

Hello August

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copy



Pukka Bath

Look inside our August magazine, we have our amazing
advertisers offering services for you and your home,
RNL Beach safety advice,
news from The Victoria Art Gallery and The Holburne
our What's on, quiz & much, much more.....!



RNLI Beach Safety Advice

The Royal National Lifeboat Institution (RNLI) is urging anyone visiting the coast this summer to make sure they keep themselves and their families safe by following our beach safety advice – most importantly, visit a lifeguarded beach and swim between the red and yellow flags.

RNLI lifeguards will be patrolling over 90 beaches in the south west during the peak summer season from Saturday 9 July until Sunday 4 September, daily between 10am – 6pm to keep everybody safe.



RNLI beach safety advice:

- Visit a lifeguarded beach and swim between the red and yellow flags
- Check the weather forecast, tide times and read local hazard signage to understand local risks
- Keep a close eye on your family – on the beach and in the water – don't allow your family to swim alone
- If you fall into the water unexpectedly, **FLOAT TO LIVE**.
- Fight your instinct to thrash around, lean back, extend your arms and legs, and float
- In an emergency dial 999/112 and ask for the Coastguard

Rip currents are one of the most common incidents on south west beaches and is the main cause of bathers, bodyboarders and surfers getting into difficulty in the water.

Rips are strong currents running out to sea, which can quickly drag people and debris away from the shallows of the shoreline and out to deeper water. They can often be difficult to spot but are sometimes identified by a channel of churning, choppy water on the sea's surface. Even the most experienced beachgoers can be caught out by rips, so don't be afraid to ask lifeguards for advice. They will show you how you can identify and avoid rips and always swim between the red and yellow flags – this is the safest area marked out by the lifeguards every morning and this can change daily depending on the current conditions.

Lewis Timson, RNLI Lead Lifeguard Supervisor, says: 'Rip current rescues are the most common incident the lifeguards deal with on our beaches. The strong currents can quickly sweep bathers out of their depth, which is when panic sets in. Please choose a lifeguarded lifeguard beach when planning a day out at the coast and always ask the lifeguards for advice. We recommend taking a moment before arriving at the beach to understand, not just what rip currents are, but how to react if you are caught in one or see someone else in trouble.'

If you find yourself caught in a rip current:

- Don't try to swim against it or you'll get exhausted
- If you can stand, wade don't swim
- If you can, swim parallel to the shore until free of the rip and then head for shore
- Always raise your hand and shout for help
- If you see anyone else in trouble, alert the lifeguards or dial 999/112 and ask for the Coastguard

Before entering the water, let your friends or family know where you are going and always speak to the lifeguards for safety advice that day – the conditions change daily, and even hourly, so it is always recommended to check for any dangers and familiarise yourself with local hazards.





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Take on an epic 20-mile walking challenge this September to help the homeless

Julian House is calling on families, friends and work colleagues to take on its epic 20-mile walking challenge – The Circuit of Bath Walk.

The sponsored walk, now in its 21st year, takes place on Sunday 25th September 2022. Participants will be walking a circular route around the outskirts of Bath, taking in stunning views overlooking the historic city itself including the gorgeous vistas from Little Solsbury Hill and South Stoke Millennium Viewpoint.

While the charity is encouraging people to tackle the full 20-mile route, participants can choose their own distance and start point, thanks to the five checkpoints along the route and a free shuttle service between each.

Senior Community and Events Fundraiser Gavin Osborn said: “The Circuit of Bath Walk is an important event for everyone involved. Participants not only get an incredible sense of achievement from walking 20 miles over sometimes challenging terrain, but also the knowledge that the sponsorship they raise will help to rebuild lives. By taking part, you are enabling us to support vulnerable and at-risk individuals in our emergency hostel and domestic abuse refuge. You will be helping to save lives”.

Tickets are on sale now. £12 adult, £6 Child, £25 Family. Dogs are welcome and for younger families there are also buggy-friendly sections of the walk.

