

August 2011

All sessions Tuesdays 2-4pm unless otherwise stated.

Space 2, 55 New King Street Bath BA1 2BN

2nd August - Blackberry picking - meet at 1.45pm to leave at 2pm. Bring a plastic box or carrier bag to put your berries in!

9th August - B&NES Community Activator Ken Few will be offering free mini health checks including blood pressure and weight, combined with healthy lifestyle advice. Best to book in advance for this session, which will run monthly.

16th August **3.30-4.30pm**** Stop Smoking Session** - Specialist Stop Smoking Advisor Jo Spinney will be giving information on free Stop Smoking Services in Bath and how you can access them.

23rd August - Sexual Health Information Session - NHS Sexual Health Improvement Specialist Steve Maddern will be giving information on free services available in B&NES, including contraception, health screening and clinics.

30th August - TBA