

Free copy

Hello July

Pukka Bath



Inside our July magazine we have our amazing advertisers offering services for you and your home, the Antiques & Collectables Valuation day, Float to Live - RNLI, the Bath Bottled competition, Kittens in need, Volunteering opportunities, our What's On , quiz, and much, more



Nature-themed mural brings a splash of colour to Bath riverside

Young artists have worked together to transform a graffiti covered wall on the path alongside the River Avon in Bath with a bright and colourful work of art.

The mural is part of a series of improvements to the Bath River Line, a 10km stretch of the river corridor between Newbridge and Bathampton, which aims to better connect the river path to nearby green spaces. The mural project was a collaboration between Bath & North East Somerset Council and Little Lost Robot, an independent non-profit collective of artists working with social practice across Bath and North East Somerset.



The design, on the back of a building used by the Army Reserve Centre, was developed during two workshops for NEET (Not in Education, Employment or Training) young artists and painted by four of the youngsters during several sessions earlier this month. It celebrates the unique wildlife found along the river and reflects the vision of the council's Bath River Line in helping to connect the community and visitors to their natural environment.

Ruby Sant, Director Little Lost Robot/Head of the Inclusive Communities team Bath Spa, said: "It has been an absolute delight to work with our artists Jak and Rose and our team of young designers and painters to create a fantastic new mural for the riverside. Its great opportunity for emerging artists to get paid employment, delivering artwork for the public, starting off careers in the arts."

Councillor Paul May, Cabinet Member for Children's Services, said, "I would like to say thank you to everyone involved in creation of this fantastic mural and to Little Lost Robot who managed the design and installation. It demonstrates the creative skill there is in our community and helps to brighten up a stretch of the path. I would encourage residents and visitors to explore the Bath River Line and take a look at this wonderful artwork which celebrates the natural environment of our river banks."

Construction started recently on Phase One of the Bath River Line project, which aims to improve the stretch between Windsor Bridge and Green Park with new seating, improved access to the river path and ecological planting. New wayfinding signage will also be installed. Work is currently underway to create a river viewing area and improve the entrance from Green Park to the riverside path.

Councillor Sarah Warren, Cabinet Member for Sustainable B&NES, said: "The Bath River Line supports the council's vision of being Nature Positive by 2030 by creating and enhancing the natural habitats along the river to improve biodiversity and climate change resilience and provide social spaces that can be enjoyed by everyone. The work will be carried out in three phases, enhancing and expanding the active travel network in Bath by creating a level, accessible riverside route between Newbridge and Batheaston for residents and visitors."

Work will continue along the River Line into August, with further phases to be delivered beyond that. Sections of the towpath will be closed temporarily and only where necessary, with signage and diversions for users of the path. Details of further improvements can be found on the council's website.

Est. 1997

Right at your feet

Quality carpet and flooring
curtains and blinds

Since we were established in 1997, our quality carpet ranges, affordable prices and outstanding service have made us the first-choice carpet and flooring suppliers and fitters throughout Bath and Somerset.

We supply and fit carpets and flooring for domestic and commercial customers alike and we now stock luxury curtains and blinds so you can complete your new look.



Visit our Bath showroom in Weston Village and meet us today.

Opening times: Mon-Fri: 9.00am-5.00pm.
Sat: 9.00am-1.00pm. Sun, Bank Hols: Closed.



36-37 High Street, Weston Village, Bath BA1 4BX
01225 424474 • sales@rightatyourfeet.co.uk
rightatyourfeetbath.co.uk





‘Bath Bottled’ Competition

Have you got the bottle?

The Museum of Bath at Work are calling all budding creatives to get involved in an exciting new competition!

We are looking for those who live or work in Bath to get out their art materials and design a label for a fizzy drink- based on examples of Victorian bottle labels used by J B Bowler & Sons!

Bowlers was a factory based in Corn Street, Bath and between the 1870's and 1960's the firm supplied practically anything to the industries of Bath, from nuts and bolts to fittings and brass works. The business also included a soft drinks making works supplying amazing fizzy drinks with flavours like Bitter Lemon, Orange, Ginger and Cherry. Across Bath people enjoyed his drinks like Orange Champagne, the spicy Hot Tom, and the refreshing Bath Punch!

The competition is open until 10th of August 2025 and the prize for the winner will be:

- A lifetime membership to the Museum for them and their immediate family.
- VIP passes to five Museum events (like movie nights, fun activities, and special events.)
- The design to be pride of place in the ‘Bath Bottled’ exhibition! This is due to open in late August 2025.

To enter download an inspiration pack on the Museum of Bath at Work's website.
www.museumofbath.org.

From there you can create your design using a range of templates available - or design your own from scratch! Your design can be digital, or hand drawn.

This competition is open to anyone of any age, however please be aware that your design may end up in the exhibition.

We would like to include submitted designs in an exhibition to follow the competition in the Autumn of 2025.

Museum of
Bath
at
Work

Send your design and a short paragraph about your inspiration to engagement@museumofbath.org or post it to the Museum, Museum of Bath at Work, Julian Rd, Bath, BA1 2RH

If you would like to advertise your business or an event in Pukka Bath, please email us for our advertising rates:

pukkabath@live.co.uk

Did you know, you can also view the current edition of Pukka Bath on our website **www.pukkabath.co.uk**





RJ Mitchell & Son

PLUMBING & HEATING SPECIALISTS



We are a central heating & plumbing company based in Bath and have over 40 years experience in the trade. The Mitchell family and their team can offer a professional and reliable service with close customer liaison and a very high standard of workmanship.

Our Services

- Large domestic Installations
- A full range of central heating services from the smallest radiator to a complete installation, or a simple boiler change
- Combination boilers
- Vented and unvented cylinder installation
- Boiler servicing and breakdown
- Domestic hot and cold systems
- Small works – the list is endless but to mention a few; tap washers, outside taps, ball valves, tap replacements

Contact us:

www.plumbersofbath.co.uk

info@plumbersofbath.co.uk

01225 424089

07771852751



WORCESTER

Bosch Group

Accredited Installer



Vaillant

Accredited Installer



Nigel Dando

JEWELLER & GOLDSMITH

WE BUY

Gold, Silver & Platinum in
any form or condition.

