

**ISSUE 1  
DEC22 • JAN23**

**A COMMUNITY NEWSLETTER  
FOR BRISLINGTON**

**FEATURING**

**THINGS TO DO IN BRISLINGTON  
TIM RYAN: THE FISHERMEN OF THE FEEDER ROAD  
LOCAL RECOMMENDATIONS  
WAYS TO GET INVOLVED  
WHERE TO FIND SUPPORT**

**FREE**



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**Editorial**  
Bricks Newsletter Team

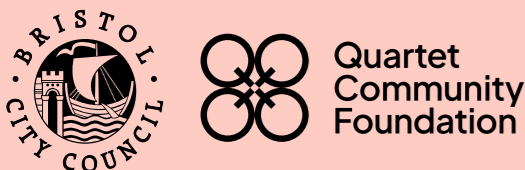
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Quartet Community Foundation



# BRIS



Photo by Ruby Turner

## St Anne's Community Living Room

**Open every Thursday,  
10 November – 30 March  
10am – 5pm.**

**Free**  
The space is open for everyone, it is your space, to make a cuppa, read a book or meet a new neighbour.

There will be free community lunches  
**12.30pm - 2pm**

**To book a meal:  
Text or call: 07709 264 201  
Email: georgia@bricksbristol.org**

# WELCOME LETTER

Dear Reader,

It is an absolute pleasure to welcome you to the pilot of BRIZ, your community newsletter for all things Brislington.

Each issue will centre around free/affordable activities, groups, and support available during the colder seasons. We want to showcase community action, feature projects, organisations, creativity, and fun going on across Brislington.

BRIZ has been put together by Bricks with the support of people who live and work in Brislington. The idea and intention has come from residents in the Brislington community who would like a place to share opportunities, events, classes, ideas, and to bring people together.

In this first issue, you will find features such as a Bricks Podcast by Tim Ryan about the Fishermen of The Feeder Road, and a community action with Bountiful Bristol discussing accessibility to good food in Brislington. There's information around free bike classes, volunteering at local parks and woodlands, and local advice and support lines.

This is the first of three newsletters which we have been funded to put together. We want to learn what people want from a newsletter, and explore how we can work with people across Brislington to create a regular newsletter going forward.

As a community publication, we want to hear from you! Do you want to write poetry? Review food? Tell a story? Start your journalist journey? Run a quiz? Share a skill? Or anything else your imagination can think of. The pages are open and waiting to be filled with your ideas.

Get in touch to have a chat, our contact details are on the back cover.

Best,

**The BRIZ Editorial team**

# WELCOMING SPACES IN BRISLINGTON

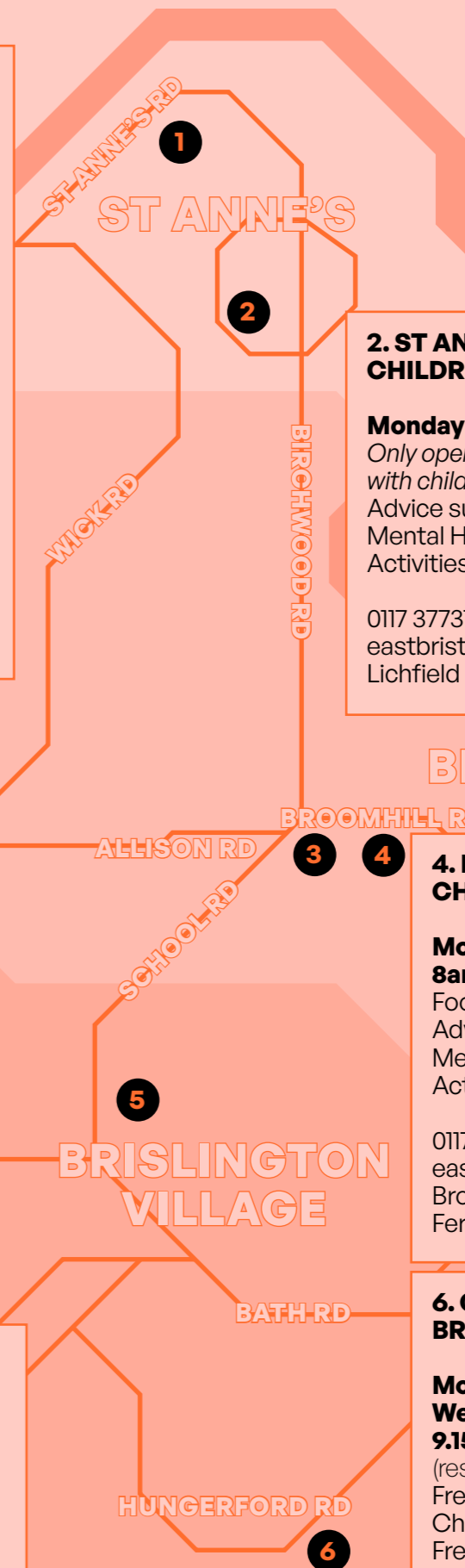
Over autumn and winter 2022 to 2023, organisations across Bristol are setting up a network of Welcoming Spaces. These warm spaces are where people can meet up, socialise and connect during the colder months. They are open to everybody.