Self-care coach and Nordic Walking Instructor, Yvonne Bignall took on the challenge last year. She said: “We had so much fun, and it really is a beautiful circuit of Bath, places I had never seen before with spectacular views that feed the soul. Not to be missed!”

Gavin Osborn added: “Julian House has more than 40 projects, accommodation sites and social enterprises across the region. We hope people will aim to raise as much as they can, as while each participant’s entry fee goes towards the cost of organising the walk, every penny raised through sponsorship goes towards helping us support vulnerable people in our care”.

Further information and tickets can be found online at www.circuitofbathwalk.co.uk.

For any other details, please get in touch with Senior Community and Events Fundraiser Gavin Osborn on 07946 330971 or gavin.osborn@julianhouse.org.uk



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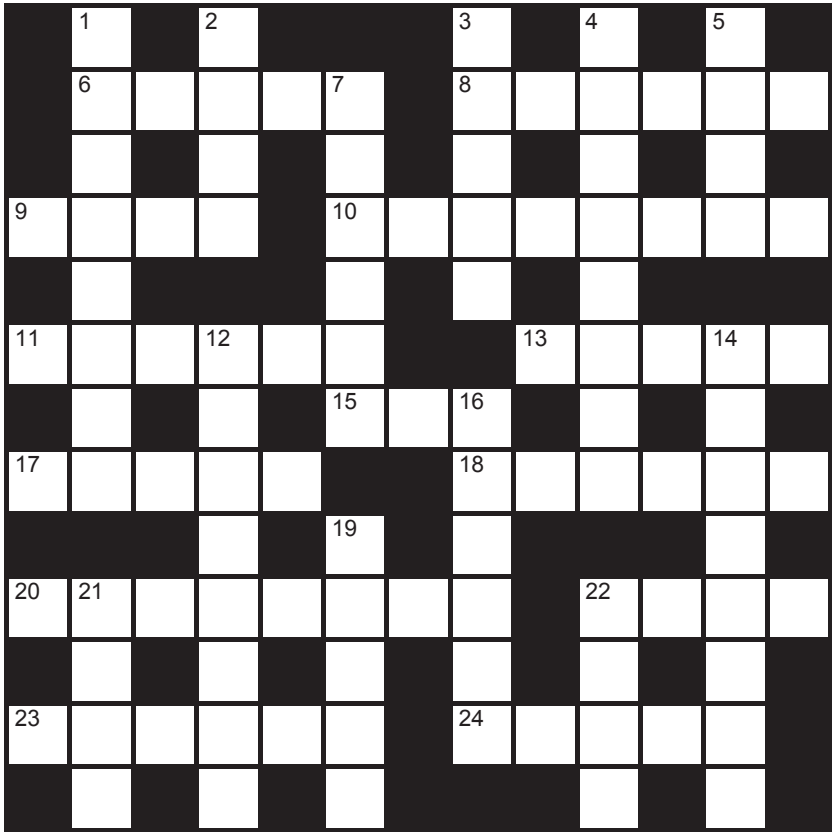
“ I have always loved animals and I especially enjoy studying the aquatic subjects at college. I want to work in Marine Rehabilitation and Rescue, so I’m going to University to study ”



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Crossword



Across

- 6 Type of male (5)
- 8 Scattered rubbish (6)
- 9 Inhabitant of e.g. Helsinki (4)
- 10 Insensitive (8)
- 11 Biased (6)
- 13 Morsels (5)
- 15 Exclamation of contempt (3)
- 17 Renown (5)
- 18 General escape (6)
- 20 Elongate (8)
- 22 Religious practice (4)
- 23 Seventh planet (6)
- 24 Proof of being elsewhere (5)

Down

- 1 Reasonable (8)
- 2 Atop (4)
- 3 Not in silence (5)
- 4 Short dagger (8)
- 5 Long fish (4)
- 7 Soak up (6)
- 12 Self-important (8)
- 14 Peak (8)
- 16 Rupture (6)
- 19 That group (5)
- 21 Lugs (4)
- 22 Restraint (4)