At the highest price in Bath.

Instant Payment.

Open

Wednesday to Friday 10.30am-4pm

Appointments advisable

Saturday 10am-1pm Appointment only



 01225 464013 • nigeldando.co.uk • 11 Pulteney Bridge, Bath BA2 4AY

What's on: July 2025

Tuesdays: 12.30 – 1.30pm: 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 the Time Bank Plus shop in Twerton High Street. <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

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: 10 – 11am, Creative Writing Group with Time Bank Plus. Unleash your creativity and discover the power of words in our FREE, thriving 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

Saturdays: 12-4pm. As it is Jane Austen's 250th Anniversary every Saturday during July from 12pm to 4pm there will be a special Bath Medical Museum celebration of those days in the summer of 1799 when Jane and her brother visited the Hetling Pump Room to take the waters. Jane didn't because she did not believe in their effectiveness but her brother (with gout) did!

1st July, Tuesday, 1pm. Bath Flower Club have a flower arrangement demonstration with Lesley Hunt entitled "A lifetime in hospitality". Visitors very welcome. Coffee/tea & cake available before demo. We meet at St Stephens Centre, Lansdown Road, BA1 5SX. Contact: Sue Southgate, susanmsouthgate@AOL.com. Tel: 01225 314531.

2nd July, Wednesday, 8.45am-12noon, Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

3rd July, 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.

Continued on page 22....

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





AUCTIONEUM

FINE ART AUCTIONEERS & VALUERS

ANTIQUES & COLLECTABLES VALUATION DAY

Thursday 31st July

10am - 3pm

THE WESTON HUB, ALL SAINTS CENTRE,
HIGH ST, WESTON, BATH BA1 4BX

BRING
ALONG

JEWELLERY | ANTIQUES | MEMORABILIA | HISTORIA
CERAMICS | PAINTINGS | COLLECTABLES | BOOKS

Our team of valuers will be on hand from 10am to 3pm at the The Weston Hub, High St, Weston, Bath

for complimentary valuations and auction advice.

Lots of parking, tea & coffee available with the team

offering valuations, auction advice, and of course accepting entries into our winter and spring calendar of specialist sales

- Prompt and free home visits and appraisals giving professional advice in all aspects
- Full collection service available - comprehensive and total house clearance work undertaken
- Global market exposure - every lot published at auctioneum.co.uk and saleroom.com
- Superior quality fully illustrated online catalogues - comprehensive pre-sale viewing
- Probate Services - One or more of our experienced valuers will visit and carry out an appraisal - whether the contents of a small terraced house, or a large country estate.



AUCTIONEUM OF BATH

Tel: 01225 251303

Broadlands Farm, Box Road,
Bathford, BA1 7LR

AUCTIONEUM OF BRISTOL

Tel: 0117 967 1000

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



info@auctioneum.co.uk

www.auctioneum.co.uk



July news from Bath Medical Museum

The weekly BMM Tuesday Wellbeing sessions continue at The Hetling Room every Tuesday at 2pm. During July PhD students from the University of Bath will continue their series of short talks about their own research projects. Then at 3pm there is an opportunity to undertake a variety of activities including making use of freshly grown flowers, garden and wild, in a variety of ways, including learning the skills of flower pressing. Both activities are free.



James Hunt one of The Museum's trustees will be hosting a BMM stall at the Oddown Fun Day on Sunday 6th July 12pm to 4pm with lots of fun 'hands on' activities, for families of all ages. He calls his stand 'Resuscitating the Past' it will be about health, fitness and medical matters in times past. You can even learn how to amputate a limb in Georgian style!

Lily a student from Hayesfield School will be working, on secondment at BMM, from July 7th to 11th. She will supporting the museum in general and The Bath Young Inventor of the Year Award 2025 in particular. The competition which has been running since 2016 was open to all children and young people up to the age of 17 during May and June.

All the entries will be on display at 44AD Artspace in Abbey Green from July 9th to July 12th. Subject to availability it will be possible not pick a free walking trail around Bath visiting various sites associated with inventors over two millennia. The winners prize giving will be held at the Museum of Bath at Work at 11am on Saturday July 12th.

As it is Jane Austen's 250th Anniversary every Saturday during July from 12pm to 4pm there will be a special BMM celebration of those days in the summer of 1799 when Jane and her brother visited the Hetling Pump Room to take the waters. Jane didn't because she did not believe in their effectiveness but her brother (with gout) did! There will also be an opportunity to view a copy of the The New Bath Guide of 1766 written by Christopher Anstey (in verse) and read by Jane. She met him maybe she got him to autograph her copy of his book! On the basis of his book, an Anstey memorial was given a place in Westminster Abbey's 'poet's corner'. Something that was not granted to Miss Austen until December 17, 1967!



**For more information go to
www.bathmedicalmuseum.org**

**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**

Problems with Ear Wax?

Reduced Hearing?

Discomfort?

Itchy Ears?

Tinnitus?



**Bath
Hearing
Services**

**Professional and Friendly
Ear Wax Removal**

HCPC Registered Audiologist and Member of BSHAA

**Clinics at THE HUB, Mulberry Park,
Combe Down BA2 5BU
(appointment only)**

**To book or for further information
scan the QR code or call
07765 011 261**



www.bathhearingervices.co.uk

Animal welfare charity appeals for support with abandoned kittens in need

Bath Cats and Dogs Home has seen a huge influx of 27 Cats and 31 kittens in May and expects to care for over a hundred kittens in total this year.



Every Summer, breeding between unneutered cats causes a flood of unexpected litters of kittens which often end up being abandoned or surrendered to animal rescue centres.