Each organisation offers different free things, some of which include:

Wi-Fi, charging ports, hot drinks, hot food, computer time, creative activities, kids toys, books, games.

Some have access to support, advice, and mental wellbeing guidance, see below to find out where!

Part of the Bristol City Council initiative:  
[www.bristol.gov.uk](http://www.bristol.gov.uk)



**1. ST ANNE'S HOUSE**  
**Thursdays, 10am - 5pm**  
Free hot drinks  
Free hot food (12pm - 2pm)  
Free Wi-Fi  
Free charging ports  
Access to laptop  
Activities  
  
07709264201  
St Anne's House,  
Brislington, BS4 4AB

**2. ST ANNE'S PARK CHILDREN'S CENTRE**  
**Monday to Friday, 8.30am - 4.30pm**  
*Only open to families with children under five years old.*  
Advice support  
Mental Health support  
Activities  
  
0117 3773189  
eastbristolchildrenscentre.co.uk  
Lichfield Rd, Brislington, BS4 4BJ

**4. BROOMHILL CHILDREN'S CENTRE**  
**Monday to Friday, 8am - 5pm**  
Food Club  
Advice support  
Mental health support  
Activities  
  
01173534276  
eastbristolchildrenscentre.co.uk  
Broomhill Infants School,  
Fermaine Avenue, BS4 4UY

**3. ST PETER'S METHODIST CHURCH**  
**Tuesdays, 11am - 2pm**  
Free hot drinks  
Free Wi-Fi  
  
01227459449  
stpetersmethodist.org.uk  
170, Allison Rd, Brislington,  
BS4 4NZ

**5. ST CHRISTOPHER'S CHURCH**  
**Sundays, 4pm - 6pm**  
*(until 1st Jan, times may change after the 1st)*  
Free hot drinks  
Charging ports  
Children's toys  
  
0117 909 4235  
stchristophersbrislington.org.uk  
Hampstead Rd, Brislington, BS4 3HN

**6. OASIS ACADEMY BRISLINGTON**  
**Mondays, Tuesdays, Wednesdays and Fridays, 9.15am - 12pm**  
*(resuming in Jan 2023)*  
Free hot drinks  
Charging ports  
Free Wi-fi  
  
07342076636  
Hungerford Rd, Brislington,  
BS4 5EY

# RECIPE

Read on to try out a new dish recommended by residents. In this issue **Val**, a **St Anne's** local suggested trying:

## DELICIOUS WARMING CHICKPEA AND SWEET POTATO CURRY

A versatile recipe, easy but delicious every time! The veg can be changed or extra added depending on what's in the fridge and what is in season. Mushrooms, broccoli, courgette, bell peppers all work well!

### How to make:

- Step 1**  
Roughly chop the onion. Grate the ginger and crush or chop the garlic
- Step 2**  
Heat the oil in a large pan and fry the onion until soft.
- Step 3**  
Then add ginger, garlic and spices. Stir and cook for a few more minutes.
- Step 4**  
Add the tomatoes and sweet potato then cook for 3 minutes until tomatoes have softened.
- Step 5**  
Next add chickpeas and coconut milk. Gently simmer for 20 mins until the sweet potato is soft and ready to eat.
- Step 6**  
Finally add in spinach, coriander, salt and pepper. When the spinach is wilted, scatter over toppings and serve with rice.



### Ingredients (for 4 people):

- 1 tbsp olive oil
- 1 tsp turmeric
- 1 tsp ground cumin or seeds
- 1 tsp ground coriander
- 1 tsp salt
- ½ chilli flakes (optional!)
- A few grinds of black pepper
- 1 onion
- Thumb sized piece of ginger
- 3 cloves of garlic
- 4 large tomatoes (chopped)
- 1 large sweet potato (peeled and cut into small cubes)
- 1 can of coconut milk
- 1 can chickpeas
- A handful of spinach
- Half a bunch of coriander