Solution on page 30

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What's on: August 2022



Sunday to Friday – 10.30am and 2pm, & Saturday 12th August, Full Moon

– 10.30am only. Daily general interest walks at 6.00pm on Tuesday and Thursday. No booking

required. The Mayor Of Bath's Corps Of Honorary 27th August, New Moon

Guides free walks take place every day

of the year, except Christmas Day.

www.bathguides.org.uk

Until 22nd October, Monday to Saturday 10.00-

16.00, BEYOND BEASTLY: Creatures Natural and Imagined, Free Exhibition, Bath Royal

Literary and Scientific Institution, 16 Queen Square, Bath, BA1 2HN. www.brslsi.org.

Second Tuesday and the second Saturday of each month until October, 10m-5pm (last entry 4.30pm). Claverton Pumping Station is open.

The pump is run only on the Saturday. There is no parking at the station, we recommend either taking the D1 bus from Bath, or walking along the towpath from the car park at Dundas aqueduct. Entry is £10 per adult when running, and £5 per adult if the machine is static, children under 16 go free. www.claverton.org. Claverton Pumping Station, Ferry Lane, Claverton, Bath, BA2 7BH

1st September, Thursday 7.30pm. Bath Railway Society presents an illustrated talk by renowned Railway Photographer Jack Boskett, Ten Years Of Saying Cheese! At The Museum Of Bath At Work Julian Road Bath. All welcome .Visitors £5.00 Coffees...Teas....Biscuits

3rd & 4th September, Saturday & Sunday. In celebration of all things floral. In the garden of 165 Newbridge Hill, Bath, BA1 3PX

4th September, Sunday Bath Cats & Dogs Home Wag Walk, www.bcdh.org.uk/wagwalk

6th September Tuesday, 12noon / 1pm. Bath Floral Decoration Society, St Stephen's Church, Lansdown Road, BA1 5SX. There is an optional light lunch offered at 12 noon followed by the demonstration at 1pm. Visitors £6. Contact susanmsouthgate@aol.com. Tel: 01225 314531



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1. (photo) where are these 2 bridges?

2. What was the name of the character played by John Travolta in the film 'Pulp Fiction'?

3. What is fifteen percent of two thousand?

4. Name the book title from this description. Edmond Dantes, a young sailor from Marseilles, is falsely accused of treason, arrested, and imprisoned without trial.

5. What was the worlds first patented synthetic food in 1869?

7. Which author created the character Paddington Bear?

6. What's longer, a nautical mile or a mile?

Pukka Quiz

9. What kind of food is Penne?

8. Who was the first woman to win a Nobel Prize?

10. What does NASDAQ stand for?

11. What chemical element is 'H'?

12. Who is the alter-ego of Sir Percy Blakeney?

13. In which children's book did a spider called Charlotte and a pig called Wilbur appear?

14. What sauce is traditionally served in a prawn cocktail?

15. What's the only fruit to possess seeds on the exterior?

16. Which island off the north-west coast of Wales is the seventh largest in the British Isles?

17. What was the name of the small defensive forts that were built across the British Empire during the 19th century?

Answers on page 30



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- Daily general interest walks at 10.30am and 2.00pm (Sun to Fri) and 10.30 (Sat). No booking required.
- Daily general interest walks at 6.00pm on Tuesday and Thursday. No booking required
- Pulteney Estate Walks, taking in Pulteney bridge, Great Pulteney St and Sydney Gardens – Tuesday and Thursday at 11.00am. No booking required



- Special Summer Walks – For full details, and to book, go to www.bathguides.org.uk

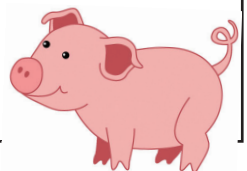
Topics for August include:

- o Discovering Bath's Trees - 1 August
- o Turbulent Medieval Bath - 3 August
- o Destruction and Preservation in 20th Century Bath - 8 August
- o The Bath Blitz - 10 August, 19 August
- o Bath Rocks – Geology in the City - 12 August, 31 August
- o Watery Wanderings – River and Canal – Tales of the riverbank, both K & A canal and river Avon - 15 August
- o Walking in the footsteps of Ralph Allen - 17 August
- o Comforts, Communications and Commerce, exploring the Duke of Kingston's Estate in Bath - 22 August
- o Victoria Park - 24 August
- o The works of John Pinch the Elder, the last Georgian architect in Bath – 26th August
- o The Backside of Georgian and Victorian Bath – 26 August

www.bathguides.org.uk

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.issue.com, search for Pukka Bath





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Gary Elaine & Lisa

BEYOND BEASTLY:

**Creatures Natural and Imagined,
Free Exhibition, until 22 October 2022,
Monday to Saturday 10.00-16.00**

**Bath Royal Literary and Scientific
Institution,
16 Queen Square, Bath, BA1 2HN**

www.brlsi.org

Come and meet some familiar fantastical creatures (and quite a few natural ones) extracted from the pages of the historic books and boxes of specimens in Bath Royal Literary and Scientific Institution Collections and now appearing in an exciting new exhibition.

We grow up with monsters inhabiting our stories and dreams. The beasts of ancient myth and legend — magical unicorns, fire-breathing dragons, writhing sea monsters, cryptic chimeras and others — have gripped the human imagination for centuries.

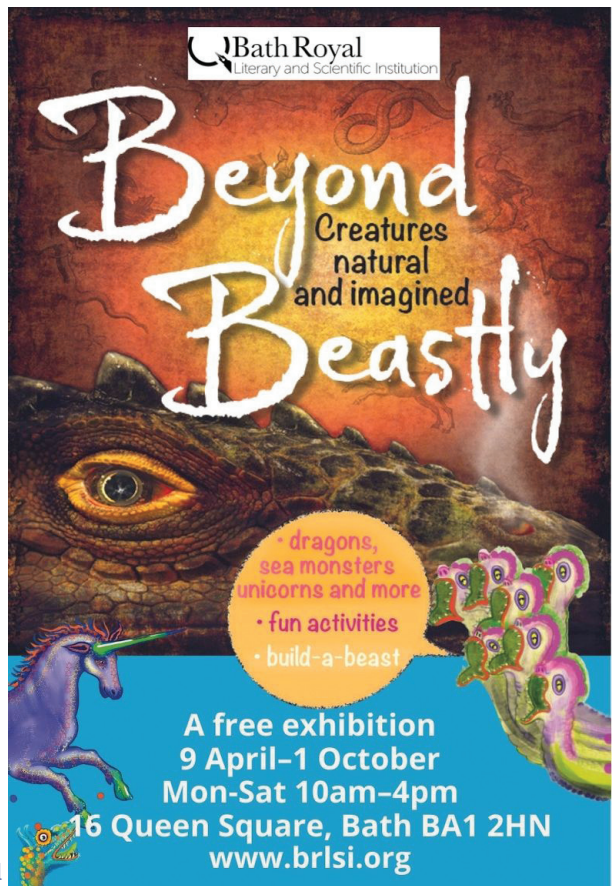
Inhabiting dark and mysterious places, with strange behaviors and destructive powers, they were once seriously feared, at a time when the boundary between superstition and reality was blurred.

Yet it's possible these myths were inspired by living reptiles or finds of fossil 'dragon bones' belonging to extinct 'terrible lizards' or dinosaurs, as they later became known.

Medieval bestiaries beautifully illustrated the strangeness of these creatures. They lurked in the mysterious corners of early maps, with the warning 'Here be dragons', and travellers returned from distant parts with tales of hair-raising encounters. But in the 17th century scholars began to question whether these phenomena actually existed.