This year, with the high cost of living causing financial strain for pet owners and the unusually warm spring weather increasing interaction between cats, Bath Cats and Dogs Home is expecting to see more pregnant cats than ever needing care in their specialist kitten unit.



Julie Stone, Head of Animal Operations at Bath Cats and Dogs Home said: “We’d ask for the public to help cats in three ways this kitten season. Firstly, don’t get caught out with unwanted kittens this summer, ask your vet about getting your cat neutered early to avoid unwanted litters. If you find an abandoned cat with kittens, please reach out to your local vet or animal rescue centres for help. Finally, we’re here to help but it stretches our teams and our resources to the limit caring for so many kittens so please support our A feline summer appeal so we can continue picking up the pieces for cats in need.”

Kittens can get pregnant as early as four months old so getting your cats neutered will help prevent unwanted litters as cats can have up to three litters per year. Caring for an unexpected litter of kittens can be stressful and costly as each kitten costs a minimum of £200 for basic care and as a result sadly many cats and kittens are cruelly abandoned, leaving animal rescue centres to cope with the pressure.



Keen animal lover Chrissie Anderton, who rescued a lost or abandoned cat and her six kittens from a field, said: “I was walking my dogs near Bradford on Avon when I heard a cat meowing so I investigated and discovered Rosalina and her 2-day-old kittens hidden in long grass. I couldn’t leave them at risk from predators so I brought them home and cared for them for two weeks. Having four pets already, sadly, the high cost of keeping seven more cats just wasn’t possible. It was hard to say goodbye when I took them to the amazing Bath Cats and Dogs Home but I know they are in the safest place and will have a happy future.”



The RSPCA reports that 14,568 cat incidents were recorded nationally between May to September last year and there were 7,879 reports of abandoned cats. So far this year, the RSPCA has received nearly 3,000 reports of abandoned cats and they expect this to rise significantly as the breeding season continues.

**Find out about Bath Cats and Dogs Home’s spring appeal at
<https://bathcatsanddogshome.donorsupport.co/page/felinefine>.**

Funds raised will help provide cats and kittens with the care they need before and after birth, as well as neutering, vaccinations and rehoming to a loving new home.

www.bcdh.org.uk



Specialist home based physiotherapy for the over 65s

- › Falls prevention and rehabilitation
- › General aches and pains
- › Pre and post surgery rehabilitation
- › Neurological conditions (i.e. stroke)
- › Cardiac & pulmonary rehabilitation
- › Arthritis and osteoporosis
- › Post hospital/illness rehabilitation
- › Home environment assessment



PINCKNEY GREEN FIREPLACES FOR YOUR HOME



Stoves, fireplaces, gas fires
and installation services.

T: 07712 893002

www.pinckneygreen.co.uk

G. MANNINGS FUNERAL DIRECTORS

Independently Owned & Operated
106 North Road, Combe Down, Bath, BA2 5DJ



01225 833013

www.gmanningsfuneraldirectors.com
gmanningsfuneraldirectors@btconnect.com



BLIND BASE

We supply and fit all types of blinds and
curtains for your home.

Free, no obligation home visits with
samples. Vertical, roof, roller and pleated
blinds. Offering a wide range of colours
and materials, traditional and modern.

Phone: 01225 874411

Email: paul@blind-base.co.uk



Landscaping & Gardening Services

Contact us today on 07542 672032

willow-gardeners.co.uk

Many of you will have seen the Princess of Wales' powerful tribute to time spent outdoors and the healing power of nature, in a video released just before Easter, showing her delight in spending time in the Lake District with a group of Scouts from the north west.

As she was helping the youngsters with a mapping activity, she gave a very clear message of how important she sees the role of Scouting in enabling young people to get out into the natural environment, to learn independent and survival skills, and in particular, to meet with their peers from different areas and backgrounds.

The group comprised young people from both rural and urban environments, and it was evident how much they enjoyed the opportunity to share this very special experience each other and with the Princess, who has been joint President of the Scouts for five years.

She also had a heartfelt discussion with Dwayne Fields, the new Chief Scout. Far from the usual image of the holder of such a role, Fields, the first Black leader of the Scout Movement, is one for whom the fun, adventure and training he found as a cub scout in Haringey provided an anchor and inspiration in a turbulent childhood. Now a father of four, he talked warmly with the princess of the importance of experiencing the challenges provided by Scouting, as well as the skills to be learned, the lifelong friendships to be made, and the enjoyment and well-being provided by time spent outdoors. He made the point that by encouraging young people to value the outdoors, this will inspire them to protect it for future generations – without that passion and enthusiasm, there will be little motivation to do so.

Here in Bath, we heartily welcome this initiative from the Princess. We have 10 Scout Groups covering the city and the areas further afield. But to continue to thrive, the goodwill and involvement of as many volunteers as possible is crucial. If you have happy memories of your youth in the Scouting/Guiding movement – or even if it wasn't part of your own childhood – why not consider joining us and helping the next generation to have the experiences and gain the skills that are so crucial in this high-tech world?



Free support for people with memory problems



Find us in Bath and the surrounding villages

- 10-week Wellbeing Programmes
- Seasonal events
- Trips out eg. Museums, Picnics
- Gentle exercise

Find out more

www.reminduk.org
info@reminduk.org
 01225 476420

ReMind^{UK}

Getting ahead of dementia

Registered with
 FR REGULATOR
 Registered as a charity in England and Wales (No. 1042099)

You don't necessarily have to tie yourself to a regular commitment – ad-hoc support for stand-alone projects such as camp, administration, sharing a particular skill, is also invaluable.

It's a great way to give something back to our community, meet new people and perhaps even learn some new skills yourself!

For more information, contact

info@bathscouts.org

where you will receive a warm welcome and have every opportunity to learn more.



Sash Window Restoration

- ▷ Draughtproofing
- ▷ Replacement & Repair of existing windows
- ▷ Replacement sash cords
- ▷ Casement Windows



We manufacture all replacement joinery in house, enabling us to match your existing windows, giving us control over the construction quality and turnaround time.

