

BEMSCA Newsletter 2023

Welcome to the BEMSCA Autumn/Winter newsletter!

What a great way to start the Autumn and Winter months ahead! BEMSCA 30th Anniversary journey Please visit BEMSCA at Fairfield house social media and website for more information.



BREAKING NEWS!
Our new 2024 Calendar is available for sale now. £6 so order early to avoid

disappointment!

Happy Diwali Festival of Lights

**Diwali Celebra-
tion on Monday
13th November
2023**



**Christmas Lunch
celebration on
Monday 11th**

December

**Please come along and
invite your friends!**



This five-day festival of lights brings prayer, feasts, fireworks and, for some, a new year. Diwali is India's most important festival of the year.

It symbolises the spiritual "victory of light over darkness, knowledge over ignorance, and good over evil.





University of Bath students on completion of the Action project which centred on wellbeing and mindfulness



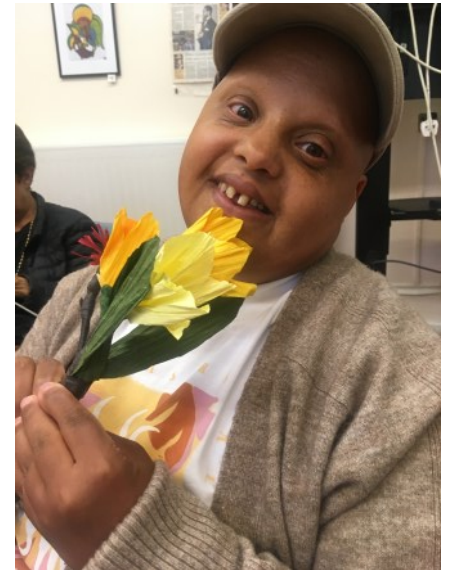
Outdoor exercise at a BEMSCA social event organised by University of Bath Action Project Team 2023



BEMSCA staff and members attend World Mental Health Day at The Holburne Museum.



Table tennis with Partis College every Thursday annual event April 2024



A piece of art! Hand made by BEMSCA members Alice and Glenis, Alice said " I feel like being part of my community"



Members and staff enjoying cycling at the Odd Down cycle track with A BIG THANK YOU to All Cycles West and Sustrans.



今天活动组织的很好，活动也很有意义，今天参加这个活动受益匪浅，很受教育，也很开心，也给我以后参加活动增加了信心，期待下次活动，👏👏😊😊😊😊

Feedback from Mr Zang : “ Today’s event was well organised and meaningful. I benefited a lot from participating in this event today. I am very educated and happy. It also has given me more confidence to participate in events in the future. I look forward to the next event.”

legs stretch socialize make new friends fresh air

Staff and members took part in the annual community event

- * Mental Health Awareness Week at Bath City Farm
- * BEMSCA supported SARI with National Hate Crime Awareness Week



Members enjoying art and craft activity with our volunteer activity co-ordinator



Mahjong group is going strong . Come and join us every Monday from 12pm for fun!

MEMBERSHIP NEWS! There will be a pause in membership payments until April 2024, when BEMSCA will be looking at a new way towards membership. Please get in touch if there is information on your current membership that needs updating. For those that have paid it will extended to 2024/25.

****Bereavements****

Our thoughts and prayers are with all of their families, at this extremely sad time. Mrs Elsie Griffith, who was a very much loved member of the community, Mr Roger Cadogan, Mr Garth Lee and Mr Evelyn Greaves, a long standing BEMSCA member and another person loved and valued by the community.



Events coming up



Bring games to play...
or play with ours!

Games Afternoon

At Fairfield House
2 Kelston Road
Bath BA1 3QJ

Friday afternoons in November 3pm - 5pm (starting 3/11/23)
All ages Welcome. Contact BEMSCA for more information
Phone : 01225 464165 Email : admin@bemsca.org.uk

On Monday we have an Exercise class with Debbie Robinson! This has been well received and BEMSCA members have really been enjoying this! Do come along, its a great way to meet people and get fit!



Donations

A BIG Thank you! To all the amazing donations that we have received from different agencies and individuals including Mr Joseph, Christchurch, and many others! The donations will continue to do the good work at BEMSCA and look at more exciting activities to plan!

Regular events



- * Mondays: Exercise class, Arts and Crafts, Mahjong group, Talk
- * Wednesdays 1:30PM Zoom online sessions
- * Wednesdays 11-3 1:1 drop in sessions with BEMSCA staff
- * Thursdays: 11:30-12:30 FREE Cycling sessions at Odd Down, resume 2024
- * Fridays: Desmond's Friday Evening Social Club from 4pm -10pm and Games



A MASSIVE Thank you to all who attended the 75 Windrush celebration and the 50 Caricom Church service. With special thanks extended to the BEMSCA members, The RUH for support with the film "Legacy of the Windrush Generation", BANES Council, Rainbow Steel Band, BEMSCA catering Team, Fairfield House, Black Families Education Support Group, Christ Church and Near Neighbours for providing the funding! This exhibition is still open, please come along!



If you require this in another format, please let us know at: BEMSCA, Fairfield House, 2 Kelston Road (via Partis Way), Bath BA1 3QJ Tel: 01225 464165 or 07561 717008 (9am-5pm)

Email: admin@bemsca.org.uk Website: www.bemsca.com Facebook: BEMSCA at Fairfieldhouse

Charity Registered No. 1090914 BEMSCA youtube-<https://youtu.be/T3Rz-YN9J4>