

Bishopston Matters



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issue 190, Sept 2025



Ashley Down Primary take part in Gromit Unleashed 3, this September



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Dear Readers...

I hope you have enjoyed a lovely summer and made the most of activities in our local area. As thoughts turn to autumn, I am pleased to share there are many more community events for us all to enjoy!

On Saturday 6 September the Old Library on Muller Road host their annual party, which is always a lovely, welcoming afternoon. The following weekend, Party in the Park returns to Golden Hill on Saturday 13 September packed full of family entertainment. One of my favourite events to visit is the Goldenhill Community Garden's Harvest Fair on Saturday 20 September – who doesn't love a bit of apple pressing and vegetable sculpting?

Not locally based, but with Norbot design contributions from local schools (see front page), The 'Greatest Dog Show on Earth 3' exhibition will run from Saturday 13 to Sunday 28 September with all funds going to grandappeal.org.uk.

Both locally-founded charities, Aid Box Community and Baby Bank, are celebrating 10 years and we are pleased to bring you up to date with all their news. Aid Box is relocating to St Andrew's and invites you to public a meeting on Thursday 11 September and a celebratory Open Day on Tuesday 8 October.

It is a delight to share the positive activities local young people have been up to: from fundraising for the RNIB, to dancers joining the English Youth Ballet to perform, from leading the way in climate action, to being placed in prestigious dance and Model United Nations competitions. Wonderful!

All this and news from The Ardagh Community Trust, Family Food Action, Horfield Organic Community Orchard, Window Wanderland, our local councillors and much more.

Do take advantage of some of the fabulous **Reader Offers** throughout the magazine.

Kerry x

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Local school sculptures join Gromit Unleashed 3, in September showcase

I am sure many of you will have been out on the Gromit Unleashed 3 sculpture trail across our city this summer. The trail concludes on 31 August but there is still time to see all the Gromits standing together in a big exhibition opening in Cribbs Causeway this September. Joining the trail sculptures will be numerous Norbot sculptures designed by schools across Bristol.

To find out more, it was great to catch up with Horfield resident, Emily Twomey, who works as Creative Lead at The Grand Appeal, the Bristol Children's Hospital charity. She told us,

"Gromit Unleashed 3 follows the success of the award-winning Gromit Unleashed and Shaun in the City arts trails, which have generated £20 million for Bristol Children's Hospital since 2013.

"This year the trail is inspired by the movies and the characters and stories behind them. In partnership with Aardman Animations, we've worked with local artists, film studios and celebrities to create fantastic sculptures of Gromit, Wallace, Feathers McGraw and for the first time, the new 'smart gnome' Norbot, from Wallace & Gromit's latest adventure, Vengeance Most Fowl.

"My role as Creative Lead has involved overseeing the designs and the amazing team of artists who bring the sculptures to life. There's a great creative community who work really hard to deliver these unique artworks. I've painted two sculptures on the trail, 'King of Diamonds' the Alice in Wonderland inspired Feathers McGraw, and 'Yellow Submarine' Gromit which has been designed in collaboration with Sir Paul McCartney and kindly signed by the man himself.

It's been an amazing project to be part of. Hard work but great fun!

"This year we have seen local schools, including Ashley Down Primary and St Bonaventure's Catholic Primary, take part in the fundraising effort by



joining in with our Gromit Unleashed 3 Schools Programme. Every penny raised by the schools helps make life better for sick children and their families at Bristol Children's Hospital, and in return they receive their very own blank Norbot sculpture to decorate and keep."

Once the trail finishes, nearly 100 school sculptures will join the 53 larger sculptures at the 'Greatest Dog Show on Earth 3' exhibition at the Mall in Cribbs Causeway. Whether you're searching for things to do in Bristol with kids, or looking for your last few sculpture codes, this event is not to be missed.