For a free quote call Tom George on 07800 546 707

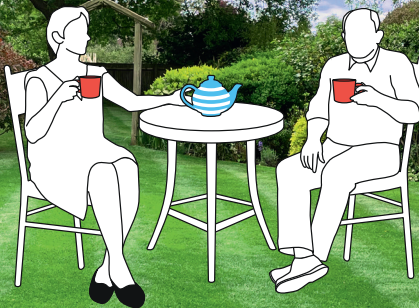
www.tgeorge.co.uk



email: tom@tgeorge.co.uk



You treat yourself, we'll treat the lawn



We provide a premium lawn care experience.

We seed them, feed them, even control the weeds. So, you don't have to.

For a FREE lawn analysis visit

greenthumb.co.uk

or contact our local team.

Bath branch

Call **01249 653765**

Email **bath@greenthumb.co.uk**

GreenThumb
LAWN TREATMENT SERVICE



1. In this month's photograph, what is this and where is it?

2. Bath is at the southern edge of which range of hills?

3. Evian & Perrer are brands of which drink?

5. During a chess match, what is the role of the arbiter?

4. Complete the saying, 'Where there's a will...'

6. The Sherpa people are native to which country?

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

10. What is returned in Elvis song "Return to sender"?

12. Which Dutch cheese is named after a town just north east of Rotterdam?

14. If tomorrow is Monday, what day was yesterday?

16. Which of the solar system's planets has the shortest year?

7. In which book does Christian journey to the Celestial city?

9. Which 1926 Puccini opera is set in China?

11. Which unit of weight has the symbol mg?

13. The word Epidermal relates to the outer layer of which part of the body?

15. Calligraphy is the art of what?

17. In architecture what is the name given to the square slab at the base of a column?

Pukka Quiz

Answers on page 30





REMOVALS & STORAGE

**TAKING THE STRESS
OUT OF REMOVALS
FOR BATH HOMES
& BUSINESSES**

**CONTACT US
TODAY FOR A
FREE QUOTATION**



**House & Office
Packaging Service
Furniture Assembly
Fine Art &
Piano Handling
Local, National
& International**



CONTACT

T: 01225 941 046 | 07931 719 837

www.myremovals.uk

The RNLI are reminding the public to follow their lifesaving advice if they are heading to the coast.

To stay safe, the RNLI is urging the public to:

- * Choose a lifeguarded beach where possible.
- * Swim between the red and yellow flags.
- * If you get into trouble in the water, Float to Live.
- * If you see someone in trouble, call 999 and ask for the Coastguard.

Gabbi Batchelor, RNLI Water Safety Education Manager, said: 'If you are planning on swimming at a lifeguarded beach, we highly recommend you swim between the red and yellow flags as this is the area most closely monitored by lifeguards.

'If you get into trouble in the water, **Float to Live**. Tilt your head back with ears submerged and try to relax and control your breathing. Use your hands to help you stay afloat and then call for help or swim to safety if you can.

'Please share these messages with your family and friends, we want everyone to enjoy our beautiful coast, whilst staying safe.'

As it is outside peak season, please check the times and season dates of your nearest RNLI lifeguarded beach.

The lifesaving charity's lifeboats based across the UK and Ireland remain on service 24/7, 365 days a year.

You can be the difference between 'just in time' and 'too late'

When people think of lifeboats, they often think of dark and stormy nights. But the truth is we're at our busiest when the warm weather hits. We get many more calls to people in danger – kids swept out to sea or walkers cut off by the tide. Every second is precious on shouts like these.

Our committed lifesavers need and deserve the right training and technology to stay ready for anything. And it all comes at a cost. That's why we need your help.

See:

<https://rnli.org/support-us/give-money/give-to-a-special-appeal/mayday-appeal>



RNLI/Nathan Williams
RNLI lifeguard on a rescue water
craft (RWC) with rescue board
crashes through the waves.



Lifeboats

Struggling in the water?

Floating greatly increases your chances of survival.

Relax and try to breathe normally

Tilt your head back with ears submerged

It's okay if your legs sink, we all float differently

Move your hands and legs to stay afloat

Remember it. Practise it.

FLOAT TO LIVE

Photo: RNLI

The RNLI is the charity that saves lives at sea
The Royal National Lifeboat Institution, a charity registered in England and Wales (2096035), Scotland (SC33736), the Republic of Ireland (CHI 2678 and 20003540), the Isle of Man (1188 and 005049), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1AQ

#RESPECTTHEWATER

©2017 RNLI

PHYSIOTHERAPY

Home Visits For Older Adults

- Would you like to improve your strength and balance?
- Have you lost confidence after a fall?
- Would you benefit from rehabilitation support after a stay in hospital?

Private Physiotherapy sessions available
in the comfort of your own home



Contact Jane for more information

07734 296636

jane@quantahealth.co.uk

www.physiohomevisitbath.co.uk

Chartered Physiotherapist | 15+ years' experience | HCPC registered

S.R.J Carpentry

All aspects of carpentry



**Kitchens,
fitted Cupboards and Wardrobes
Fencing and Gates
Interior and Exterior Doors
Purpose made Joinery,
Flooring
and much more**

for more details visit
www.srjcarpentry.com
or call M: **07970143338**

T:01761 752575

E:simonrjones21@hotmail.co.uk



Julia Brown
MFT

Body Focus Massage

Juliabodyfocusmassage.co.uk

By Julia

Massage Practitioner

07398616335

Julia.BFM@outlook.com

Home visits by arrangement

I HEAR EAR CARE EAR WAX REMOVAL

Home visit available

Ear health check

Microsuction

Video otoscopy

Ear plugs

Irrigation

Hearing tests

Registered H A

Audiologist

Health and Care
Professions Council

hcpc

drvirginiacollis@icloud.com

07517 400893

WIDCOMBE SURGERY,
3-4 Widcombe Parade,
Bath, BA2 4JT

BSHAAM

BOOK NOW

**EXPERT
CARE**

*Remember to tell our
advertisers, you found them in
Pukka Bath*



FRENCH LESSONS - COURS DE FRANÇAIS

Apprenez le français - Learn French on TEAMS
with a very experienced native teacher

'One to one' lessons at any level (from beginners
to advanced) whether you want to brush up your
language skills for a holiday, want to improve your
conversational skills or obtain French nationality.

