In 1940, 19 RNLI lifeboats were used to evacuate troops from Dunkirk. Two had RNLI crews onboard, while the others were crewed by the Royal Navy. The lifeboats and their stand-in crews saved thousands of lives while being shelled and bombed for days.

Throughout its bicentenary year, the charity is running events and activities to remember its important history and celebrate the modern lifesaving service it is today, while hoping to inspire generations of future lifesavers and supporters.

# Stress Awareness Month with Bath Mind:

Your 'stress container' holds all of the different stresses (big and small) in your life.

Your stress container can overfill, which can lead to overwhelm and burnout.



## What are some useful ways to remedy and release stress?

- Breathing exercises
- Connecting with others
- Movement
- Getting enough sleep



- Mindfulness
- Spending time outdoors
- Creative activities
- Create boundaries





#### Sudoku solution

#### Crossword solution

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6	7	9	1	5	3	2	4	8
3	8	5	9	4	2	7	6	1
5	4	6	2	8	7	3	1	9
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## Pukka Bath Quiz Answers, April 2024

- 1. Widcombe
- **2**. 32
- 3. Old Constantinople
- •4. Salvation Army
- 5. Labrador Retriever
- 6. Athens
- 7. Steve Jobs and Steve Wozniak
- 8. Amazon
- 9. Cuba

- 10. Gillian Flynn
- 11. Zeta
- 12. A movement or a labour
- 13. Marie Rose
- 14. Salvador Dali
- 15.8
- 16. Wiltshire
- 17. China



Pukka Bath small print.....

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## Wordsearch, can you find all of the words listed below, in the grid? This week it's breeds of dog .....

## collie golden retriever boxer setter beagle corgi pointer terrier vizsla weimaraner

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