



## Newsletter Issue # 5

Sept 2014

Easton Business Centre

Old Co Op

Old Schoolhouse

Old Library

### A WARM WELCOME TO OUR NEW LICENSEES:

- Bright Star Records
- Health Natural
- Paris and Noelia
- Vocendi
- Light and Airey Cleaning Services
- Migrant Legal Project
- Ceri Price

### Networking Event – 25<sup>th</sup> September

Come along to our informal networking event to help promote your business / organization.

Please come along to EBC Conference Room from 10:00 – 11:30. By all means bring a friend / associate along too to help create more referrals

Flapjacks from Porter's in Unit 3 will be available and plenty of tea and coffee for all

### Are your electrical appliances fully compliant with Health and Safety at Work Directives?

**A Star Testing Ltd** based at Old Co Op can provide out of hours service at your convenience at no extra cost i.e. weekends and after office hours, providing minimum disruption to your business. Numerous existing licensees have used the service as have Bristol Spaceworks. **Call the team on 07944 319 013**

### Items For Sale, Unit 5 Easton Business Centre, Bristol

Have you ever thought your light fittings in your lounge needed changing? Well, think no more as **Camelot Catering** are selling 2 x Ceiling Mounted Lights fittings in Gold effect finish. As new in excellent condition. £20.00 each for quick sale.

Call Suzi on 01179 415865 while stocks last!

### This is your NEWSLETTER

Keeping you up- to-date with what's happening both in and around the 4 locations

If you wish to advertise something to your fellow tenants for the next edition, please email [info@bristol-spaceworks.co.uk](mailto:info@bristol-spaceworks.co.uk)

### Free Accredited Community Mediation Training from Bristol Mediation

- Do you want to learn mediation skills and become an accredited mediator?
- Would you like to be able to help settle disputes and arguments?
- Would you also like to improve your home and work life by applying the skills there?

**Bristol Mediation** offers a training programme in mediation and conflict resolution skills. The next free course will be held in Bristol on 30th September and 1st October & 7th and 8th October & 14th and 15 October 2014. **There is an Introduction and Selection Session on Tuesday 16<sup>th</sup> September from 10am until 4pm at St Werburghs Community Centre, Horley Road.**

Please contact Julie Cox, Service Manager on 0117 941 5379 or email [juliec@bristol-mediation.org](mailto:juliec@bristol-mediation.org) for details

### Sore shoulders? Carpal tunnel? RSI? Lower back pain? Or simply just want to relax? Did you know there are professional Massage Therapists on site at EBC?

Contact us today to book your free 15 minute massage taster.

**Zoe Collins ACM**  
[zoefulchercollins@gmail.com](mailto:zoefulchercollins@gmail.com)  
**Nicola Damery**  
[giveyourselftime.uk](http://giveyourselftime.uk)

**Peter Kramer**  
[www.mindfulhands.co.uk](http://www.mindfulhands.co.uk)  
**Lucy Stott**  
[lucyjstott@googlemail.com](mailto:lucyjstott@googlemail.com)

### Volunteers Needed for Bristol Half Marathon on 21<sup>st</sup> September

Our very own **Refugee Action** are the official charity sponsor for this year's half marathon. They will have 200 volunteers lining the course helping one of UK's most popular running events go smoothly.

If you are free on 21<sup>st</sup> September from 0800 - 1400 and fancy helping Refugee Action they would love your support. They need circa 50 volunteers to help complete the team. There is a social event after to celebrate too

Please contact [fayh@refugee-action.org.uk](mailto:fayh@refugee-action.org.uk) if you can help!



#### September 17<sup>th</sup>

Moscow State Circus to be held at Royal Victoria Park in Bath BA1 2NQ  
£10 per ticket

Starts 5pm or 7:45pm

#### September 18<sup>th</sup>

Friends' lecture: 'Wild side' by Keith Wile to be held at the Powell Lecture Theatre, School of Physics, Tyndall Avenue, Bristol BS8 1TL.

Starts 7:30 – 9 pm

#### September 20<sup>th</sup>

The Ultimate Alternative Shopping Experience at the Bierkeller Theatre Bristol BS1 2NA  
£5 per ticket

Starts 9am

#### October 2<sup>nd</sup>

Lee Mack's Hit the Road Mack Held at the Colston Hall, Bristol  
£27 per ticket

Starts 8 pm

#### October 18<sup>th</sup>

Dawn French One woman show 30 Million Minutes

At the Bristol Hippodrome Theatre  
Tickets £38

Starts 7.30 pm