

# Redland & Cotham Amenities Society



**Report from the Chair**  
**Planning**  
**Parks**  
**Redland Court Redevelopment**  
**Help for the vulnerable in our area**



Number 187 - March 2020

# Report from the Chair

It is certainly a difficult time for the UK and our area is affected, as everywhere, by the measures proposed to slow the transmission of the Coronavirus.

RCAS committee would like enable help for members who are less able to get out for their normal activities and you will see that we have included a form (inside back cover) which you can drop in to people who may need assistance.

The 'NEXTDOOR' website (also available as a smartphone app) have a group called COVID-19 HELPERS which is helping coordinate volunteers; if you aren't a member of NEXTDOOR, it would be worth considering joining, as it is a useful network for residents to communicate with each other. <https://nextdoor.co.uk> It is free to use and is very successful as a noticeboard for lost and found items too- keys, pets etc.

If you need assistance but do not have access to a computer, please get in touch with the RCAS committee who will try to help- their contact details are all in the December newsletter. Or let me know on 0117 942 5420 and I will try to put you in touch with someone local.

On a brighter note, it is good to see spring coming to Redland and Cotham. The bulbs planted on Redland Green and on Lovers' Walk have provided a bit of joy despite the incessant rain and the primroses, which we were given as part of the Urban Buzz pollinator project, are flourishing in the flower bed in Cotham Gardens.

As well as the projects suggested in the Parks article, we have also been thinking about reinforcing the wildflower strip between the lime trees along Lovers' Walk. Each year

the cow parsley blooms but is frequently cut down before it seeds. What do people think about leaving this strip of grass longer and perhaps planting more flowering plants to add to the crocus, daffodils and snowdrops already planted and the cow parsley that has set itself? Would you support or oppose this?

We were delighted to support the Redland Green Community Group project for bird boxes on the Green. You can see a write up of their activity in this edition of the newsletter. If anyone would like to lead on a similar project in Cotham Gardens and Lovers Walk/ Redland Grove greenspace, please do get in touch!

A number of consultations which affected our area were run over the past couple of months. As our newsletter is published four times a year, we cannot always include this information in time but we do alert people who have signed up on our email list. NOW would be a good time for you to let us know your latest email address by going to the RCAS website and signing up on the EMAIL ALERT page under Member Pages. Many of the email addresses we have for you are out-of-date or incorrect, so please help us by updating our information.

We have included in this newsletter information about a consultation on a proposed change of service for the First Bus 9/72 route. This consultation closes on March 29th 2020. Members who are on our Email Alert list were informed of this consultation and it was shared on our Facebook page.

It is disappointing to report that the Redland Station Mural has been tagged. RCAS is working with Severnside to repair the damage but this will have to wait until drier

weather.

Finally, my thanks go to the newsletter team, who are having to cope this time with fast moving changes to information and articles for this edition and to the newsletter distributors too. Keep safe everyone.

**Alison Bromilow**

Grape hyacinths in Cotham Gardens, kindly  
donated by one of our members



The primroses were donated by Urban Buzz pollinator project





# Planning Report

## Redland Court development

Following a meeting with the developers, we have asked that RCAS is kept up to date with the building progress. See the article in the newsletter by Jenny Gee for the developers.

## 12 Woodstock Road

Adjacent to the Redland Court site, building operations are going on in the back garden of 12 Woodstock Road which has been an eyesore for many years. There is permission for an extension to the rear of the house and a new garage accessed from Redland Court Road on the footprint of the previous garage. It appears that a larger development is being prepared for and RCAS has raised this with enforcement officers.

## Proposed 3 flats. - 1A-D Chandos Road 20/00858/F

Following the approval of the scheme to build a 2-storey building on the garage site next to these single storey shops, there is an application to construct 3 flats at first floor level. The first-floor extension is as a mansard roof and matches the approved scheme for rear of 4 Woodfield Road. We welcome the provision of off-street storage for waste and recycling.

## 44-46 Coldharbour Road 20/00832/F

New application for change of use from retail with residential to four residential flats. The previous application was refused. New application deals with concerns about design of elevation but does not make any attempt to deal with concerns about the front hardstanding and bedrooms at ground floor which RCAS raised in previous objection.