Taking part in this exhibition will be the wonderful Norbot designed by pupils at Ashley Down Primary. Local business, Angus Meek Architects, donated the £500 to enable Ashley Down Primary School to join the Gromit Unleashed 3 Schools trail.

The school ran a competition where the children were challenged to create a Norbot based on the school values of compassion, commitment, respect and joy (see front page for designs).

Andy and Mike from Angus Meek went into school at the end of term and looked through over 350 Norbot design entries! There was a huge range of talent and artwork making it really difficult to select the winners.

Andy and Mike took their shortlisted designs back to their office so that their colleagues could also be part of selecting the final design. They created a highly

commended list and then a winners list.

Angus Meek shared their decision process, "Following our selection of 'finalists'

Angus Meek deciding on the winning Norbot design



we discussed with all at our office and found lots of positive things about the designs and couldn't decide on a particular design to take forward so, being architects we took items from four of the designs to create the final Norbot. We really liked the hat and simplicity of the Ashley Down uniform in Lexi's design and with the arms of Remy's design (an HB pencil and a ruler), the boots of Theo's design and the musical notes and reading books of Elena's design we think we can create a really cool Norbot which represents the school values along with some of the learning represented as well."



Above is the artist's impression of the final design.

A special assembly was held to celebrate the variety of fabulous entries and to announce the winning and highly commended entries.

Headteacher, Amy Sood, shared, "We aim to raise at least another £500 for the Grand Appeal by challenging children to take part in Gromit's Grand Read over the summer holiday. They could be sponsored to read over the summer with donations being received in September. We linked this to the Bristol Libraries summer reading challenge which runs in all Bristol libraries until 6 September.

"Our Norbot design competition has been a great way to bring our school values – compassion, commitment, respect and joy – to life. With the generous support of local architects, Angus Meek, our children have not only expressed their creativity but also learned the importance of giving back. Raising funds for Bristol Children's Hospital through Gromit Unleashed has turned this into a meaningful life-learning experience, showing how design, education and community spirit can come together to make a real difference."

The 'Greatest Dog Show on Earth 3' exhibition will run from Saturday 13 to Sunday 28 September.

The sculptures will then be auctioned off in October with all proceeds going to The Grand Appeal, helping to fund pioneering equipment, music therapy, free family accommodation and support for sick children and their families. To find out more and to donate, please visit grandappeal.org.uk



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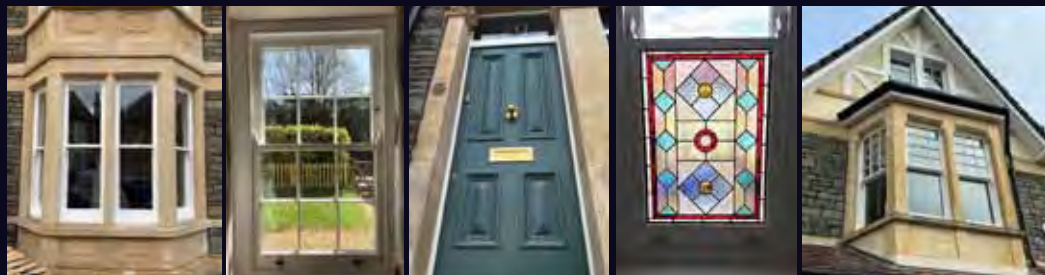
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Bristol Civil Service Sports Club celebrating 100 years in the community

Tucked away behind the houses on Filton Avenue (entrance near the junction of Muller Road and Filton Avenue), is the Bristol Civil Service Sports Club (BCSSC). Founded in 1925 it was created to encourage ladies and men of the civil service to become more active and involved in sport. Eighty such clubs were created in the UK but sadly now only four remain and one of those is here in Bristol. BCSSC is a not-for-profit sports and leisure organisation owned and run by its members.

Still offering a variety of sports, the club is the home to the largest table tennis club in the southwest, several football teams of various ages, cricket, lacrosse and netball. It also hosts sports days for local primary schools who do not have facilities of their own. It's even home to a local scout troop and until recently an after-school club.