### To serve:

- Coriander
- Handful of cashews or peanuts
- Cooked rice or flatbreads

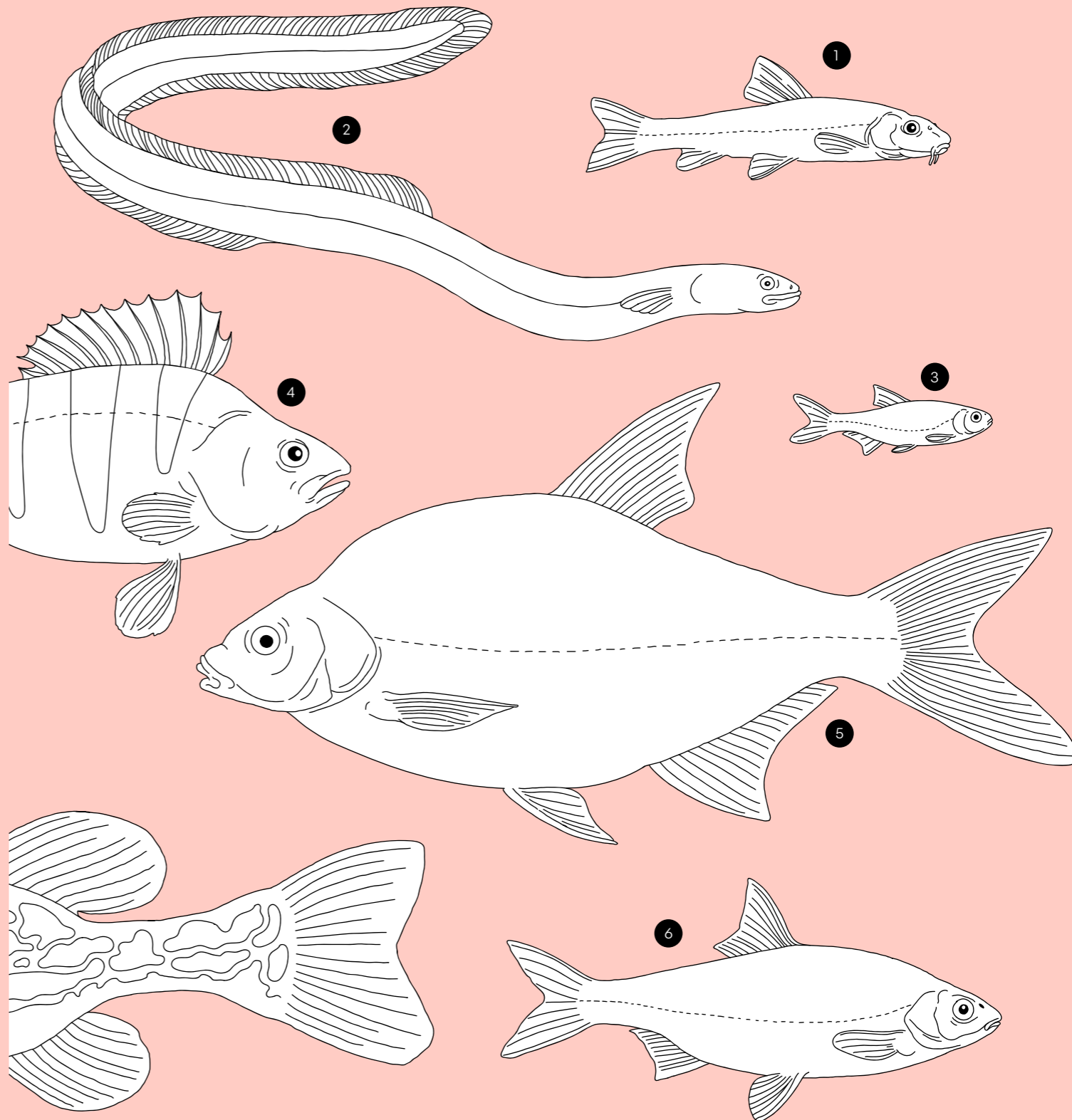


# TIM RYAN

## PODCAST FEATURE WITH TIM RYAN

The latest Bricks podcast by **Tim Ryan** is called **'Something Close to Nothing'** and features a series of interviews and reflections on the Feeder Canal with the fishermen that frequent its banks. You'll laugh, you'll cry, you might even buy a fishing rod!

From the 3 inch bottom feeding Gudgeon to the 38 inch carnivorous Pike, the feeder canal is full of life. Below are pictured some of the fish you might catch there.



### TEXT TO DONATE

## COULD YOU HELP SUPPORT US TO CONTINUE BRIZ?

If so please support us by making a donation via text message.

Text BRIZ followed by your donation amount for a one off payment to 70580. Example: **"BRIZ 10"** to donate £10.