## Land at Home Gardens, Redland Hill 20/00542/P

Following discussions at pre application stage with local groups including RCAS, an outline application has now been made to demolish the bungalows and Home Gardens buildings above the ASDA garage on Blackboy Hill, and to develop the site with two blocks of accommodation, one of 3 storeys facing onto Blackboy Hill and one of 6 storeys behind this. The development is to be up to 60 residential units with 20% affordable and flexible office space which will be accessed from the Whiteladies Road frontage. Car parking for residents is to be provided at basement level. It is proposed to remove 5 trees, which will require mitigation by on-site new planting or contribution for off-site replacement. The application is to approve access scale and layout only.

## 22 Redland Park

Change of use from residential home to flats. RCAS objected to proposed loss of 3 mature trees on front boundary.

**Alison Bromilow**  
**Simon Birch**

Below: Crane in action at Redland Court redevelopment



## Bird Boxes on Redland Green

Thanks to a generous grant from RCAS, Redland Green Community Group has purchased 16 bird nesting boxes, which in January were put up in trees around the Green over several gloomy but dry weekends.

We opted for boxes made from "woodcrete"; a mix of concrete and wood fibres. These have numerous advantages, the principal ones being longevity and protection from predators. As the Green and surrounding area harbour predators such as great spotted woodpeckers, grey squirrels and magpies, it really is important that the boxes are resistant to predator attacks.

There are still a few of the old wooden boxes RCGC made some years ago around the

Green, bearing signs of woodpecker activity – seen in the enlarged entrance holes. Once the hole is enlarged, the eggs or chicks may easily be predated.

The sixteen boxes are dotted around trees on the Green, from near to the playground up to and including the little woodland at the Coldharbour Road end. We have chosen to locate the boxes as high as possible, because of the many cats in the area, but also to make them difficult to vandalise.

The four different types of box cater for a fairly wide range of birds. Open-fronted boxes are attractive to robins, thrush, blackbirds and wrens; boxes with round holes (of 28mm and 32mm) attract blue, coal and great tits, house and tree sparrows and pied flycatchers, and boxes with oval holes appeal to several of these species in addition to redstart.



Above: a male Redstart in flight  
Photo credit: Ardea

Left: boxes old and new on the Green

We aim to monitor the boxes over the coming nesting season. With interest being shown in the boxes quite literally as soon as we removed our ladder from the tree, we hope that uptake will be high.

The neighbouring allotments are a real boon for the Green, as they tend to be biodiversity hotspots (confirmed by recent research at Bristol University), and our own observations of the rich variety of insect life, in particular, just over the fence leads us to believe that there will be plenty of food in the area for the birds we are encouraging to nest.

It is very gratifying to feel that working together with RCAS, we have been able to offer another improvement to the Green's capacity to harbour wildlife.

We would be pleased to hear from anyone (via [webadmin@rgcg.org.uk](mailto:webadmin@rgcg.org.uk)) with ornithological interest or expertise who might like to assist us with monitoring. We would also be particularly interested to hear from any qualified ringers, as it would be great to contribute to the British Trust for Ornithology's scientific work on monitoring bird populations.

For more detail, please see:

<https://sites.google.com/site/redlandgreencommunity/2020/new-nesting-boxes-for-birds>

**Julie Parker**  
Redland Green Community Group



RGCG supporters Stephen Pill (at foot of ladder) and John Tarlton, using specialist tree-climbing equipment to put up the new birdboxes

## Parks

### Cotham Gardens

The sundial seat is undergoing repairs. It is hard to believe it has been there for about 25 years since RCAS supported the park redesign project, which included the installation of the seat and the fencing off of the childrens' playground area. The design requires the creation of green oak slats which are then bend to the correct shape. Parks department have this work in hand.

We did some clearing up in the sandpit to remove leaves, but this needs more work when the sand dries out. RCAS will discuss this with Parks including topping up the sand. We also tidied up the flower bed and pruned the roses. It wasn't much fun having to deal with the dog mess too. If you are a dog-walker in the park and know who is letting their dog foul the bed and leaving the mess, please speak to them or get in touch with RCAS.

Cotham Gardens is one of the parks which require dogs to be under control under the byelaws, so BCC could enforce keeping dogs on leads if this becomes a big problem.

We lost one of the apple trees in the storms recently. BCC dealt with the fallen tree promptly, but it is always a shame to lose a tree. An oak sapling has been planted at the bottom of the slope with RCAS help, and someone has added a couple of flowering cherries in the park!