Using scientific methods, they began to impose order and clarity on the natural world. As new continents were explored, a rich array of extraordinary new animals and plants were formally described. Here were creatures quite as weird as the ones in medieval pictures, but now they were being illustrated in vivid and accurate detail.

While we no longer feel the same horror these beasts could arouse in earlier times, we meet them today in our films, books and video games where they retain the power to scare us. We feel uneasy at the ability of science to create hybrid organisms containing human cells and those of another species. There is also the tantalising prospect that life forms, just as strange and exotic as the legendary ones of the past, may be there to discover in the uncharted lands beyond our planet.



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August at the Holburne

Love Life: David Hockney Drawings 1963 to 1977 , Until 18 September

With over 40 of David Hockney's extraordinary drawings on loan from private collections, Love Life is a wonderful way to enjoy Hockney's artistry and astonishing power of observation and skill in using tiny, mundane details to help capture a situation, a sitter's character, or a place. David Hockney is one of the greatest draughtsmen of all time, and his drawings of the 1960s and 1970s are among his finest works. This selection of both well-known and unfamiliar drawings demonstrates how his love of life is expressed through his extraordinary ability to closely observe and translate into art the world around him. Friends, places and inanimate objects are all depicted with insight and energy.

Marvellous Makers, Wondrous Worlds Raised Embroidery from the 17th century

This focussed loan exhibition is a jewel-like show of incredible details that allows visitors to look closely at these exceptional objects.

Garden Theatre Festival until 12 August

This year's festival will be your chance to make fantastic memories with the ones you love in the magical gardens of the museum. With a whole host of events featuring superb performances from children's theatre to late night music, there's something for everyone!

Summer Art Camps

10 days of creative day camps 1,2,3, 4,9+10 August
£42per day For children aged 6-11 years
Each art camp day is led by a different talented artist, who will be on hand to offer creative inspiration so you can learn to love making and creating in a new and playful way. Topics covered include colourful creatures, extraordinary insects, felting & fabric, fascinating florals and glorious food.

Mozart Recital 18 August £20 doors open at 7pm, the concert will begin at 7.30pm

The Schantz fortepiano, acquired by the Holburne in 1983, is one of the highlights of the collection. It was made in Vienna around 1795 and only four such instruments have survived. The internationally respected keyboard artist Nathaniel Mander has chosen to play some of Mozart's most appealing and enchanting sonatas and variations. This is a rare opportunity to hear the fortepiano come to life, with an exceptionally talented musician.



More information and to book holburne.org

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Sedgemoor RNLI lifeguards go live on Burnham-on-Sea and Breaun beaches

RNLI lifeguards will be returning to Burnham-on-Sea beach and in addition will be providing a lifeguard service on Breaun beach until Sunday 4 September. The charity is urging visitors to the Sedgemoor coast to visit one of these lifeguarded beaches.

Matt Whitley, RNLI Lead Lifeguard Supervisor for North Devon and Somerset says: 'We are pleased to be supporting Sedgemoor district council by providing a lifeguard service on these two beaches in Sedgemoor and encourage the public to choose either Burnham-on-Sea or Breaun beach if

they are planning a day out at the coast this summer. Sedgemoor district council provide a beach warden service from Easter which also covers Berrow beach and we are pleased to be able to provide additional lifeguard support across two out of three beaches in the area.'



Photo Credit: RNLI/Luke Penman

Last year (2021), RNLI lifeguards covering the south west dealt with 11,216 incidents, aided 13,664 people and saved 57 lives and the charity's lifesavers are expecting a busy year ahead.'

The RNLI is looking to expand the lifeguard service onto all three beaches along the Burnham-on-Sea stretch for 2023 and would welcome a chat with anyone interested in finding out more.



Please contact Luke Penman at Luke_Penman@rnli.org.uk

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BATH MOTOR SHOW RAISES RECORD AMOUNT FOR CHARITY

Thousands enjoyed the open air show, back after a two years absence due to COVID restrictions This year's Bath Festival of Motoring raised a record amount of well over £20,000 for local charities, the Rotary Club of Bath has announced.

