

## Blue Monday

The Blue Monday Galleries Advice Day 2016 was another great success, with all participants reporting high levels of customer engagement, and Pennywise receiving a record number of referrals!

There were a range of activities to get involved in, including the interactive Tips Tree between the Pennywise and Cash Pointers stalls, cookery and Nordic walking demonstrations, as well as free massage and acupuncture. Live music gave the event a great atmosphere and with the number of organisations present, there was something for everyone.

Over 100 people filled out the event feedback form on the day and an overwhelming number left positive comments about how helpful it was to see the support Bristol has to offer.

“10 gold stars to you! I don’t have to worry about my rent or my water bills any more. I feel much better.”

**Pete, Hengrove**



## It’s Nearly Easter!

Easter is almost here, but remember you don’t have to go overboard to celebrate. On average people spend over £50 on chocolate and other gifts at Easter.

But you don’t need to break the bank to have a great time!

If you’re going to buy chocolate eggs, then it’s cheaper to either wait until the Saturday before Easter Sunday, when shops drastically lower their prices. Or you could buy a bag of smaller, foil-wrapped eggs, which you can eat as they are, or use for your own Easter egg hunt!

Blaise Castle Museum will also be hosting a [free Easter egg hunt](#) this year, with a prize for every child who completes the trail.

## Top Tip!

Instead of buying chocolate eggs this Easter, why not make your own? Check out [this simple recipe!](#)



### **Easter Craft: Eggheads**

With Easter just around the corner, why not give this craft a go?

1. Wash out the egg shells and sit them in the egg box to keep them steady.
2. Draw faces onto them, using googly eyes if you've got some.
3. Put some cotton wool inside the shells and dampen them with water.
4. Sprinkle cress seeds all over the cotton wool – cover it well for a full head of hair.
5. Pop them on a windowsill and wait for the hair to sprout. It should only take a couple of days.
6. If the cotton wool dries out, dampen it with more water – but not too much!



### **Top Tip!**

If you're looking for cheap and fun ideas to keep the kids busy this Easter holiday, check out the [Fun Days Out](#) page on our website!

### **Pennywise Needs You!**

Pennywise is coming up to three years of delivery, and we're looking back over the service we offer to see what we do well and what we can change in the future.

Whether you're a client or a referrer, we'd love to hear your views on the service we offer. Why not just drop us an email at [pennywise@placesforpeople.co.uk](mailto:pennywise@placesforpeople.co.uk) to be part of the future of Pennywise!

"I'll bring my husband along next time - he won't believe how much we can save by cutting down on takeaways!"

**Julie, Henbury**

### **Bristol Credit Union**

If you know anyone who's been affected by the recent closure of Bristol Credit Union Current Accounts, Pennywise is able to help.

We can offer support with finding an alternative account, setting up Direct Debits and contacting everyone who needs to know.

For a home or local office appointment, just get in touch.

Don't forget that Bristol Credit Union is still available for savings and loans.

### **Contact Us!**

We've given you some ideas to get started, but we'd love to hear from you! If you have any tips for Easter crafts or recipes, share them with us on our [Facebook page](#).

Any queries about who we can help or our workshops and events? Just get in touch:

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