We are very grateful to the volunteer who has taken on keeping the zigzag paths clear, cutting back the edges and sweeping up the pine needles. This area is very popular with dog walkers and the dogs chasing balls down the slopes do remove any grass that survives the carpets of pine needles under the trees.

What do people think about the idea of planting some low shrubs beneath the trees to hold back the surface-water run off which causes the drainage gully at the bottom of the slope to block?

It would need to be sturdy to withstand the hail of balls and dogs, but it would help stop the degradation of the topsoil and would help keep this area looking nicer.

Do let us know your thoughts, along with any other ideas for improving our parks.

### Redland Green

RCAS will be supporting the Redland Green Community Group organisers of the Community Fete on Saturday April 25th with funding for the entertainments and insurance. *(Editor's note - this event has sadly been cancelled due to restrictions on social gatherings)*

We are very pleased to hear that benches on Redland Green are going to be refurbished. At the AGM, the problem of the overgrown flower meadow areas was discussed and it is proposed to ask BCC to mow these to deal with the invasion of thistles and to start again with new flower meadow areas once the thistles are under control. Additional tree planting is proposed, and a plan is being drawn up which will be consulted on and agreed with BCC officers.

Local residents formed a workparty to trim the laid hedges in January, when unseasonably early daffodils were already flowering. The aim is to keep the hedges maintained so they do not get too high but are thick enough to provide good nesting for birds.

RGCG also installed the birdboxes which had been purchased with funding from RCAS.

**Alison Bromilow**





Work on the laid hedges



The fallen tree in Cotham Gardens

## RCAS Open Gardens Event

As we go to print, it is unsure whether this year's event, planned for Sunday 21st June, will be able to go ahead. We will update members via email and the RCAS website when we know definitively either way.

In the meantime, the Open Gardens team will continue with preparations for the event, although our usual door-to-door canvassing may be curtailed. We would be very pleased, therefore, to hear from anyone who would like to wave their trowel in agreement at taking part, or who would like to find out more about this lovely community event. Let's face it - if it is able to go ahead it will surely be more welcomed than ever this year.

Contact us at [rcasopengardens@gmail.com](mailto:rcasopengardens@gmail.com) or ring Kellyann 07866 460912, Judith 07904 375953 or Abi 07967 610801

The area in the spotlight this year is Redland North which covers the area shown here on the map





Spring is finally here!



Gill Penrose took these sunny photos of cyclamen and Laurestinus to remind us spring is here!

# Student Liaison

## Community Liaison group to be terminated by UoB?

Gordon Schofield (of UoB) has indicated that the community liaison group will not be happening in the future.

This is very disappointing as the meetings were the only real opportunity for local community groups to speak directly to the university to debate issues and for the university to get direct feedback on students/community interactions. It was generally thought that a lot of good came out of the meetings. Groups from all over Bristol met and talked, and we learned a lot about what was going on city-wide which is important and helped put the topic into some perspective. UoB's reasons for doing this were a little puzzling!

Of course they are not obliged to hold the meetings but there is a need for an interface between the community and the student body via the university and for the sake of a few hours an evening 2 or 3 times a year why stop? As we know the university has announced its plans to expand so being a good neighbour is now even more important.

In light of UoB's cancellation of the community liaison meetings Andrew Waller of the 'Noise Pages' is meeting with UoB Registrar Lucinda Parr to try to find out what the format of the future relationship between the university and the community will be.

There may be also a meeting of all the community groups sponsored by RCAS at Redland Club to discuss this issue.

## HMO Planning Applications

HMO planning outcome for 24 Cotham Vale. This was retrospective planning application for a house where there was a change of use from C3 (House) to C4 (HMO) without the planning approval that was required. The retro application was refused by the planners but there may be an appeal. This is an area that already has many student HMOs. The planners were notified of this infringement by a neighbour which does highlight the value of notifying Bristol City Council (BCC) about suspect changes of use.

Blackboy Inn on Blackboy Hill in Clifton has been granted permission for the conversion of the pub/offices to ground floor commercial and an 8 bed HMO over 3 floors. The approval was granted subject to conditions regarding soundproofing which flags up an important point - see the conditions below.

"Sound insulation between the ground floor A1, A2 or A3 use and the residential parts of the development.