The motor show, which features hundreds of classic cars and motorbikes alongside a range of the latest high-performance models, was held over Father's Day weekend in June. While heavy showers reduced numbers attending a little on the Saturday, sunshine on Sunday brought out the crowds, with an estimated 4,000-plus people enjoying themselves in the open air throughout the day.

"We have had fantastic feedback about the show from those who attended", said Rotary organiser, Peter Edwards. "While the Festival is not just about raising money for charity, it is a great bonus that we will be able to pass on record amounts to this year's two main local beneficiaries, Dorothy House and Nova Sports. We'd like to thank all those who brought their stunning classic vehicles and supercars along, and to all the public who donated by buying tickets. Everyone had a lot of fun, and as a result we will be able to help lots of others in need locally."

The Club says it is hoping to be able to organise the Show again next year. Details will be available on the Festival website:

www.bathfestivalofmotoring.com



Bathscape has released the programme of walks for its popular annual walking festival, which this year will run 10-25 September.

The two-week programme includes events to suit walkers of all abilities. Some of the walks will be led in small groups with stopping points, while others will be self-guided trails for which people can download a map.

Nature lovers can sign up to join a bat walk, learn about the trees in the Royal Victoria Park or wildlife at Newton Park. There are plenty of longer rural hikes to explore the countryside outside the city: around Upper Weston and Kelston, Swainswick and Solsbury Hill, Lansdown, North Stoke, Somer Valley or Combe Down.

History enthusiasts can learn about industrial heritage on a walk from Paulton to Dundas following the Limestone Link and the route of the Somersetshire



Coal Canal, which was built to carry coal down to the Kennet and Avon Canal.

Walks led by local experts are a mainstay of the festival and this year they include: A day in the life of a Georgian Visitor with Kirsten Elliott, Ralph Allen's Garden with Robin Dixon, William Beckford with Amy Frost and Radical Bath with Andrew Swift, celebrating Bath's honourable history of protest and rebellion. Popular walks returning this year include those exploring the LGBTQ+ history of Bath and Haile Selassie's time in the city.

The programme of events can be found

<https://www.bathscape.co.uk/walking-festival/> or you can email info@bathscape.co.uk or call 01225 477265 to find out more.

Mike's Odd Jobs

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Renoir painting goes on show at Victoria Art Gallery

A work of art by the French Impressionist Pierre-Auguste Renoir, *Pêches et Prunes* (Peaches and Plums), is now on show at the Victoria Art Gallery in Bath. The painting is displayed in the Upper Gallery, which is free to visit.

Pêches et Prunes has been generously lent by a private collector who, after buying it last summer, decided that such a fantastic work of art should be on display in a public gallery, for as many people as possible to enjoy. The painting will stay at the Victoria Art Gallery for at least three years.



Pêches et Prunes has never previously been on public display. Although Renoir painted over 4,000 works, relatively few of them are in museums and galleries in the UK.

Kevin Guy, Leader of the Council, said: "This is a wonderful opportunity for our visitors to see an Impressionist painting by one of the world's most famous artists. The Upper Gallery is free for all to visit, and contains a wealth of treasures, including works by other well-known artists such as Thomas Gainsborough and Grayson Perry."

Pêches et Prunes is one of the last few works that Renoir painted. During the last months of his life Renoir was mostly bedridden. He painted several still lifes during this period, of fruit and flowers gathered from his garden. This painting shows fruits that would have been ripe at the end of the summer, a few months before his death in December 1919.

www.victoriagal.org.uk

**Bath & North East
Somerset Council**

The Bath Floral Decoration Society

After WWII, flower-arranging clubs were evolving all over the country, from an idea by Constance Spry, as an outlet for women who were mainly housewives. The Bath Floral Decoration Society was formed in 1954. As you can imagine much has changed in 68 years.