The clubhouse comprises a members' bar with darts, pool and both Sky and TNT Sports. A function room for up to 170 guests, skittle alleys, snooker room and facilities for meetings and conferences. The club has a good reputation for hosting Celebration of Life events and other family celebrations including wedding parties with good catering options.

Originally membership of the Civil Service Sports Council was only open to civil servants but that has changed, and membership is now open to anyone paid from the public purse. Locally we are now offering access to the club with a local social membership where, in return for an annual fee, you can use the club and most of the facilities, including a bar where the price of a pint starts at just £3.75!

With a large car park and safe grounds, it's an ideal place to sit having a drink on the patio while the children play on the field. Sorry no dogs.



Panto fun at BCSSC



Annual fun day at BCSSC



Event space for hire

If you would like to find out more about becoming a member, why don't you pop in and say hello and have a look for yourself. Opening times can vary so best to go along from 7.00pm weekdays and 11.00 am at weekends, email: office@bristolcssc.co.uk or call: 0117 951 4259.



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Start the journey with Badminton School Prep

By Heidi Welch, Head of the Prep School

“When you are young, learning should be exciting and fun, fizzing with moments of awe and wonder every day. Lessons should come to life through stories, games and interactive, hands-on activities, in an environment where individuality is championed and gender stereotypes are non-existent. When learning is like this, sparks are ignited in our children’s curiosity, their creativity, their imagination and their confidence. When learning is like this, it is infectious. It creates a foundation for a lifelong love of learning.

This is what learning is like at Badminton School Prep; it is the hallmark of a Badminton education, and we do it brilliantly.

Our very small class sizes (that are usually between 10–14) ensure every pupil gets the focussed individual attention and support she needs to help her pick up the exciting new things she is learning.

Lessons are taught by subject specialists and this year we have installed a new Digital Learning Suite, and a very smart Art and Design Technology room to sit alongside our Prep School Science Laboratory, providing specialist areas to learn.

Forest School is an important and greatly anticipated part of the week, as are the timetabled weekly dance lessons and the twice-weekly swimming lessons in our onsite pool.

Our new Pre-Reception Class welcomes girls from the age of three and is the perfect starting block for girls to transition into the Prep School. Our flexible timetable and supportive environment mean that we can work together to build the best structure for your daughter’s education, and for you.

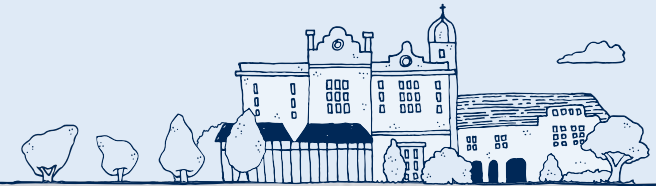
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www.badmintonschool.co.uk/admissions/open-days-school-visits



Autumn Open Events



Whole School Open Morning (for ages 3 – 18)

Saturday 27th September

Sixth Form Open Evening

Friday 10th October

Pre-Reception & Reception ‘Stay and Play’

Friday 10th October



Scan to book your place

News from the Goldenhill Community Garden



Hi everyone, Autumn is just round the corner and it's nearly time for our **2025 Harvest Fair! 20th September 1-4pm.**

We've got some wonderful live music lined up – a brass band and a gospel choir and maybe more! And our usual delicious pizzas and cakes as well as loads of free kids' activities like facepainting, pond dipping and vegetable sculptures. Please also bring along your apples for apple pressing, and we'll have a fab bike doctor on site ready to give advice and help to get your bicycle back on the road AND the amazing Diane Holness from the Bristol Seed Swap will be giving a talk on seed saving. Come along! It's a suggested donation of £2 for adults and £1 for children or free if it's helpful.