- o The glazing and ventilation specification for all bedrooms

- o Any bathrooms on party walls with adjoining residential properties

The scheme of noise insulation measures shall be prepared by a suitably qualified acoustic consultant/engineer and shall take into account the provisions of BS 8233: 2014

The conditions that are applied when a house is converted into several flats, which are more onerous, should perhaps be applicable when considering an HMO change of use due to the higher resident density (as with flats versus a family house) and the 'bedsit' type usage?



## Noise Measurement

There are apps for smartphones that measure and record noise levels in decibels and those making sound complaints to BCC can use the noise app now alongside the 15 day noise diary method.

It would also be useful to establish the maximum sound level in dB that would be acceptable, say from a big party, beyond which some action should be taken to protect the welfare of neighbours. It is possible that there is a correlation with noise levels say on power tools, where the manufacturer has to show in decibels the sound level of the tool and suggest appropriate safety equipment.

There are companies that specialise in sound measurement recording related to building regulations requirements and a similar approach could be used for HMOs. This could go a long way to mitigate against the affect of the concentrations of residents in HMOs.

Link to smart phone noise measurement app called Decibel X -

<https://apps.apple.com/gb/app/decibel-x-db-dba-noise-meter/id448155923>

## Freedom of Information Request related to night time noise and the 'Noise Act 1996' and 'The Antisocial Behaviour Act 2003'

These Acts passed by the Government grant local authorities powers to deal with noise abatement. The following questions were asked of BCC by RCAS:

1. Has the Council resolved to apply any of the provisions of the Noise Act 1996?
2. In particular have you adopted the relevant noise control provisions to investigate complaints of noise from dwellings between 11pm and 7am ?
3. Has the Council used the powers contained in the The Anti-social Behaviour Act 2003 to investigate night noises?

The answer from BCC for each question was a resounding NO! Essentially BCC has said that it has not used powers above which were granted by the Government. The powers would be useful in certain situations to deal with noise issues.

**Rob Harris**

## Redland Court - Reimagined

As many local residents already know, Bristol based Juniper Homes acquired the Redland Court site from Kersfield Developments Ltd in October 2019.

As activity demonstrates, work on site is progressing, despite the best attempts of the wind and rain! Juniper understands this is of interest to many; local residents, historians, potential residents and of course past pupils of the School. It is their intention to share a regular update on site activity as well as sharing some of the work that goes on behind the scenes to bring a development as significant as Redland Court back to life.

To begin, we'd just like to make sure everyone knows what is happening to the site; The Planning permission for the site is for 44 homes, including 5 shared-ownership units at 10 Woodstock Road. The housing mix includes 1,2,3 bedroom apartments and 2, 3 & 4 bedroom houses.

With a few minor internal amendments, this is exactly what Juniper Homes will be developing.

The beautiful parkland and grounds will be restored to their former glory, once the development is nearing completion.

Right now it is the building demolition that is happening pretty much across the site. Hampered slightly by the weather, Project Manager Jeff Spears is still managing to stay on schedule.

Building by Building here's a run-down of what is going on:

10 Woodstock Road - Behind the scaffold and hoardings, the School's old art block is being transformed. Five one and two bedroom shared ownership apartments are well under construction. Due for completion in late May 2020, the exterior and interior of the house is being meticulously restored. Juniper is finalising an agreement with a Shared Ownership housing provider.



Computer-generated image showing the townhouses

New Town Houses on Redland Court Road: Concrete floor slabs for the first three new town houses, on Redland Court Road have already been laid and retaining walls are almost complete. Completion planned for December 2020.

The Old Gym - East Range: Residents will have seen the soft strip and demolition of the gym buildings over the past couple of months. Contractors are preparing for the piling to start shortly. Juniper will be using a bored system not a driven system to help reduce the noise. The target for completion of this element of the development is March 2021.

Hall Building - Internal soft strip has taken place and groundworks for the slabs are being prepared, great care has been taken to preserve the vaulted ceilings and the School Honours boards are carefully stored away. Completion dates are still under discussion.

Science Block - This will be home to more apartments than any other building on the development - 17 in total. The roof has

been demolished and ground floor steel works are completed. Various works will be undertaken in February, ready for Timber frame works to start in March 2020.

Main House - The ground floor of the main house is currently a very grand home for the Site Management team, if a little cold in the current weather. Repairs and refurbishment is being carried out on the roof and windows, whilst the top floor of the East Wing is awaiting scheduled demolition before being rebuilt to match the West Wing, including the beautiful Cupola (below).