Texts will cost the donation amount plus one standard network rate message, and will opt you in to hear updates from us. If you would like to donate but don't want to opt in to future updates, please text BRIZNOINFO and the amount to donate.

Example: **"BRIZNOINFO 10"** to donate £10.

This hopefully will contribute to keep BRIZ going, if BRIZ doesn't continue then donations will go towards delivering other community activities in St Anne's and Brislington.



Why not try and find some small hands to colour them in. (Pull out and see opposite page for fish names and colour guide). ↩

**LADIES GROUP**

3rd Monday, monthly  
Price varied, enquire for  
more info  
07790 053 092

**BINGO**

Wednesdays, weekly  
**1.30pm - 3.30pm**  
Drop in: **£8**  
01179723066

**MIXED MARTIAL  
ARTS CLASSES**

for different ages running  
throughout the week.  
To find out more visit:  
dragonclawmartialarts.com  
07837 988 762

**Salisbury Rd,  
BS4 4EL**

**FLOW YOGA**

Tuesdays, weekly  
**7.15am - 8.30am**  
Drop in: **£8**  
Beginner's six week  
course: **£45**  
Monthly class pass: **£28**  
07837 988 762

**PILATES**

Wednesdays, weekly  
**10am - 11am**  
Fridays, weekly  
**9.15am - 10.15am**  
**£7**  
07717872312

**ST ANNE'S CHURCH HALL**

**ACROSS BRISLINGTON****BS4  
WELLBEING WALKS**

Mondays  
**10am**

A group of friends who enjoy a walk and chat  
to start the week. Starting from a different location in  
Brislington each week.

**Walks are about 1 hour long.**

Find out more on Facebook:  
BS4 Wellbeing Walks

**WOODCROFT COMMUNITY  
ORCHARD****WASSAIL**

22 January  
**4pm - 6pm**  
**Free**

Working meet ups, 1st Sunday of every month  
**£20 per year subscription**

woodcroftcommunityorchard.wordpress.com

**Woodcroft Rd,  
BS4 4QW**

**TIME FOR TOTS**

Mondays, weekly,  
**9.15am - 11.30am**  
**Please book**  
07825 278 046 or  
07818 097 926

**STORY STARS**

Sensory story  
adventures for babies

Tuesdays, weekly,  
**8.30am - 1pm**  
storystars@gmail.com

**COFFEE MORNING**

For over 55's

3rd Saturday  
of every month,  
**10.30am**  
07825 278 045

**MOO MUSIC**

Moosical fun for babies,  
toddlers and pre school

Fridays, weekly,  
**9.30am - 11am**  
07976 007 949

**LUNCH CLUB**

For over 55's

Every 3rd Wednesday of  
the month,  
**12pm**  
07825 278 045

**Hampstead Rd,  
Brislington Village,  
BS4 3HN**

**ST CHRISTOPHER'S CHURCH**

**UNDER 5s**

**FOR 50+**

**ALL AGES**

**FOR 18+**

**ST CUTHBERT'S CHURCH**

**Sandy Park Rd,  
BS4 3PG**

**BRISLINGTON AND  
ST ANNE'S HISTORY  
GROUP**

Last Thursday of  
the month  
**7.30pm - 10pm**  
Price varied, enquire for  
more info  
01179 710 523

**TAEKWONDO (5-12YRS)**

Thursdays (term time  
only), weekly  
**5.30pm - 6.30pm**  
Price varied, enquire for  
more info  
01179 710 523

**ZUMBA GOLD**

Wednesdays, weekly  
**12.45pm - 1.30pm**  
Price varied, enquire for  
more info  
Zumba dedicated to  
the older person or  
less abled  
01179 710 523

**BRISTOL REPAIR CAFE**

3rd Sunday of every month  
**Starting from 21 Jan**  
**Free**  
annedfrazer@googlemail.com

**CHANGES BRISTOL  
PEERS  
SUPPORT GROUP**

Thursdays, weekly  
**1pm - 3pm**  
**Free**  
01179 411 123

**ROCKOUTBABY!**

Three sessions for  
different ages on  
Thursdays  
Enquire for more info  
07793 539 596

**SENIORS CLUB**

Mondays, weekly  
**1pm - 2pm**  
Price varied, enquire for  
more info  
01179 710 523

**TEA CLUB**

Wednesdays, weekly  
**2pm - 3pm**  
**Free**  
01179 710 523

**This is just a handful of activities happening in  
the area, make sure you call each venue and ask  
for more info on classes available.**

**YOUR ACTIVITIES IN THE  
NEXT ISSUE OF BRIZ**

If you have free or affordable activities in Brislington,  
let us know to be listed in the next issue! This is the  
first attempt to collect as much info as possible,  
if you've not been added please let us know.