I hope you've all had a lovely summer. We've had a good one here; the hot weather was a challenge but we loved resting in the shade in our new shelter. We ran our usual fab adventure days and this summer they were full of woodwork and crafting, plum jam and pancakes and all sorts of high jinks. And we'll be back in October half term (27th and 28th) for more.

We also ran more inclusive family adventure days. Aimed at families with a child/ren with special educational needs or a disability, these days are always wonderful. Full of laughter, parachute games and singing, laughing and playing together. We aim to have something for everyone and parents told us they were "magical", and "an amazing thing!". It was a great chance for parents to get talking and their children to be supported to have a really fun time outside in our beautiful garden and for everyone to eat delicious food. Thanks to the Nisbett Trust for funding these great days and we'll be back on 30 October.

It's been a mixed year for our veg with wonderful fruit from our trees and great pea salads but we had miserable runner beans – they just didn't like the heat and I think it was just too dry for them to set seeds. Some of our polytunnels crops suffered

when it was just TOO HOT to go in there and do anything except a quick water so we lost our melons in the jungle but despite the neglect we've got heaps of tomatoes. And it's another great year for our garden favourite Aztec broccoli or huauzontle – I can't recommend this plant enough! It doesn't get eaten by slugs, or snails, or pigeons, is delicious, productive AND doesn't really need watering – even in a drought!

Come and get involved any Wednesday 10am – 4pm; we're through the second set of gates just behind Horfield Prison. If you come at 12pm or 2.30pm we'll show you round or just come when you can. No need to stay all day or come every week and we've always got a range of things to do, including sit-down jobs, and our toilet is wheelchair accessible.

See you in the garden!

Lucy

www.thegoldenhillcommunitygarden.com

Instagram: [@ghcommunitygarden](https://www.instagram.com/ghcommunitygarden).

Facebook: [TheGoldenHillCommunityGarden](https://www.facebook.com/TheGoldenHillCommunityGarden)

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Celebrating Sourdough September



Sourdough September – In 2013 The Real Bread Campaign launched the annual, celebration of genuine sourdough bread and the people who make it. Sourdough September encourages people to bake and buy genuine sourdough. It is an opportunity for bakers such as Joe's to showcase what they do.

The following Sour Doughs are available in both of Joe's stores – Jalapeño and cheese, Mild white, Original, Spelt, Wholemeal and Seeded. The team will also be delighting your taste buds with a couple of new flavours, so watch out for these! As well as loaves available to buy, Joe's will be filling some of their sourdough baguettes with Italian meats and cheese – yum!

Thank you from Jenny & Wayne – July marked a year since head baker, Wayne, and manager, Jenny, took full ownership of the much-loved bakery they grew up with. The couple lives and breathes bakery life and would like to thank all their customers, staff, family and friends for their support.

Spooky season soon! Looking ahead to October, Joe's will once again be filled with plenty of gory looking but gorgeous tasting treats!



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Some of FFA volunteers with the display



We hope you have enjoyed the last few months as much as we have – not only have we seen amazing summer weather (impossible to ignore at times) but we've had a particularly seasonal time at The Ardagh. The sun and warmth have meant that we have been inundated with fresh fruit and veg, with both local allotmenters and Avon Gleaning keeping us supplied with surplus produce of all varieties, all of which is put to good use by our Partners. The difference that giving access to fresh food makes is huge: we recently had some lovely feedback from one of our Partners – Felix Road Adventure Playground which provides cooked meals for the children who attend. They happened to have a food inspection on a day they had prepared sag aloo and salad using veg donated by FFA, and the inspector said they had never seen children tuck into vegetables so enthusiastically!

Alongside all the fresh produce we have also seen an increase in donations of healthy snacking food, and baking ingredients, which has been great for all the families attending play sessions and holiday activities over summer. Thanks to all our donors for their thoughtful contributions.