West Villa - A new house that sits to the West of the Main house has already had foundations and drainage installed with slabs due to be poured around February.

Woodstock Lodge - The second new home - this one is single storey and sits between the Art block and the Main house, with its entrance on Woodstock Road. The aim is to complete this 3-bedroom home and use this as our marketing suite for the development. It is planned to open later this year.

**Jenny Gee**

**Community Engagement for Positive Planning on behalf of Juniper Homes**



# Sign up for email Alerts

It has been a busy time for consultations, with several running and other issues coming up, which we have not been able to notify members through the newsletter in good time. We have therefore notified members who have signed up to email alerts of the following:

**BCC Houses in Multiple Occupation (HMO)** Supplementary Planning Document consultation, 3 Feb – 20 March 2020. This covers planning guidance to help control the density of HMOs in particular areas. For Redland and Cotham HMOs are usually occupied by students. Cllrs Negus and Stevens held a public meeting at Redland Library on 17th February.

**West of England Local Cycling and Walking Infrastructure Plan**  
2 Feb - 15 March 2020. This document concentrates on high streets in particular for pedestrian access and Whiteladies Road and Gloucester Road are singled out in this document.

**Bus 9/72 route changes** (see map opposite)  
17 Feb to 29 March. <https://www.firstgroup.com/bristol-bath-and-west/news-and-service-updates/customer-consultations>

First bus states that 'service 9 does not carry enough people to justify keeping the route as it is' and invites residents to make suggestions for route changes to improve the service. Questions being asked as part of the consultation include:

- Whether a smaller vehicle could be used for these journeys, e.g. would a more frequent shuttle service around the Cotham/Redland loop be of more benefit to customers?

- Should journeys be made between Clifton Village and Redland/Cotham and Clifton Village and Whiteladies Road?

- Whether the service needs to go to Temple Meads?

## Future Parks consultation

March 25th. Strengths, weaknesses and aspirations for local parks.

**Residents' Parking Scheme permits**, resident and visitor, changing to digital only.

**Planning applications of general interest:** retrospective application for change of use to HMO and application for a LED advertisement hoarding at Clifton Down.

**Closure of Redland Hill roundabout** 2-5th March.

**Cleaner, Clearer Streets** meeting 27th February.

Those of you who have not had these notifications and would like to get them in the future please sign up on our website at

<https://rcas.org.uk/member-page/email-alerts/>

Alternatively, if you prefer not to receive emails, please make sure to check our website and facebook pages regularly (you do not have to have a Facebook account to see the Facebook page):

[www.rcas.org.uk](http://www.rcas.org.uk) and [www.facebook.com/rcasbristoluk/](https://www.facebook.com/rcasbristoluk/)



## On the Buses

First Bus have made a proposal for route 9 to be replaced by route 72A. The current service is not paying its way and they are not allowed to subsidise one route with income from another successful route, so they are suggesting an alternative service. To see travel consultations go to the TravelWest website.



**Redland Green Community Group regret to announce  
that the Redland Green Community Fete,  
which was due to take place at the end of April, has  
sadly been cancelled.**

**To find out about future events and the work of the group,  
please check their website at [www.rgcs.org.uk](http://www.rgcs.org.uk)**

