

My Somerset Life

A diary by Brian Snellgrove

- My Somerset Life
- Diary Entries
- Writing a diary
- About, and User's Guide
- Creative Listening service
- Privacy Policy
- Contact
- Thoughts
 - Blood clots
 - Enlight and Godlight
 - Interacting with others + the disadvantage of being nice.
 - Is Jesus only our local hero?
 - Loneliness or enjoying your own company?
 - Mobile phones – neutrinos and everything
 - People of different nationalities – the myth of separation
 - Personal energy and life readings
 - Quantum Entanglement
 - Sanity and Insanity – where do we go when we die?
 - The Second Coming of Jesus – where is he?
 - The twisting of space and other matters
 - What is sin?
 - What is the brain?
 - What vibrations can improve our lives?
 - Will the truth survive?

Fly on the wall – Notices in our local St Chad's surgery

I had I had cause to visit my local GP and whilst waiting for him I decided to have a look around the waiting area to see who was saying what, which potential problems were being identified and how they were trying to involve the audience, the cohort in a call to action.



WELTON BAPTIST CHURCH

RENEW

WELLBEING SPACE

A photograph of two hands, one from the top and one from the bottom, reaching towards each other in a gesture of support or connection. The hands are positioned over a large, light-colored circular graphic that serves as a background for the central text.

A quiet
space for
adults
where it's
ok not to
be ok.

Wednesdays | 2pm - 4pm
Unit 14, 14 South Road, Midsomer
Norton, BA3 2EZ

My comment – it's difficult to read the type white on colour especially 'where it's okay not to be okay' I'm not sure this was written by someone who is in the potential client group, or whether someone else has written it thinking that it is a cool thing to say. Also, Unit 14, is not a very welcoming or attractive address. It is not clear whether it is a religious based organization or not. Those who are not of religious persuasion might be a bit suspicious of the whole thing. Finally, I don't like the hands it could be too corpses for all I know, and what about a telephone number for enquirers. I'm afraid this one doesn't score very well

**Worried about how
you're feeling?**

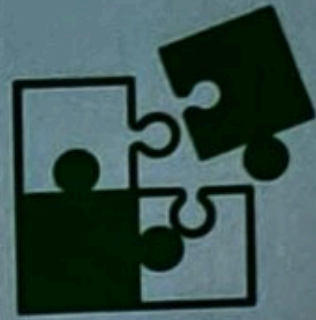
**Visit youngminds.org.uk for
information on getting the support
you need and practical tips from
young people just like you.**

YOUNGMINDS

I'm not quite clear why this young lady has brown hair on one side and blond on the other I suppose it could be a symbolism for our divided society. What about people of other hues? I do not know why there are a preponderance of colored people in adverts. This may be part of a national campaign but the three black people are relating well with each other,

Midsomer Norton Library

Friendship Fridays



Drop-in to our new relaxed social group for adults. Have a go at a wordsearch, crossword or a board game over a cuppa and a chat.

Every Friday from 1.30pm - 2.30pm
Location: Midsomer Norton Library

Bath & North East
Somerset Council
Improving People's Lives

To join the library
scan the QR code



The typeface is so wrong here. It's disjointed and, well, just plain wrong. There is no flow within the text. It does not identify the sort of people who are welcome but this may be intentional. Also, I think you should steer away from lunchtime periods. I would rather have had 2 p.m to 3 p.m. for example. There is no contact number,

SUGAR SMART

Bath & North East Somerset

Knowing where sugar is added to food and drink can help you be Sugar Smart

The recommended maximum daily amounts of added sugar are:

1-2 years

x3* teaspoons

(11 grams)

3-4 years

x4* teaspoons

(15 grams)

4-6 years

x5* teaspoons

(19 grams)

7-10 years

x6 teaspoons

(24 grams)

11+ years

x7.5 teaspoons

(30 grams)

* Number of teaspoons is approximate. 1 rounded teaspoon = 4g sugar

Sugar can easily add up across the day:



40g serving
(without milk)
3 teaspoons



500ml
14* teaspoons



450g
8* teaspoons



25*
teaspoons
across the day

That's triple the
amount recommended
for 11+ years!



37g bar
3 teaspoons



471ml
11* teaspoons



415g serving
5* teaspoons



19*
teaspoons
across the day

Anyone over 11 years
is recommended to have no
more than 7.5 teaspoons a day



1/2 pack 59g
10 teaspoons



500ml
5* teaspoons



1/2 jar 250g
4* teaspoons



19*
teaspoons
across the day

More than twice the
amount recommended
for 11+ years

Bath & North East
Somerset Council

Contact



#sugarsmartBANES

www.bathnes.gov.uk/sugarsmart

This is an ambitious educational poster which makes a good point but I think there is a bit too much information for the casual glance. I would tend to say why sugar is wrong from the health point of view

**MACMILLAN
CANCER SUPPORT**

Why me?

What now?

**Where do
I start?**

Whatever you need to ask

**Search Macmillan Cancer Support
or call free on 0808 239 0000**

Online Community



Support Line



Information by Email



© 2014 Macmillan Cancer Support. Macmillan Cancer Support is a registered charity. All rights reserved. For more information, visit www.macs.org.uk or call 0808 239 0000. For the full details, see www.macs.org.uk.

Again, a coloured actress or participant. Is this implying that only people of colour have cancer problems? I get the impression that advertising agencies have been lent on and told that unless you feature colored models you are being racist

Drink up... Stay hydrated!







NHS
Somerset

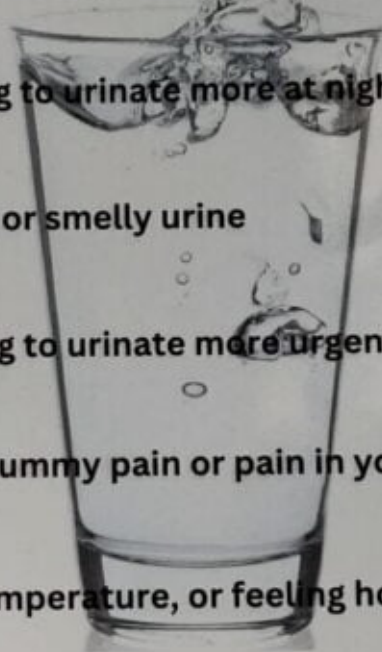
Helping to prevent urinary tract infections (UTI) across Somerset

URINE COLOUR



UTI symptoms can include:

-  Pain or burning sensation when urinating
-  Needing to urinate more at night
-  Cloudy or smelly urine
-  Needing to urinate more urgently
-  Lower tummy pain or pain in your back
-  High temperature, or feeling hot & shivery



Consult your pharmacy or GP
for formal diagnosis & advice

www.nhs.uk/conditions/urinary-tract-infections-utis



UTIs cannot be
reliably diagnosed
via dipstick testing

Very good and in your face treatment of an important topic.

My Somerset Life by Brian Snellgrove

With over 1 million words and 7,130 images.

You can search for any place or topic including Bath, Frome, Wells, Bristol, Glastonbury, Cheddar, or you can search topics such as Christian, meditation, philosophy. You will also find extensive writings on Swansea, Cardiff, Weston Super Mare, London, Avebury.

- Christianity
 - health
 - Personal development
 - Philosophy
 - psychology
-
- How to use
 - Contact
 - Writing a diary
 - Privacy Policy
 - Creative Listening service

All content © 2024 Brian Snellgrove