Email: **learn2speak_french@yahoo.com**

Which are your favourite trees in
Oldfield Park and Weston?



BATH URBAN TREESCAPE
Explore the city through its trees

Maybe you recognise some of the
trees in these photos. They have been nominated as "favourite trees".



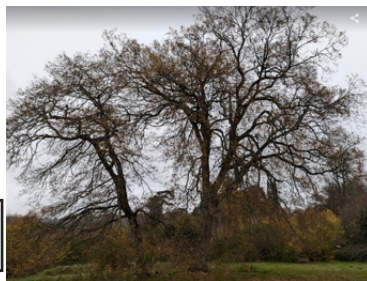
Sweet chestnut
St James'
Cemetery



Lucombe oak
St James' Cemetery



Red oaks –
Purlewent Drive



Turkey oak –
Weston Park

Are there any trees in your neighbourhood that you particularly enjoy?

As part of the "Bath's Favourite Trees" project, the Bath Urban Treescape team are keen to find significant trees in Bath council wards – especially trees which have not yet been included in one of their urban tree trails. They plan to publish a map of Bath's Favourite Trees, with trees from every Bath ward.

This month they are looking for special trees in Oldfield Park and Weston.

Share details of your favourite tree with the Treescape team - where the trees is and why it is special to you by emailing:

favouritetrees@bathurbantreescape.com

They would love to hear from you!

Started in 2022, the Bath Urban Treescape project draws the attention of residents and visitors to the wealth of trees on the streets of the city and encourages them to consider their importance.

Over the last two years the team have published 10 popular tree trails in 8 locations. Thousands of the map leaflets have already been shared at events, leisure & garden centres, doctors' surgeries and parks and have been enjoyed by a wide range of residents and visitors.

The tree trails can be viewed on the website:

<https://www.bathurbantreescape.com/>

The free paper maps are available at Bath Leisure Centre, Bath Library, the Urban Garden in Royal Victoria Park, and Prior Park Garden Centre Secret Garden cafe.



T GEORGE
L I M I T E D

Building & Restoration

We undertake all kinds of building work including Extensions,
Renovations and Structural Alterations.
Modern, Period and Listed buildings.

- ▷ Restoration & Refurbishment
- ▷ Extensions
- ▷ Conversions
- ▷ Stone work
- ▷ Porches
- ▷ Carpentry
- ▷ Joinery
- ▷ Oak Framing
- ▷ New Garages
- ▷ Garage conversions



For a free quote call Tom George
on 07800 546 707

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



T GEORGE
L I M I T E D

Follow us:



@tgeorgeltd

RUH researchers support national stroke study
Researchers at the Royal United Hospitals Bath NHS Foundation Trust are involved in a national study to develop a tool to guide clinicians when they are assessing people suffering symptoms which could be caused by both migraines and transient ischaemic attack, also known as 'mini-stroke'.

The new assessment tool will help to predict whether a person is at risk of a stroke.



Before a stroke happens, many people have a transient ischaemic attack (TIA). A TIA and migraine can have identical symptoms but only people with TIA require treatment to prevent stroke. Currently it can be difficult for healthcare staff to distinguish between TIA and migraine because there is no definitive diagnostic test or assessment process.

The SMART research study, funded by the National Institute for Health and Care Research (NIHR) and led from Newcastle University, is collecting information from people who have symptoms which could be caused by both TIA and migraine.

The information will be used to create a new assessment process to standardise care. The assessment will use a patient's symptoms and other general health information to estimate their risk of stroke. This risk assessment can then be used to guide treatment and to indicate whether symptoms were more likely due to TIA or migraine.

Patients attending the RUH's TIA Clinic will be asked whether they wish to take part in the study. If they do, researchers will collect information about their symptoms, treatments received, and what happens to their health over the 90 days following the symptoms.

Hayley Stoney, RUH Stroke Research Nurse, said: "We're delighted that the RUH has been chosen to support with such an important national study. We were one of the first research sites to be signed up to take part and are already recruiting patients who attend our TIA clinic. By helping to develop a tool for healthcare professionals to improve care for people with TIA and migraine we are making a really positive difference to the health outcomes of patients here at the RUH and around the country."

You can find out more information about research at the RUH and how you can get involved on our website: https://www.ruh.nhs.uk/patients/research_development/index.asp

The RUH, where you matter

Do you know that you can view the current edition of Pukka Bath on our website?
www.pukkabath.co.uk
If you would like to advertise with us, email: pukkabath@live.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

**Wiltshire and Bath Air Ambulance Charity
has launched its Big Birthday Raffle
– with a top prize of £3,000.**

To celebrate 35 years of saving lives, the Charity is offering supporters the chance to win fantastic prizes while supporting their lifesaving mission.

As well as the £3,000 jackpot, there's additional runner-up prizes of £500 and £100, plus bonus £10 and merchandise prizes. In total there are 35 prizes up for grabs!

Wiltshire and Bath Air Ambulance is a charity providing vital critical medical care by land and air, across Wiltshire and Bath.

Each ticket costs £1 and goes towards raising the £5million it costs annually to keep the air ambulance operational.

Your support can make a difference when the aircrew are called upon to respond to emergencies. The Big Birthday Raffle closes on 13 August, with the draw taking place on 15 August.

Play online via <https://raffle.wiltshirebathairambulance.org.uk/>

Entrants must be 18 or over
and be a resident in Great Britain



**Trio Paradis, Cafe concert, 25 Jul 2025, 15:30,
St Michael's Church , Broad St, Bath BA1 5LJ, UK**

July's concert is for all the family and includes music about trains - Little Train of the Caipira, the Orient Express, Chattanooga Choo-Choo..., a helicopter, jet plane, bicycle - and several other modes of transport. Bring a bicycle bell or a shaker if you'd like to join in! Our violinist for this month's concerts is Sara Stagg.