**FRIENDS and NEIGHBOURS  
may want to join RCAS - please let them have these details**

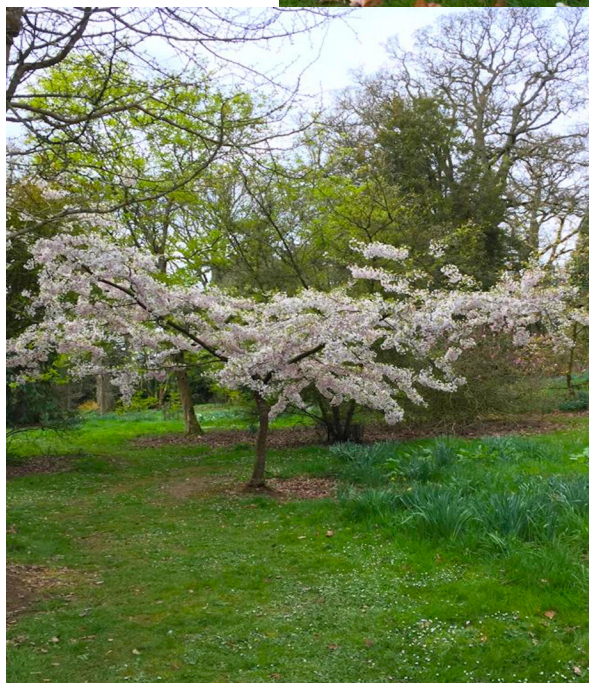
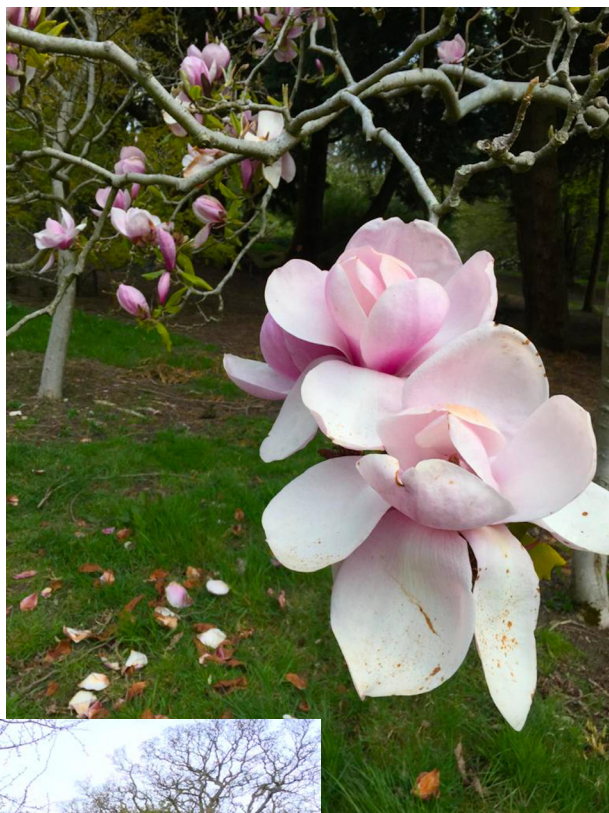
The annual subscription is £10 per household. Postal subscriptions available for those living outside the RCAS area - also £10. We prefer to collect subscriptions by Standing Order, to reduce work for our distributors - please request a Standing Order mandate form. For those who do not wish to use Standing Order, subscriptions will be collected by distributors in May.

To join please email the Membership Secretary Kathryn Armitstead at [membership@rcas.org.uk](mailto:membership@rcas.org.uk) with your full contact address, telephone number & e-mail address if you have one. Do mention if you are able to help with any RCAS activities.

Alternatively, please complete a new member form which can be found on our website, [rcas.org.uk](http://rcas.org.uk) under the 'contact us' page.

Please make the following declaration if you are a taxpayer - and sign and date it. This means that the Society can claim Gift Aid -

'I want the Redland & Cotham Amenities Society to treat all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid. I know that I must pay an amount of income/ capital gains tax at least equal to the tax the charity reclaims on my donations in the tax year'



Beautiful blossom  
and magnolia in  
bloom. Photos by  
Esther Blake

# Looking after your mental health during the Coronavirus outbreak

This has been adapted from advice from The Mental Health Foundation, published online on 18th March 2020

The Mental Health Foundation is part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak, alongside colleagues at Public Health England and the Department of Health and Social Care.

Infectious disease outbreaks, like the current Coronavirus (Covid 19), can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times.

Here are some tips we hope will help you, your friends and your family to look after your mental health at a time when there is much discussion of potential threats to our physical health.

## Looking after your mental health while you have to stay at home

The government is now (editor's note - please remember this was written on 18/03/20 - advice will have changed by the time you read this) advising us to avoid all but essential social contact. This will mean that more of us will be spending a lot of time at home and many of our regular social activities will no longer be available to us. It will help to try and see it as a different period of time in your life, and not necessarily a bad one, even if you didn't choose it.

It will mean a different rhythm of life, a chance to be in touch with others in

different ways than usual. Be in touch with other people regularly on social media, e-mail or on the phone, as they are still good ways of being close to the people who matter to you.

Create a new daily routine that prioritises looking after yourself. You could try reading more or watching movies, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Try and rest and view this as a new if unusual experience, that might have its benefits.

Make sure your wider health needs are being looked after such as having enough prescription medicines available to you.

## Try to avoid speculation and look up reputable sources on the outbreak

Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control.