By emailing **briz@bricksbristol.org**  
or calling **07709 264 201**

**FREE AND AFFORDABLE  
ACTIVITIES  
IN BRISLINGTON****THINGS TO DO  
LOCALLY**

**DO**

**ARNOS MANOR HOTEL****TALK CLUB**

Tuesdays, weekly,  
**7.30pm - 9.30pm**  
A place where men can simply go  
in and share what's been happening  
in their week.

**Free**

hello@talkclub.org

**Bath Rd,  
BS4 3HQ**

**ST ANNE'S CHILDREN CENTRE**

**Lichfield Rd,  
St Anne's,  
BS4 4BJ**

More classes running  
for parents and young  
children, ring to  
find out more:  
0117 3773189

**UNDER 5'S HUB  
(DROP IN)**

Wednesdays, weekly  
**10am - 11.30am**  
Please ring to enquire  
about prices:  
01173 773 189

**BABY BUILDING  
BLOCKS  
(DROP IN)**

Fridays  
**10am - 11am**  
Ages 0-18 Months  
Please ring to enquire  
about prices:  
01173 773 189

**TAI CHI**

Mondays, weekly  
**2.15pm - 3.15pm**  
**£4**  
077187 45 815

**FOOD CLUB**

Tuesdays, weekly  
**12.30pm - 2.30pm**

Sign up to receive a  
range of fresh veg, meat,  
and cupboard essentials  
worth £10-15

**£1 joining fee** + £3.50  
per food box.  
0117 3532889

**BRISLINGTON ART  
GROUP (DROP IN)**

Wednesdays, weekly  
**1.30pm - 4pm**  
**£5**  
07745343390

**Brookside Rd,  
BS4 4JS**

**THE SCOUT HUT**

**ST PETER'S CHURCH HALL**  
**Alison Rd,  
Broomhill,  
BS4 4NZ**

**ST ANNE'S HOUSE**  
**St Anne's Rd,  
St Anne's,  
BS4 4AB**

- 1. **Gudgeon** Grey with blue and black spots
- 2. **Eel** Dark grey fading to a bright white belly
- 3. **Minnow** Brown and silver with dark bars
- 4. **Perch** Olive green body, black stripes and orange fins
- 5. **Bream** Dark brown with yellow towards belly
- 6. **Roach** Silver body, orange eyes and bright red fins
- 7. **Carp** Golden brown with yellow belly
- 8. **Chub** Bronze and silver body with red fins
- 9. **Tench** Emerald green body with red eyes and black fins
- 10. **Pike** Dark green with golden leopard spots



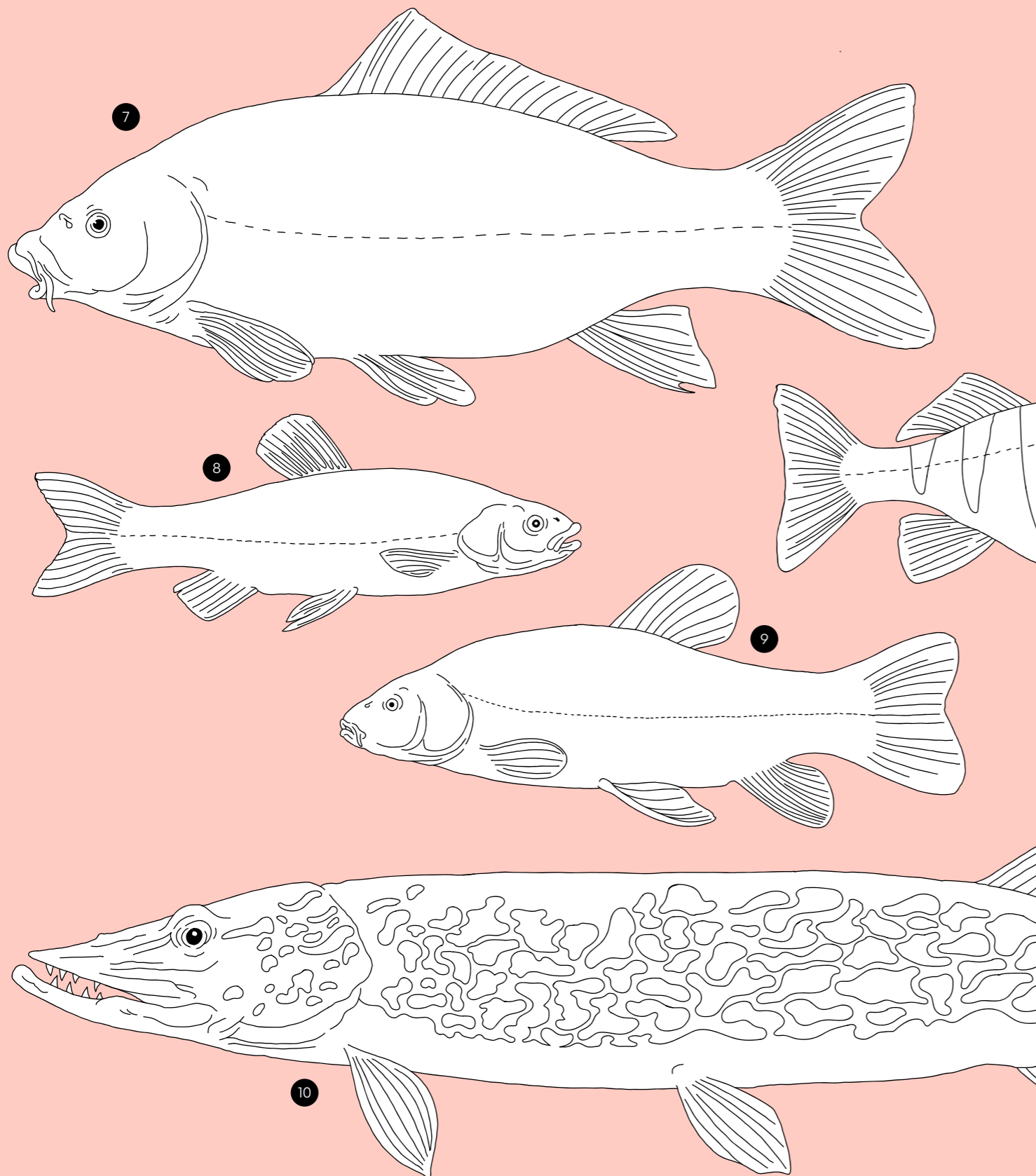
**'Something Close to Nothing'**  
A Bricks Podcast by Tim Ryan about the Fishermen of The Feeder Road.

