

Charity marks 25 years of caring

First Steps (Bath) held a family festival of fun to mark 25 years since local families, health visitors and teachers started the charity that would be a catalyst for long term social change.

Over 100 children and their families came to the Stothert and Pitt Rugby Club to enjoy crafts, singing and dancing, fun activities and workshops, circus skills and bouncy castles; with surprise visits from Spiderman, Captain America and the Bath City Football Club mascot.

First Bus ran a free shuttle bus to the rugby ground, which was a huge support and ensured that everybody could enjoy the fun.

Roz Lambert, Chief Executive of First Steps (Bath) said: "The extent of support for our celebration of 25 years of service from families, staff and local organisations demonstrates the passion that is held for First Steps and our mission.

"It was lovely to see families who have been part of First Steps for many years and hear their stories. These stories illustrate the impact that additional support in the early years has on every child and every community."

Since 1992, First Steps (Bath) has grown, and continues to work in partnership with the local community to provide education, childcare and family support to many families in different areas of Bath.



Martin Roberts will be launching the Achieve Expo at the Assembly Rooms

PHOTO: Clare Green BRCG20170609C



Apprentice winner Alana Spencer



Former boxer Frank Bruno

Stars come out for natural health show

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A host of famous names are set to come to Bath for a new event aimed at improving health and wellbeing.

The Achieve Expo is the brainchild of TV's Martin Roberts and, as well as the I'm A Celebrity star, will also see boxing legend Frank Bruno, explorer Sir Ranulph Fiennes and the winner of The Apprentice Alana Spencer taking part.

Other keynote speakers include Ella 'Deliciously Ella' Mills, Eddie 'The Eagle' Edwards, Richard McCann, medicinal chef Dale Pinnock and Ruby Wax.

Mr Roberts said he wanted to hold the event in the city because of Bath's link to health with its natural spa waters.

"I am so proud and delighted to be launching such a new and unique

weekend event under the Achieve name in my home city of Bath," he said.

"When I took part in ITV's I'm A Celebrity last year, something changed, not only in my mindset, but also physically.

"My time in the jungle forced a break from my everyday commitments and gave me time to reflect on my diet and fitness.

"In just under three weeks I lost two stone and my lifelong asthma diminished.

"Since returning home I have continued with this focus and feel much healthier and happier, and have embarked upon a personal journey of discovery to further my own achievements in health, wealth and happiness.

"A big part of my personal happiness comes from helping and inspiring others which is why I am launching the Achieve Expo."

The event will take place in the Assembly Rooms on Saturday, October 14

and Sunday, October 15 and will see inspiring and interactive talks on nutrition, healthy eating, wealth creation, fitness, mindfulness and motivation.

There will also be a free exhibition complete with demonstrations all designed to show how small changes made in our busy lifestyles can lead to big changes.

Speakers will deliver a series of 45-minute talks and share insights into their own personal journey of achievement across health, wealth and happiness.

Tickets for these events must be purchased in advance and will go on sale on Saturday, July 1.

There will also be a fundraising VIP gala dinner on Saturday, October 14 in the Roman Baths, with funds raised going to the Forever Friends Appeal and Bath Mind.

For more information or to register for the event visit achieve.co.uk or AchieveEvents on Facebook.



Comedian and writer Ruby Wax

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