The summer also saw us mark our 5th anniversary and we wanted to use the occasion to raise awareness of what FFA does, and to celebrate the brilliant work that our volunteers and supporters do. On 12 July – one of the hottest days of the year – we had a stall at The Ardagh Food and Craft Market, which was a great success. Two of our very talented volunteers created a fantastic 3D display made entirely out of recycled packaging collected from our Tuesday morning activities, which depicted our Hub at The Ardagh and all our Partners, and shows how a Tuesday morning at The Ardagh actually works. It generated a lot of interest in FFA from visitors to the

market, and much amusement among the volunteers in trying to identify which of us made a cardboard 'appearance' in the model.

Not only were we able to raise a fantastic amount of money from our tombola (with some amazing prizes donated by local businesses), we were also gifted some beautiful glass work by local artist, Louise Block, including some one-off test pieces, with all the proceeds of their sale going to FFA. They made for a very colourful display in the sunshine and attracted a lot of interest, and Louise herself came along to chat to people about her work. Some of Louise's glass work will be on sale again at FFA's stall at the Westbury on Trym Village Show on Saturday 6 September, so come along if you are interested.

We cannot thank enough everyone who made the whole event so successful, and those who continue to support us throughout the years.

An important aspect of the anniversary was to acknowledge and thank all our volunteers, past and present, who together make FFA possible. We did a rough tally of how many volunteer hours are given every year, and the total is almost 7,000. It goes to show not only how much work is needed to make FFA function, but just how generous our volunteers are with their time. We took this photo of some of us to mark the occasion: be warned, there are no prizes for guessing who's who in the model!

As the saying goes, many hands make light work; so, if you would like to volunteer with FFA, or if you are able to support us in other ways, please visit our website for details.



Familyfoodaction.org.uk

Click on the QR code here.

Refocus Hypnotherapy

with Emily Richardson

Here at Refocus Hypnotherapy, I took a short summer break to refresh and replenish. I am back to work now and looking forward to the months ahead.

It is funny how things go in cycles – the seasons, the moon, and it seems that many of the clients I have been working with have come to me for help with similar things, and the most recent cycle has been phobias. In just a few short sessions, Solution Focused Hypnotherapy can help you to think differently about your fears. The process involves rewinding and reframing the phobia, giving clients a more positive outlook. **If you have a fear or phobia, do get in touch and I can explain more about how I can help.**

I continue to work with both children and adults on a 1:1 basis and group sessions, both online and face to face (clients preference), and am now starting some **group relaxation/breathwork sessions for autistic and neurodivergent people.** I feel passionately that no one should miss out on having the opportunity to have a space to relax in and learn techniques to stay well. To find out more, or book a session, do get in touch.



Emily Richardson



For more information, please visit my website: www.refocushypno.co.uk, give me a call to discuss further on **07912 181128**, email emily@refocushypno.co.uk or follow me on Instagram: [@refocushypno](https://www.instagram.com/refocushypno)

Welcoming WorkRoom to Gloucester Road



WorkRoom, an exciting multi-use site on Gloucester Road, is now open! An elegantly designed space with a calm, aesthetic feel that brings together productivity, creativity and three independent businesses, all under one roof.

WorkRoom offers a flexible solution for the modern work culture. It's a workspace built to inspire. Designed for creatives, entrepreneurs and local businesses alike, it's a place to collaborate, innovate and thrive.

At its heart is **A Place to Work**: a thoughtfully designed desk space, perfect for freelancers, remote workers and small teams.

Need somewhere for focused discussions? It's also **A Place to Meet**. The fully-equipped meeting rooms are ideal for team sessions, presentations and training days.

Planning something bigger? WorkRoom is **A Place to Host**, with a flexible event space and conference room ready for client catch-ups, workshops and away days.

And of course, it's **A Place to Eat**, with delicious coffee, cakes and seasonal lunches included with every booking, served by the wonderful onsite team.