Flower arranging is now classed as an art form with professionally-trained demonstrators, both men and women, promoting the flower-arranging art at local flower clubs and in exhibitions, competitions and displays all over the world.

We in Bath enjoy a relaxing afternoon watching a demonstrator creating displays of beautiful flowers, which are then raffled. We meet on the first Tuesday of the month at St Stephen's Centre, Lansdown Road, BA1 5SX. You can start the afternoon at 12 noon with an optional light lunch, followed by the demonstration at 1 pm.

Next meeting will be Tuesday 6th September.

We have a varied programme from September 6th, finishing with a Christmas-themed demonstration on 6th December.

Why not come and join us? Visitors £6, Optional lunch £6.

Contact: Sue Southgate, tel: 01225 314531, susanmsouthgate@aol.com.





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*T&C's apply – see website for details



'In Celebration of the Arts - all things floral'

Saturday 3rd and Sunday 4th September

10am-5pm

165 Newbridge Hill, Bath, BA1 3PX

Artists and Sculptors come together to exhibit their dynamic art, sculpture and craft in a house and award winning garden in Newbridge. Now in its third year this exhibition showcases the work of Mary Allen, Joy Branscombe, Elizabeth Evans, Hayley Jones and Jessica Palmer. Delicious cakes, mouth-watering scones and light lunches are served on the terrace overlooking the garden.



Opening in conjunction with the National Garden Scheme money raised will go to nursing charities supported by the NGS, to The Peggy Dodd Centre in Combe Down and to Serve Africa which is providing education, vocational training and medical support to internally displaced Ugandan refugees.

Pieces of sculpture, art and plants are for sale.

All the latest news from Share and Repair

Repair Cafes – Our monthly Repair Cafes around Bath and beyond are taking a break in August and will start again in September. But don't worry. If you have any items that you need fixing over the summer, you can still book a repair session at the Share and Repair Shop on York Street. Details below.

Bath Library of Things – Borrow items for holidays, camping trips and outdoor events over the summer. For camping trips, there are tents, camping chairs, kettles, mallets and sleeping bags available. Or for outdoor events, reserve a cool box, gazebo, some fold-out chairs and bunting.

Home delivery – whether you need something collected for repair or delivered from the Library of Things, you can arrange for a home delivery using our electric cargo bike. No item too big or too small!

Fundraising news – We recently raised more than £9,000 in our wonderfully successful crowdfunding campaign. The money will be used to buy new items for the Bath Library of Things and improve the tools used by our volunteer repairs. More details to follow soon.



All the details you need:

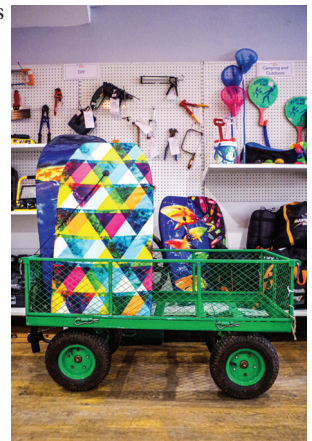
Share and Repair Shop

(home to the Bath Library of Things)

3, York Buildings

George Street, Bath BA1 2EB

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If you have any questions, would like to join or make a referral then please contact us via 07736469671 or email stacey@creativityworks.org.uk.



www.creativityworks.org.uk



Explore creative Combe Down this September

Combe Down Art Trail has just got bigger!

The village opens its studios and arty venues on 10th and 11th September (10-4) for an exciting weekend of paintings, prints and stained glass to ceramics, wirework, stone sculptures over 17 venues. Trail maps will be available along the route, as well as refreshments for you to enjoy including at the Peggy Dodd Centre.



Head of the art trail committee, Sally Jefferies, said “As well as all the venues we will turn the streets into a village gallery with posters of artwork on railings and lampposts, particularly on the school railings, alongside work produced by the children themselves. Our aim is to reuse and recycle as much as possible, from the red and green lanterns at venues to arrows along the route.”