You can get up-to-date information and advice on the virus here:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

## Try to stay connected

At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media, or contact a helpline for emotional support:

**The Samaritans - tel. 116 123 (a free number from any phone)**

**Mind - tel. 0300 123 3393**



You may like to focus on the things you can do if you feel able to:

- stress management
- keep active
- eat a balanced diet

Stay in touch with friends on social media but try not to sensationalise things. If you are sharing content, use this from trusted sources, and remember that your friends might be worried too.

Also remember to regularly assess your social media activity. Tune in with yourself and ask if they need to be adjusted. Are there particular accounts or people that are increasing your worry or anxiety? Consider muting or unfollowing accounts or hashtags that cause you to feel anxious.

### **Talk to your children**

Involving our family and children in our plans for good health is essential. We need be alert to and ask children what they have heard about the outbreak and support them, without causing them alarm.

We need to minimise the negative impact it has on our children and explain the facts to them. Discuss the news with them but try and avoid over-exposure to coverage of the virus. Be as truthful as possible.

Let's not avoid the 'scary topic' but engage in a way that is appropriate for them. Advice on talking with children about world news: <https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

### **Try to anticipate distress**

It is OK to feel vulnerable and overwhelmed as we read news about the outbreak, especially if you have experienced trauma or a mental health problem in the past, or if you have a

long-term physical health condition that makes you more vulnerable to the effects of the coronavirus.

It's important to acknowledge these feelings and remind each other to look after our physical and mental health. We should also be aware of and avoid increasing habits that may not be helpful in the long term, like smoking and drinking.

Try and reassure people you know who may be worried and check in with people who you know are living alone.

### **Try not to make assumptions**

Don't judge people and avoid jumping to conclusions about who is responsible for the spread of the disease. The Coronavirus can affect anyone, regardless of gender, ethnicity or sex.

### **Try to manage how you follow the outbreak in the media**

There is extensive news coverage about the outbreak. If you find that the news is causing you huge stress, it's important to find a balance.

It's best that you don't avoid all news and that you keep informing and educating yourself, but limit your news intake if it is bothering you.

For more from Mental Health Foundation, visit their website at <https://www.mentalhealth.org.uk>



Mental Health  
Foundation

## ARE YOU ABLE TO HELP?



**FareShare South West** is a charity that works to prevent produce from the food industry going to waste.

Their volunteers help distribute food across the South West - both to charities who turn it into meals for vulnerable people - and also directly to those most in need.

Last year over 500 tonnes of food was saved from waste by FareShare South West and turned into nearly a million meals.

In response to the current crisis they are stepping up their efforts and as such are in real need of the following:

- Low risk volunteers (70 or younger (younger=lower risk), healthy, no COVID-19 symptoms)
- Funding sources - to donate please visit <http://faresharesouthwest.org.uk/support-us/donate-to-fareshare-south-west/> - and pass on to your contacts too if you can
- Contacts in local food companies
- Key charities/organisations who can work with us to get food strategically to the most vulnerable

Please reach out to your networks, and get in touch if you can help, at [info@faresharesouthwest.org.uk](mailto:info@faresharesouthwest.org.uk)

Editor's note:

Bristol City Council and VOSCUR are also coordinating volunteering activities to assist in the city's response to the Coronavirus outbreak.

To register to receive updates about activities you can get involved with, to help the most at-risk in our communities, please visit

[https://candobristol.co.uk/activity/coronavirus--covid-19-\[official-volunteering---register-interest-w-bristol-city-council\]](https://candobristol.co.uk/activity/coronavirus--covid-19-[official-volunteering---register-interest-w-bristol-city-council])

If you know of people in your neighbourhood who are self-isolating due to COVID-19, you can use the below cut-out calling cards to post through their door.

**HELLO!** If you are self-isolating, I can help.

**My name is**

.....

**I live locally at**

.....

**My phone number is**

.....

**If you are self-isolating due to COVID-19 I can help with:**

☐ Picking up shopping

☐ Posting mail

☐ A friendly phone call

☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

**#ViralKindness**

**HELLO!** If you are self-isolating, I can help.

**My name is**

.....

**I live locally at**

.....

**My phone number is**

.....

**If you are self-isolating due to COVID-19 I can help with:**

☐ Picking up shopping

☐ Posting mail

☐ A friendly phone call

☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

**#ViralKindness**

Cheery spring colour to lift the spirits..