WorkRoom is also home to two other exciting businesses: **Little Green Rooms**, a local sustainable garden room company, who've launched their flagship showroom here, and **& Café**, a new venture from the much-loved FED Café family.

The team behind WorkRoom puts people and flexibility at the heart of everything they do. They believe in hosting a supportive, collaborative environment where freelancers, designers and creatives can connect, share ideas and grow. The event and meeting spaces are designed to bring people together – whether for a big idea or small conversation.

Visitors are encouraged to come and see the space for themselves. While the website and booking platform are due to launch at the end of August, bookings are welcomed via email at workroomhq@work-room.co.uk or telephone **0117 435 3336**.

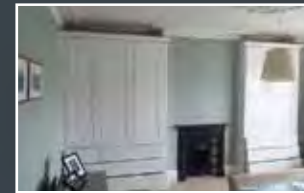
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Moonlight Memory Walk Returns to Clevedon for a Night of Remembrance and Reflection

Children's Hospice South West (CHSW) is inviting the local community to come together for a heartwarming evening of remembrance as the Moonlight Memory Walk returns to Salthouse Fields, Clevedon, on Saturday 4 October.

Now in its third year at this beautiful seaside location, the event offers a special and uplifting opportunity to honour the memory of loved ones. The evening begins with a touching memory ceremony before participants set off on a peaceful 5 km walk along Clevedon's scenic seafront. Along the route, walkers will encounter reflective moments, live music and meaningful activities that provide space for remembrance and celebration.

"This is a very special evening for anyone remembering a loved one," said Hollie Thorogood, Events Fundraiser at CHSW. "Whether you're walking in memory of a child, parent, grandparent or friend, the setting and atmosphere offer a truly meaningful way to celebrate their life."

The event welcomes people of all ages and backgrounds, and encourages participants to raise sponsorship in memory of their loved ones. All funds raised will support the vital work of Charlton Farm, CHSW's local children's hospice in Wraxall, which provides care and support to children with life-limiting conditions and their families.

Last year's event raised over £19,000, and this year's walk promises to be just as moving and memorable, with a heartfelt speech from Jessica, a parent whose family has been supported by the hospice.

To take part or find out more, visit www.chsw.org.uk/moonlight or call 01726 871 800.

This year's Moonlight Memory Walk is generously sponsored by Irwin Mitchell.



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Welcoming new volunteers & members

The MS B&SG are a friendly bunch, who meet each month to socialise and support each other; they also organise fundraisers.

Join the team! The local group are looking for new volunteers to join their friendly team. There are different roles available so you can work within your own skill set and interests; please email to register your interest.

Fundraising Quiz! What a fantastic evening of pizza eating, raffle ticket buying (and winning!), conversation and quizzing – all while raising a brilliant £500 for the local society. Thanks go to The Beehive Pub (BS9 4QY) for hosting the quiz and donating £1 to the charity for every pizza purchased.

Citizen's Advice Bureau – MS B&SG part fund a representative from Citizens Advice to support local MS sufferers in claiming their full entitlement and completing the necessary forms.

Monthly Social – Anyone touched by MS is invited to attend the local MS social on the last Wednesday of the month, 6.30pm at The Beehive, Wellington Hill West, BS9 4QY. The Society provides refreshments and it is a great opportunity to connect with the community. Do get in touch for more info.

Email: bristol@mssociety.org.uk | **Facebook:** MS Society: Bristol & South Gloucestershire Group



Editor's note: Some of you may remember that my late father lived with MS for most of his adult life. Growing up, I can remember as a family we took comfort from meeting with the local MS group and taking part in activities they planned. It was good to chat with people experiencing similar challenges but most of all I remember having a nice time with lovely people and us all sharing some laughs.

It was a similar experience when I took my boys to the recent MS quiz, we all had a fun time together – the raffle tickets were folded with precision into the bucket by them, and there was much delight when they won the coveted Ferrero Rocher! I even caught up with some friends who ran the Bristol MS Society when I was a girl and happy memories returned of the time spent with them and my father.