Listen on your favourite podcast app by searching *bricksbristol* or scan the QR code.

# COMMUNITY

## & VOLUNTEERING

Find out about the different ways you can get involved in your local community.



### OUT THERE YOUNGER AND ELDER WOODLAND WALKS

Elder's of the community are welcomed to come on walks with Out There Kindergarten. Meet at St Anne's terrace entrance to the valley, and walk along the river path to the horse bridge.

Tuesdays, 10.30am - 11.30am **Free**

Please contact to let them know you're joining ➔ **07847709448**.



### BIKE BRISTOL

- ➔ Cycling sessions for children and adults
- ➔ Cycle Confidence Sessions (park or road)
- ➔ Learn to Ride a bike
- ➔ Social cycling group and guided rides
- ➔ Maintenance Courses
- ➔ Pop up repairs (Dr. Bike)

For more info:  
**07516661801**  
**Info@bikebristol.com**  
**www.bikebristol.com**



### EAST BRISTOL CHILDREN'S CENTRE FOOD CLUB BROOMHILL

Looking to volunteer in your community? Love people? Love food? Volunteer at Food Club! Tuesdays, weekly.

To find out more:  
**eastbristol.childrenscentres@bristol-schools.uk**  
**0117 3532899**



### FRIENDS OF BRISLINGTON BROOK

A friendly bunch of local volunteers, who look after Nightingale Valley and St Anne's Woods.

**Monthly Meeting**  
Wednesday 04 Jan, 7pm - The Club, Wick Rd

**Litter Pick**  
Saturday 21 January, 10am - St Anne's Woods

To find out more:  
➔ **info.fobb@gmail.com**  
Or join their Whats App group:  
chat.whatsapp.com/GROiDxc84f32AWdFStOIN9



### FRIENDS OF EASTWOOD FARM

**With One Tree Per Child**  
21 December, 10am - 2pm  
One Tree Per Child were at Eastwood Farm in November, tending and mulching the new trees on the tip field. They now have planting days planned for December, to extend the new woodland on the tip field and plant some larger specimen trees at the Whitmore Road entrance. To join email: **holly.paton@bristol.gov.uk**

**Work Party volunteer days**  
First Saturday Morning of the month, 10am meet at Eastwood Barn  
Help clear the area and make it prepped for Spring Time 2023!

➔ **friends@eastwoodfarm.org.uk**  
Or join their Whats App group: chat.whatsapp.com/DxlgKGRk75oGCBANDkpxeS



### FRIENDS OF ST ANNE'S PARK

Open for anyone who shares an interest in the park in St Anne's.