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>

What's on: July 2025 (cont)

5th July, Saturday, 9.30-12.30. Southdown Repair Cafe, The Methodist Church Centre, BA2 1NJ

8th July, Tuesday, Meet 10.30 -12 noon. Beaufort Townswomens' Guild, Pultney Room , Manvers Street Baptist Church, Bath BA1 1JW. Join us for a talk on Skin care by The Body Shop. Visitor Fee £5. Contact Loraine 01225 316700 for more information.

9th July, Wednesday, 8.45am-12noon, Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

10th July, Thursday, Full Moon

10th July, Thursday, 3-4.30pm. Coffi yng Nghaerfaddon/Coffee & Welsh Conversation in Bath. Dewch i goffi yng Nghaerfaddon... Coffee in Bath. All are welcome! Free! Pob oed! Dyn ni'n cyfarfod mewn siop goffi un prynhawn bob mis. Join us fellow learners or rusty welsh speakers around Bath who enjoy a cup of coffee and chatting in Welsh! Dyn ni'n grwp cyfeillgar. We meet at Burdall's Yard on the London Road in Bath. Mynediad am ddim - dim ond prynu rhybeth i yfed/fwyta i gefnogi'r safle. Organiser Catherine Dhanjal. Call Catherine on 07941669925 or follow <https://www.facebook.com/CymraegBrysteCaerfaddon>

12th July - 30th August, Delta Aquariids

16th July Wednesday, 8.45am-12noon, Barney's Community Cafe. St Barnabas Church, Mount View, Southdown. Yummy cakes and drinks, no set costs!

16th July, Wednesday 7.30pm. Weston Local History Society A visit to Athelhampton house and Gardens, Puddletown, Dorset. Leaving Brookside Weston at 9.30 am. Contact John Tucker (01225-425030) for details.

19th July, 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 hlsam@talktalk.net

24th July, Thursday, New Moon

25th July, Friday, 15.30pm. Trio Paradis, Cafe concert, St Michael's Church , Broad St, Bath BA1 5LJ, UK. See page 20.

31st July, Thursday 10am-3pm, Antiques & Collectables Valuation Day, The Weston Hub, All Saints Centre, High Street, Weston, Bath BA1 4BX. See page 7 for further details.



If you would like to advertise your business or event in Pukka Bath please email:

pukkabath@live.co.uk

For details of our advertising rates, please email pukkabath@live.co.uk.



Local charity Share and Repair has lots going on this month to help you to keep your stuff working for longer and save money along the way.

Their Bear Flat Repair Cafe is on 19th July at the Bruton Community Hall, BA2 4QJ from 9.30-12.30 and monthly on the third Saturday after that and their Southdown Repair Cafe is on 5th July at the Methodist Church Centre, BA2 1NJ and after that on the first Saturday of the month 11-1. 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.

Alternatively, why not think about signing up for one of their workshops to learn how to do your own repairs? On 5th July you can learn how to use your sewing machine in Southdown and on 12th July you can have a go at using power tools at their central Bath base.



Find out more about all these things and more on their website www.shareandrepair.org.uk.

By signing up for their newsletter you will also get updates on their planned new locker collection points for their Library of Things in Mulberry Park Hub, which launch in the autumn.



Essential Mental Health Training This Summer:

Suicide First Aid

Learn how to recognise individuals at risk, step in at the right time, and provide safe and effective assistance.

**Tuesday 15th July
9.15am – 4.15pm**

Mental Health First Aid

Gain the skills to identify, understand, and support someone who may be experiencing a mental health issue.

**16th - 25th September
9.30am – 1.30pm**

Book your space:

**bathmind.org.uk/upcoming-courses
training@bathmind.org.uk**

Group
discounts &
bespoke
courses
available

Hospital at Home team celebrates supporting 5,000 patients

More than 5,000 patients at the Royal United Hospitals Bath NHS Foundation Trust have been helped to get home earlier and supported with care in the community thanks to the hard work of the Trust's Hospital at Home team.



Since starting in 2021, the Hospital at Home service has helped the people we care for across Bath and North East Somerset and Wiltshire, supporting them to have an earlier discharge from hospital and receive the care they need at home.

Patients are safely looked after in the comfort of their own home, and remain under the care of their RUH consultant, until they have safely completed their programme of treatment. A home visit covers overall wellbeing, including diet, sleep quality, and daily activities as well as medical needs. Being in a familiar environment can lead to faster and more effective recovery at home. The success of the Hospital at Home team's approach has meant fewer patients have to return to hospital. There service has also had excellent patient feedback, with 99.5% of patients saying they would recommend Hospital at Home. One patient said: "This is an excellent initiative. The medical team were first class – kind helpful and efficient."

Another said: "We received truly outstanding care from Hospital at Home. The well-informed team provided excellent care which was responsive, timely, thoughtful, kind and flexible."

There was also a second celebration for the Hospital at Home team, which won the Working Together Award at the RUH's annual You Matter Staff Awards, in recognition of the exceptional care and support provided by the team for our patients.

