

Hello Autumn!



Welcome to the Nailsea Wellbeing Newsletter!

Hello Nailsea residents! September is here, bringing with it a fresh start as we transition from summer to autumn. This month's newsletter is packed with events, resources, and support to help you stay engaged, healthy, and connected with the community.

In This Issue:

1. **Community Spotlight: Mental Health Support in Nailsea**
2. **Wellbeing Tips: Preparing for Autumn**
3. **Healthy Living: Seasonal Recipes**
4. **Gardening Tips: Spring Bulbs**
5. **Upcoming Events: What's On in Nailsea**

1. Community Spotlight: Mental Health Support in Nailsea

This month, we're highlighting the incredible work of Wellspring Counselling, a local charity dedicated to providing affordable, accessible mental health support. Wellspring is offering a free Cognitive Behavioural Therapy (CBT) course starting on September 17th, every Tuesday for seven weeks. This course is perfect for



anyone looking to manage stress, anxiety, or depression through practical techniques. To book please contact director@wellspringcounselling.org.uk

2. Wellbeing Tips: Preparing for Autumn

As the weather begins to cool and the days shorten, it's important to adjust our routines to stay healthy and positive. Here are some tips for preparing for autumn:

- **Update Your Exercise Routine:** Cooler weather means it's time to switch from summer activities to autumn-friendly ones. Consider walking, hiking, or joining an indoor fitness class.
 - **Boost Your Immune System:** With seasonal changes come seasonal illnesses. Stock up on vitamins, eat a balanced diet, and stay hydrated.
 - **Organise Your Home:** Take advantage of the change in season to declutter your space. A tidy home can contribute to a calm mind.
-

3. Healthy Living: Seasonal Recipes

Embrace the flavors of autumn with these delicious and healthy recipes. Pop by the Community Larder at 26 Somerset Square to pick up some ingredients and help prevent food waste!

Spiced Lentil and Sweet Potato Soup

Ingredients:

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1 large sweet potato, peeled and diced
- 150g red lentils, rinsed
- 1.2 litres vegetable stock
- 400g tin chopped tomatoes
- Salt and pepper to taste
- Fresh coriander, chopped, for garnish

Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion and garlic, and sauté until softened.
2. Stir in the cumin, coriander, and turmeric, and cook for 1 minute until fragrant.



3. Add the diced sweet potato, red lentils, vegetable stock, and chopped tomatoes. Bring to a boil, then reduce heat and simmer for 20-25 minutes, or until the lentils and sweet potato are tender.
4. Season with salt and pepper. Use a hand blender to blend the soup to your desired consistency (you can keep it chunky or smooth it out).
5. Serve hot, garnished with fresh coriander.

Baked Stuffed Apples

Ingredients:

- 4 large baking apples (e.g., Bramley)
- 50g rolled oats
- 30g chopped nuts (e.g., walnuts or pecans)
- 30g raisins or sultanas
- 1 teaspoon ground cinnamon
- 2 tablespoons honey or maple syrup
- 50ml apple juice or water

Instructions:

1. Preheat your oven to 180°C (160°C fan) or Gas Mark 4.
2. Core the apples, leaving the bottom intact to hold the filling.
3. In a bowl, mix together the oats, nuts, raisins, cinnamon, and honey.
4. Stuff the filling into the cored apples, pressing it down firmly.
5. Place the apples in a baking dish, and pour the apple juice or water around them.
6. Bake for 25-30 minutes, until the apples are tender but still hold their shape.
7. Serve warm, optionally with a dollop of natural yoghurt.



4. Gardening Tip for September: Preparing Your Garden for Autumn



As September arrives, it's time to start preparing your garden for the autumn and winter months. Here's a key tip:

Plant Spring-Flowering Bulbs: September is the perfect time to plant spring-flowering bulbs such as daffodils, crocuses, and tulips. Plant them in well-drained soil at a depth of about three times the height of the bulb. This gives them enough time to establish roots before the colder months set in. For a beautiful spring display, group the bulbs in clusters rather

than planting them in straight lines.

This preparation will ensure a vibrant and colorful garden as the weather warms up next year!

5. Upcoming Events: What's On in Nailsea

September 7th: Organised Litter Pick

10:00 AM - 12:00 NOON at 26 Somerset Square, Nailsea, BS48 1RQ

You can pick litter where you like. Stay for the whole time or just do what you can; every little helps. Equipment will be provided and everyone is welcome.

September 7th: Macmillan Coffee Morning

From 2:00 PM (please contact us for Sara's address).

Join Sara for her 10th fundraising cake bake for the amazing charity that is Macmillan.

September 17th: Free CBT Course by Wellspring Counselling

7:30 PM - 9:00 PM at Holy Trinity Church, Nailsea, BS48 4NG

Join this free 7-week Cognitive Behavioural Therapy (CBT) course provided by Wellspring Counselling. To book please email director@wellspringcounselling.org.uk

September 22nd: Nailsea Volunteers Fair

10:00 AM - 3:00 PM at Scotch Horn Leisure Centre, Brockway, Nailsea, Bristol BS48 1BZ

The Nailsea Volunteers Fair is the perfect opportunity to discover local volunteer opportunities. Whether you're interested in environmental work, supporting vulnerable groups, or getting involved in local events, there's a volunteer role for you.

September 23rd: Falls Prevention Event

11:00 AM - 3:00 PM at Nailsea Baptist Church, 79 Silver St, Nailsea, Bristol BS48 2DS

This drop in event is crucial for older adults and caregivers, focusing on practical ways to prevent falls, improve mobility, and maintain independence. The event will include free blood pressure checks, ferrel exchanges, information from healthcare professionals, and advice on making your home safer.

Various Saturdays in September: Brown Rock Welcome Days

10:00 AM - 12:30 PM at Brown Rock Farm, 187 Clevedon Road, Tickenham, BS21 6RT

Would you like to discover the delights at Brown Rock? Whether you would like to explore the woods, meet the donkeys, or simply sit back and enjoy a cup of tea in the beautiful market garden – you are welcome!

Thank you for reading the Nailsea Wellbeing Newsletter. We hope you find this month's edition helpful and inspiring. Let's come together to support each other and make Nailsea a happier, healthier place!

Hayley Orchard- Nailsea Town Council's Community Wellbeing Officer

Contact Us: If you have any suggestions, feedback, or would like to contribute to the next edition, please email us at wellbeing@nailseatowncouncil.org.uk

**HAPPY
HEALTHY
COMMUNITY**