This year the trail also includes two new and different artistic ventures. Author and artist Rosemary Simmons, a driving force behind the art trail and the Combe Down Heritage Society, has written and illustrated a children’s book. “A Guide to the Alternative Combe Down” explores the stone mines through the Brock Clan of badgers and includes fun activities and games for children as well as interesting facts about the mines and the entrepreneurs who started quarrying here in Combe Down. The Jewish Burial Ground are taking part in the trail too this year, with a fascinating looped sound and video installation, generated from the “Honouring Esther” walk.



Head over to the art trail website for more information about the artists and venues
cdarttrail.com



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

Sudoku, solution on page 30



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

See our magazine online too at
www.pukkabath.co.uk

How are you sleeping?

The importance of sleep for our mental health.



On average, we spend around a third of our lives sleeping. When we sleep, our brains process and store new information and our bodies repair cells. These processes all support our mental and physical health. A lack of sleep can affect our overall wellbeing.

There is lots we can try to help improve our sleep:

Look after yourself

How we look after ourselves during the day can also affect how we sleep. Try to avoid big meals before bedtime. Avoid caffeine for several hours before bed. Getting outside and taking in fresh air during the day can be beneficial to our sleep.

Keep a sleep routine

Going to bed and waking around the same time each day or going to bed when you feel ready to sleep, and waking up at the same time every day can help establish a sleep routine. If you've had a bad night of sleep, avoiding activities because you feel tired may make sleeping that night more difficult.

Preparing your sleeping area

Experiment with different things such as temperature, light, noise and bedding. Many sleep better in a slightly cooler environment. If your environment is light, you may find wearing a sleep mask helps. Most find they sleep better in quiet environments, but if you don't, try listening to music or a podcast. If your environment is noisy, you may find wearing ear plugs helps. You may sleep better with lighter or heavier weight covers; warmer or cooler bedding.

Preparing for sleep

Preparation can be very powerful in helping us sleep. Try to avoid screens for an hour or two before bed as the blue light emitted by screens can affect how we sleep. Avoid activities which may stimulate your brain. Breathing exercises, meditation, listening to a relaxing podcast or drinking herbal tea may help some relax and get ready for bed. If your mind is racing with thoughts which are preventing you from relaxing, try writing those thoughts down, reassure yourself that you can address these issues tomorrow, replace them with visualising something that makes you feel calm and relaxed. You may like to try this guided sleep meditation which can help prepare you for sleep: www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/

Try to avoid clock watching

If you are finding it hard to fall asleep, try to avoid checking the time. If you can't fall asleep, try getting up and doing a 'mundane' task for a few minutes, then go back to bed. Worrying about the fact that you are not able to sleep can make it harder to sleep. If you're struggling to sleep, do something to relax yourself rather than focussing on negative thoughts. Focussing on your breath can help bring you back to the present moment and calm your mind.

On waking in the morning.

Try to look at natural daylight before looking at screens - this can help your circadian rhythms and your body's natural 'sleep-wake cycle.'

When to seek help: If you are finding it difficult to sleep long term, talk to your GP.

Information and support

You can find more information and support here: www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/

**If you are experiencing difficulties with your sleep or would like support with your wellbeing, you can contact Bath Mind here:
www.bathmind.org.uk/resources/get-help-now/**

Sudoku solution

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

Crossword solution

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

Pukka Bath Quiz Answers, August 2022

- (photo) in Sydney gardens
- Vincent Vega
- 300
- The Count of Monte Cristo
- Oleomargarine, which became shortened to the trade name margarine.
- Nautical mile (it's 1.15 miles)
- Michael Bond
- Marie Curie
- Pasta
- National Association of Securities Dealers Automated Quotations
- Hydrogen
- The Scarlet Pimpernel
- Charlotte's Web
- Marie Rose
- Strawberries
- Anglesey
- Martello towers

Pukka Bath small print....

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