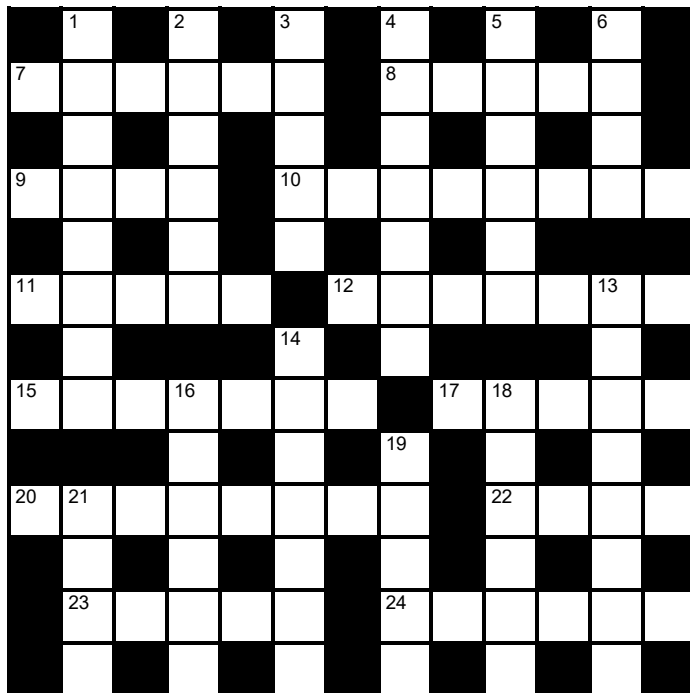
Kerrie Hopson, Service Lead for RUH Hospital at Home, said: "The Hospital at Home team works tirelessly to ensure that those we care for receive the best possible care, extending this commitment to carers, family, and friends. Kindness and civility are fundamental to our approach, ensuring that every patient is seen as an individual and treated with compassion, respect, and consideration for what matters most to them during home visits. Being in a familiar environment can have a big impact on the people we care for - evidence shows patients recover better and quicker in their own home – and we are delighted to be able to play such a key role in our patients' recoveries."

The RUH, where you matter

Sudoku, solution on page 30



Crossword



Across

- 7 Angolan capital (6)
- 8 Hibernian (5)
- 9 Thin layer (4)
- 10 Try to make someone believe they are going mad (8)
- 11 Thugs (5)
- 12 Propose (7)
- 15 Source of teenage angst (7)
- 17 Seventh sign of the zodiac (5)
- 20 Not non grata (8)
- 22 Move along in a stream (4)
- 23 Literary genre (3-2)
- 24 Mourn (6)

Down

- 1 Erstwhile Peruvian President (8)
- 2 Kind of band (3-3)
- 3 Squads (5)
- 4 Topping the agenda (5,2)
- 5 Upholstery trim (6)
- 6 "Be quiet!" (4)
- 13 Overcome (8)
- 14 Stet (5,2)
- 16 Allow (6)
- 18 "A date which will live in ---" (6)
- 19 "Someone Like You" singer (5)
- 21 Mountain path (4)

Solution on page 26



UK Health
Security
Agency

Enjoy the outdoors but 'be tick aware'

Ticks can transmit microbes that cause infections such as Lyme disease or tick borne encephalitis.

Being tick aware by using the following information can help to reduce the chance of tick bites and of being infected:

- 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, your family or your pets
- you can reduce the chance of tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- ticks can bite anywhere on the body, including in your hair. More than one tick can be attached to you at a time
- 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, persistent headache, confusion or develop a spreading circular red rash (which usually appears within 1 to 4 weeks after being bitten), **contact your GP or NHS 111 promptly.** Mention if you were bitten by a tick or have recently spent time outdoors

Tick sizes compared
to a one penny coin



Tick in the
environment



Tick attached
to skin



Lyme disease
bullseye rash



Tick found
under hair



For more information, search for the phrases 'ticks'
and 'Lyme disease' on these websites:

www.nhs.uk www.gov.uk www.nice.org.uk/guidance

GOV-11370

Help Swan build your community, one volunteer at a time!



Would you like to do something where your time makes a real difference?
At Swan Transport, we have volunteers who keep our community connected by giving the gift of transport.

Swan drivers are literally local heroes from our organisation and our passenger's perspective. Swan has been a local charity based at Leigh House in Radstock. We have now moved to Waterloo Rd in Radstock next to the museum and we are on the lookout for our next set of volunteer drivers in Bath to add to our fantastic team in the city.

Although SWAN Transport is based in Radstock, our service covers the whole of Bath and North East Somerset. So, if you want to get out and about, in Bath and the surrounding area. Swan can offer journeys locally or further afield. Trips that suit you, at times and days you want to drive. This is volunteering tailored to you, giving as much or as little as you choose to fit in with your lifestyle.

Swan's drivers assist our passengers to participate in social and community groups plus health appointments as long as they are for NHS treatments. Swan also runs a monthly social group in Radstock where we get together over a tea or coffee and socialise. The drivers' pick-up and drop-off passengers at a pre-booked destination. For many people the lift might be their only contact with the outside world – the only quality human interaction they have all day – so relationships tend to build up between our passengers and their drivers, and that's the human touch that makes this service so special.

If you would like to come and make a difference in your community or just find out more about volunteering with us and our mileage benefits, email Sarah at office@swan-transport.co.uk or call 01761 439548 for an informal chat.

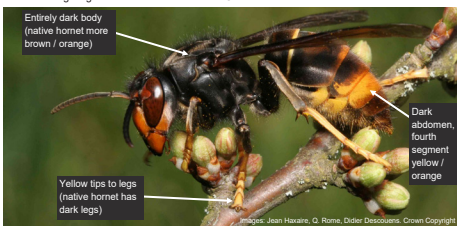
Have you seen this insect?

Yellow-legged hornet (aka Asian hornet) *Vespa velutina*

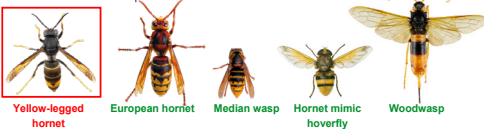


What is it?

A highly aggressive predator of native insects that poses a significant threat to honey bees and other pollinators. Originally from Asia, in 2004 this invasive non-native species was accidentally introduced to France where it has spread rapidly and into neighbouring countries. Since 2016 a number of sightings have been recorded in the UK.



Slightly smaller than the native European hornet. May be confused with other species, shown below in actual size for comparison.



Where might I see it?

May be seen on flowering plants, around beehives, around rotting / fermenting fruit and protein, and at street markets attracted by sweet fruit and fish stalls. Active February to November across England and Wales.