To find out more:  
➔ **friendsofstannespark@gmail.com**

### DO YOU HAVE VOLUNTEERING OPPORTUNITIES FOR BRISLINGTON?

We'd love to help share the word! Get in touch and let us know.

E. briz@bricksbristol.org  
T. 07709 264 201  
Or drop in to St Anne's House on Thursdays, 10am - 5pm.

# BOUNTIFUL BRISTOL

## SHARING THE BOUNTY OF FRUIT & VEG IN BRISLINGTON



**Allotment holders in Brislington are helping to provide fresh fruit and veg to food clubs and food banks in south Bristol.**

The project, Bountiful Bristol, is helping match up green fingered allotment holders with a surplus of fruit and veg, with families in need of fresh and nutritious food across Brislington - and they're looking for more allotment holders and volunteers to get involved!

Run by volunteers Annabel and Lucy, the project has so far connected the Arlington Road and Park allotments up with the St Peters' church food club - with more than 1,600 portions of fresh fruit and veg distributed!

It's simple to get involved, as Ken, a plot holder at Park allotments explains "Like many allotment holders we always tend to grow more than we can eat! So every week we make sure we harvest any excess fruit or veg we might have and prepare it ready for one of the Bountiful Bristol volunteers to come and collect it, wash it and drop it off at the local food club! One of the most enjoyable things about growing veg is being able to share fresh produce with others and this scheme has allowed us to not only share with friends and family but also the wider local community. I'd recommend other allotment sites to get involved!"

If you have an allotment and would like to get involved, or want to learn more about the project, contact Lucy on [lucy.bellreeves@gmail.com](mailto:lucy.bellreeves@gmail.com). We're also looking for volunteers to collect fruit and veg from allotments and take it to the food bank or club - it's a great way to get out for a walk and get to know the local community! You don't need to know a local food bank or club - Lucy and Annabel will work with you to match you or your allotment with the right place for the fruit and veg. ●

## DO YOU HAVE AN IDEA FOR A COMMUNITY EVENT OR ACTIVITY?

### APPLY TO OUR COMMUNITY POT!

From £50 - £500\* to fund a free event or activity in Brislington which can enable people to connect, meet up and support each other.

Applications open on 3rd Jan and will be assessed on a rolling basis by local residents (Bricks' St Anne's Action Group) until we have used up the pot of £2500.

#### Want to find out more?

Book a 1-1 chat with Georgia at a time that suits you to talk through your idea. Even if you don't have an idea yet - get in touch if you are interested so we can keep you updated.

**Email:** [georgia@bricksbristol.org](mailto:georgia@bricksbristol.org)  
**Phone:** 07709 264 201

Head to: [bricksbristol.org/2022/12/community-pot](https://bricksbristol.org/2022/12/community-pot) to find out about eligibility and download our application form.

We can also send you information and an application form in the post or you can pick one up from St Anne's House on a Thursday between 10am - 5pm. Application questions can be responded to in writing, by voice recording or by video.

*\*get in touch for special circumstances when you might need more funding.*

# SUPPORT & ADVICE

Key services which provide free support and advice to help you through the rising cost of living.

#### → CASS

*Community Access Support Service*  
A guide of key services to support mental health and wellbeing in Bristol. It includes general organisations who provide support, as well as those that are dedicated to supporting specific equality communities and groups who may have particular needs.

**0117 304 1400**  
[www.cassbristol.org](http://www.cassbristol.org)

#### → EAST BRISTOL FOOD BANK

*Emergency food parcels are available for those in need (agency refervoucher needed) for collection from:*  
St Philip's Marsh  
Bristol  
BS2 0TH  
Fridays only. If you cannot get to the location, please ask the referral agency to arrange another way.

**0808 208 2138**  
[www.eastbristol.foodbank.org.uk/get-help](http://www.eastbristol.foodbank.org.uk/get-help)

#### → CITIZENS ADVICE BRISTOL

Specialist advice on Housing, Disability, Money Advice, Welfare Benefits, Legal Rota, Employment

**0808 278 7957**  
[www.bristolcab.org.uk](http://www.bristolcab.org.uk)

#### → BRISTOL LAW CENTRE

Free legal phone advice, and casework. Specialists in housing & homelessness, benefits, mental health, employment and discrimination.

Mon - Fri  
9.30am - 4.30pm  
**0117 924 8662**  
[mail@bristollawcentre.org.uk](mailto:mail@bristollawcentre.org.uk)

#### → CHAS BRISTOL

CHAS are a housing advice service and can provide free, independent, and specialist advice on housing-related matters to anyone in need, in Bristol and the surrounding area.