Sharing the good and the bad with people who understand and having some fun and laughs along the way is why these local groups are so important. So, with this in mind, if you have any time you can offer this lovely group it would be very much appreciated by the Bristol & South Glos team. From event planning to social media posting, raffle ticket selling to email admin, whatever you can offer would make a difference. People of all ages and experiences are welcome. It was great to catch up with Fi who kindly volunteers her accountancy skills as treasurer; she got involved as a family friend had MS. Student Ben gives his time when he can, he came across the group as his mother has MS. Whether MS has touched someone close to you or you have no link to the illness at all but have some time to offer, this small, friendly team would welcome your support.

Please email: bristol@mssociety.org.uk



Are you looking after a loved one who couldn't manage without your help? You're not alone—and support is available.

Carers Support offers free services for unpaid carers across Bristol and South Glos. Whether you're caring for a parent, partner, child, or friend, we're here to help with emotional support, information and advice, carers groups, and more.

To find out more, visit www.carersbsg.org.uk or call 0117 965 2200.

Circle Dance Evenings

At The Old Library, Muller Road, BS5 6XP, on the last Tuesday of each month, 7.30–9.30pm.

Join us next on Tuesday 30th September, 7.30–9.30pm Open to all!

As always, we'll enjoy music from different countries. Beginners are welcome and you don't need to have a partner. Warm, informal community dance evenings. Donations of £5 or more gratefully received. **Email:** circledance321@gmail.com **Information also at:** www.theoldlibrary.org.uk



Keep fit with Dance Moves

Classes start again on **Tuesdays, from 7th October** At **Horfield Methodist Church** BS7 8SN, 10.15–11am (registration at 10am) & **St Peter's Church, Filton, BS34 7BQ, 2–3pm.**

Improve your mobility, strength, co-ordination and general wellbeing whilst having fun and making new friends. Suitable for all ages & capabilities. Try first session free.

For further information contact Eileen Scott, **T: 07969 929 733 / E: scottyartois@hotmail.com**

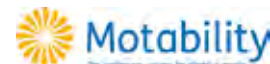


Big Summer Party, Saturday 6 September, 3–7pm at The Old Library, Muller Road. Come join a big family summer celebration. There'll be music, BBQ, license bar, bouncy castle and more! All proceeds going to The Old Library.

Repair and Reuse Café, re-opening 13 September Volunteers needed to help run the volunteer café which will be 10am – 1pm, every second Saturday.

All ages and abilities welcome.

Volunteers needed for the Summer Party & Repair Café, please **email:** hello@theoldlibrary.org.uk



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Hair regeneration focuses on reviving overall health and vitality. The free treatment we are offering to BM readers (when they book in for a colour or cut) restores shine and moisture – perfect for dry, dull or aging hair.

At New Style we start with a personalised consultation to assess your hair's needs. Visit us to experience the science of beautiful hair and take advantage of the Reader Offer.

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when you mention this advert when booking in for a haircut or colour. Bring voucher to appointment.

*Valid until 10/10/25. New clients only and one use only.

Paula
New Style owner



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“ Staff here are amazing, they really care and make a lovely atmosphere. Emily is absolutely wonderful, she goes above and beyond during adjustments and always brightens my day with her enthusiastic and caring vibe. Cecile is the best massage therapist I have ever had because she is very investigative and personalises the treatment to my needs and has helped discover the source of my mysterious shoulder pain. I have felt a huge difference in my posture and overall wellbeing since coming here. ”

