

Welcome 2018, Review of Annual Conference, Bournemouth CVS Volunteer Fair, Unity International Lunch



# Newsletter

January 2018

*Happy New Year!*

**2018**

Bournemouth 2026 Trust would like to welcome all our members to 2018! We hope you had a happy and restful festive break! 2017 was a year of change in Management and supporting staff for the Trust, and we are looking forward to the opportunities this new year may bring us. Please feel free to put forward your ideas to help us make 2018 a memorable year in the Trust's history!

## *Happy Places - "What Makes a Happy City?"*

Let's not forget the theme of our Annual Conference back in November - "Happy Places - What Makes a Happy City?"; and let us all try to contribute towards making a difference, within our communities, this year, no matter how small that difference might seem!

Here are some inspirational reminders of what was discussed:

What is the City/Town for?

What is the connection between urban design and happiness? Creating a community that meets peoples' core needs, contributes to a "Happy Place". Those core needs include sociability (social connections), health and well-being, joy and belonging.

"As much as we complain about other people, there is nothing worse for mental health than a social desert; the more connected we are to Family and community the less likely we are to

experience heart attacks, strokes, cancer and depression; connected people sleep better at night; they live longer and consistently report being "HAPPIER".

*Marten Sims - BA (HONS)*

"One of the requirements of happiness is equality; maybe not equality of income but equality of quality of life; but more than that an environment where people don't feel inferior - don't feel excluded".

*Enrique Penalosa - Mayor of Bogota*



**Bournemouth Council  
for Voluntary Service**

Bournemouth CVS is hosting a Volunteer Fair at Bournemouth Library on Wednesday 10th January 2018 from 10am to 3pm.

This is an ideal opportunity to raise awareness of the work that you do and to promote volunteering opportunities ('New Year, New You!').

For further information, including booking a stand, please contact Amy Collins on 01202 466130 or email [amy.collins@bournemouthcvs.org.uk](mailto:amy.collins@bournemouthcvs.org.uk)



**Unity International Lunch**

Unity in Vision launched a new community initiative for Dorset last September, 'The Unity International Lunches' which started in Boscombe. They are targeted at young and old alike to share together each other's cultural interests and enthusiasm over a culturally themed lunch to spark the conversation of the wonders of Dorset's community diversity.

Based at the Friends Meeting House in Boscombe, the Unity International Lunches take place monthly and provide a space to meet new people from all walks of life, whilst enjoying food from around the world, reflective of the cultures within the community.

**The first lunch of 2018 will be held on Wednesday 10th January at midday.**

Explore some of the many cultures around us and celebrate them in style, sharing food that has its roots across the world. The amazing cooks will prepare a delicious 3-course lunch, each course from a different part of the world reflective of the diversity in the community, for all to enjoy whilst chatting to friends and making new ones from the community. Friends, family and neighbours are all welcome too. Lunch tickets are just £6, payable on arrival.

When: Wednesday 10th January, 12pm - 2pm

Where: Friends Meeting House, 16 Wharnccliffe Rd, Boscombe, BH5 1AH  
Cost: £6 per person

Please RSVP to [info@unity-lunch.org.uk](mailto:info@unity-lunch.org.uk), or bookonline by [clicking here](#) by 8th January, and please notify us of any dietary requirements.

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## *The Old School House*

The Old School House continues to host Co-Lab every Monday from 12:30 pm. The Co-Lab is put on by the co-workers of The Old School House in Boscombe.

These Co-Labs are open to creative freelancers and are a great opportunity to share ideas and explore opportunities. Are you a creative freelancer who often feels a bit isolated working on your own? Then come to these Co-Labs and meet others in your sector and be part of the adventure!

## **STOP PRESS!**

**The Old School House is looking for a temporary Marketing Support Manager during an undefined period leave of absence. If you are interested in this temporary position please contact Simon Bull on 01202 392053**

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