**0117 935 1260**  
[advice@chasbristol.co.uk](mailto:advice@chasbristol.co.uk)  
[www.chasbristol.co.uk](http://www.chasbristol.co.uk)

#### → THE SAMARITANS

A phone line where someone will listen and help you talk through your concerns, worries, and troubles.

**116 123**  
[www.samaritans.org](http://www.samaritans.org)

#### → WE ARE BRISTOL HELPLINE

Free helpline to get information and advice about the cost of living crisis.

Monday to Friday  
8.30am - 5pm

**0800 694 0184**

#### → BRISTOL MINDLINE

Providing a safe place to talk if you, or someone you know, is in distress.

**0808 808 0330**  
[bristolmind.org.uk/help-and-support/mindline](http://bristolmind.org.uk/help-and-support/mindline)

#### → 24/7 SUPPORT & CONNECT

A free, confidential, 24/7 helpline, for emotional and practical support.

**0800 012 6549**  
If you are 17 or under, please instead call the Children and Young People's helpline  
**0300 303 1320**

#### → AGE UK BRISTOL

Providing a number of services for older adults, including advice, social and community groups, befriending, and practical support. Advice is also available for carers and family.

**0117 929 7537**  
[www.ageuk.org.uk/bristol](http://www.ageuk.org.uk/bristol)

#### → CARERS SUPPORT CENTRE BRISTOL

Provides support, information and advice to carers of any age living in the Bristol and South Gloucestershire.

**0117 965 2200**  
[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)

#### → OFF THE RECORD BRISTOL

A mental health social movement by and for young people aged 11-25

**0808 808 9120** (Enquiry only)  
Mon - Fri 2pm - 5pm  
[hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)  
[www.otrbristol.org.uk](http://www.otrbristol.org.uk)

#### → UKRANIAN WELCOME HUB

Welcome Hubs are in place across the city to support Ukrainian Refugees and their host families.

St. Anne's Church Hall  
**0791 473 4998**

#### → CAN DO BRISTOL

Cost of Living: Community response  
Be part of the campaign of Bristol volunteers!

[candobristol.co.uk](http://candobristol.co.uk)  
[neighbourhoodsandcommunities@bristol.gov.uk](mailto:neighbourhoodsandcommunities@bristol.gov.uk)

## GRAB A JAB

### FLU AND COVID 19 VACCINATIONS

**Visit:**  
[bnssghealthiertogether.org.uk/covid-flu-vaccination](https://bnssghealthiertogether.org.uk/covid-flu-vaccination)  
or contact your local GP for more advice and information.

# S

# A

# H



**15 December - 22 December**  
**12pm - 5pm**  
**Free**

During December local artist Madame Ceski (Francesca Simmons) is working on her art project *Sound Henge*.

A sound installation made from tufted stones handmade by the artist. You are invited to come and visit the exhibition between 12pm - 5pm, where you can do some tufting yourself, and speak to the artist.

**Winter Solstice Live!**  
*The celebration event for Sound Henge.*

**21 December**  
**6pm - 9pm**  
**£5** (We have reserved some free tickets - email [stannes@bricksbristol.org](mailto:stannes@bricksbristol.org))

Join Madame Ceski and friends as they host a night packed with morris dancing, stone circles, art, music, and food and drink. Guests such as, Boss Morris, The Orchard Bakery Co, The Flushrooms, Susan Greaney, and Madame Ceski.

Book through:  
**[bricksbristol.org](http://bricksbristol.org) or [Headfirst](http://Headfirst)**

# Sound Henge with Madame Ceski Exhibition

		St Anne's House BS4 4AB Bristol	<a href="mailto:stannes@bricksbristol.org">stannes@bricksbristol.org</a> 07709 264 201	<a href="https://www.instagram.com/bricksbristol">@bricksbristol</a>
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## BRIZ GET INVOLVED IN THE NEXT ISSUE

Thank you for reading the first issue of BRIZ!

We are looking for residents to help spread the newsletter across Brislington.

You can find newsletter pick-up spots at St Anne's House and the local churches, where you can collect and post into the doors of homes in the area.

Email or call to let us know if you'd like to be involved and we can offer more information.

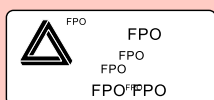
BRIZ is for everybody, and we would like to try and reach as many Brislington residents as possible.

There is a digital copy of BRIZ Issue 1 on our website: [bricksbristol.org/2022/12/briz-newsletter](http://bricksbristol.org/2022/12/briz-newsletter)

If you'd like to be involved in the future of BRIZ we'd love to hear from you.

E. [briz@bricksbristol.org](mailto:briz@bricksbristol.org)  
T. 07709 264 201

Or pop into St Anne's House, on Thursdays, 10am - 5pm.



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