This insect stings, do not disturb an active nest.

Please report sightings immediately with a photo:

- with the iPhone and Android recording app: Asian Hornet Watch
- online at: nonnativespecies.org/asianhornet
- by email: alertnonnative@ceh.ac.uk

Find out more and report a sighting:



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

**Toe nail
cutting?
Corns?**



Hard skin?

Finger nail trimming
service available

Home visits, PPE worn

Call: 01225 351646

Mobile: 0777 308 2163

Julia George
MCFHP MAFHP
Foot Health Professional



NEW OPPORTUNITIES AT OUR NEW GALLERIES

The Holburne is seeking to recruit 50 new volunteers of all ages and backgrounds who are enthusiastic, enjoy art and history, have a great sense of fun and are looking to join a committed and energetic community.

THE HOLBURNE MUSEUM

After a year of redevelopment, we are getting ready to launch a new gallery on the lower ground floor in September. As we expand in size and scope, we want to grow our vibrant and award-winning volunteer team.

The new gallery will display Renaissance treasures on permanent loan to the museum from the Schroder family collection, one of the finest private collections of silverware in the country, as well as paintings, bronzes, maiolica and gems.

Volunteers will continue to welcome visitors to our permanent collection and ever-changing programme of exhibitions, in addition to helping them discover the new galleries. They can also opt to get involved in a wide variety of activities across the museum such as assisting with learning activities, stewarding events, or producing Volunteer led 'Up Lates'.

The museum runs 2 shifts per day 7 days a week and is looking for a commitment of just 3.5 hours weekly, starting from September 2025.

If you, a friend or family member is interested in joining the Holburne team, please get in touch with Head of Visitor Services: Spencer Hancock at s.hancock@holburne.org or find full details at:

<https://holburne.org/support-us/volunteer-at-the-museum/>

Our Volunteers say: "The volunteers and staff are all unfailingly friendly and it is a real pleasure to meet up on your shift and also enjoy the social events."

"I love volunteering at the Holburne. It feels like a big win on every level - you're giving something back to the community, you're supporting the arts, you're receiving expert training on all of the exhibited artists and genres."

"I feel valued, useful, and part of a team of like-minded people."

"Becoming part of a new and different community is invigorating and it's wonderful to build new friendships."



The Holburne Museum, Great Pulteney Street, Bath, BA2 4DB

Tel: 01225 388569

Daily 10am to 5pm (Sunday and Bank Holiday 11am to 5pm)

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



Sudoku solution

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

Crossword solution

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

Pukka Bath Quiz Answers, July 2025

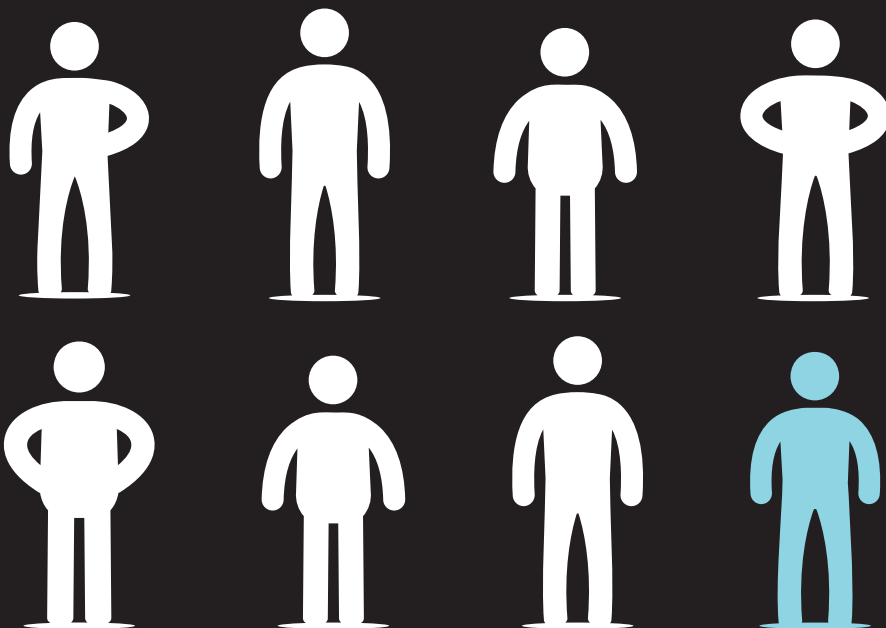
1. Photograph - the former drinking water fountain erected in 1897 at the 'The Gore', between Wellsway and Bloomfield Road.
2. The Cotswolds
3. Natural Mineral Water
4. 'there's a way'
5. An official who oversees the game, ensuring rules are followed and resolving any disputes
6. Nepal
7. The Pilgrim's Progress
8. A stand, or flamboyance
9. Turandot
10. His letters
11. Milligram
12. Gouda
13. The skin
14. Saturday
15. Artistic handwriting
16. Mercury
17. A plinth

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.

1 IN 8 MEN WILL GET PROSTATE CANCER

Early diagnosis saves lives.



Speak to our Specialist Nurses

0800 074 8383*

prostatecanceruk.org



PROSTATE CANCER UK



Check your risk of
prostate cancer
in 30 seconds.

prostatecanceruk.org/risk8

Statistics are for men in the UK

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

*Calls are recorded for training purposes only.

Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate Cancer UK is a registered charity in England and Wales (1005541)
and in Scotland (SC039332). Registered company number 02653887.

MEN4/AUG23 7147

NOAD

Roofing Limited

ROOFING & LEAD SPECIALISTS

TILED & SLATE ROOFS | FLAT ROOFS
LEADWORK | GUTTERS, FASCIAS & SOFFITS
CHIMNEY REPAIRS | VELUX WINDOWS

A FAMILY OF ROOFERS SINCE 1920

01225 941949

roofing@noadroofing.co.uk

noadroofing.co.uk

FOLLOW US