E. Venturelli



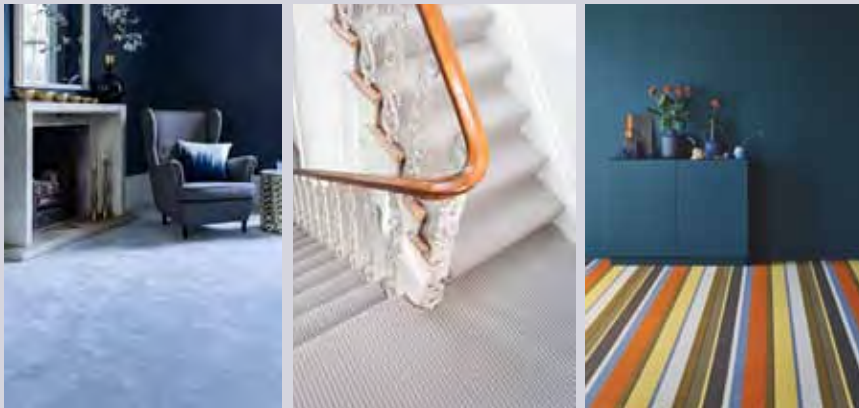
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* One offer to be selected only, one use only. Valid until 30/09/2025



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[smaɪl] noun

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Beauty Box

Skin Tightening – No needles involved

Collagen Lift Treatment is an innovative RF procedure designed to rejuvenate the skin by enhancing its elasticity and firmness. Here's a breakdown of what the treatment involves:

Consultation: The journey begins with a personalised consultation with a skincare professional. During this session, your skin type, concerns and goals will be discussed to tailor the treatment to your specific needs.

Preparation: Before the treatment, your skin will be thoroughly cleansed to remove any makeup or impurities. This ensures that the treatment can penetrate effectively.

The Treatment: The core of the Collagen Lift Treatment involves the application of a specialised serum and using Mono and Bipolar energy. As a result, this stimulates the production of collagen and elastin, leading to tighter and more youthful-looking skin.

Duration: A typical session lasts anywhere from 30 minutes to an hour, depending on the specific techniques used and the area being treated.

Post-Treatment Care: After the treatment, you may experience mild redness or sensitivity, similar to a light sunburn, but this usually subsides quickly. Your skincare professional will provide aftercare instructions, which may include recommendations for moisturising and avoiding sun exposure.



Results: While some clients notice immediate improvements in skin texture and firmness, the best results are often seen over the following weeks as collagen production continues. Six sessions are recommended for optimal results, depending on individual skin goals.



Reader Offer!
£85 instead of £170*
*Valid until 30/09/25

Maintenance: To maintain the youthful effects of the treatment, follow-up sessions may be suggested every few months, along with a consistent skincare routine at home.

Collagen Lift Treatment is a fantastic way to refresh your skin, helping you achieve that radiant, youthful glow without invasive procedures!

This is available in our Clifton salon.
Book online: beautyboxbristol.co.uk

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0117 3297005

Keep up to date with further news and offers on  Beauty Box

Bishopston 'born' Baby Bank Network Bristol turns 10!

Baby Bank Network Bristol (BBNB) turned 10 years old in June 2025. Founded around their kitchen tables in June 2015 by three Bishopston-based mothers, Becky Gilbert, Eva Fernandes and Melissa Burgers, the organisation has grown into a vital community service. The charity provides essential items for children up to 5 years to families across Bristol experiencing poverty or crisis.

"Baby Bank Network has been on an incredible journey over the last decade. It's hard to believe that our original goal was to help 3 families per week, then 10. It's grown so much since then and we have just supported our 11,000th family – this has only been possible thanks to our fantastic volunteers, staff and everyone who has donated – thank you! It's a bittersweet moment though. We are glad to have been able to provide essentials to families in need, but it is also a sombre reminder that so many have needed this support. Sadly, that need is ever growing, and we hope that with the continued support of the generous people of Bristol, we will be able to keep up with the demand for our service over the coming years." Becky Gilbert, shared.

Key Milestones and Impact:

- **Over 11,000 Families Supported:** BBNB has provided over 11,000 bundles of essential items to families, demonstrating its crucial role in the community.
- **Over 460,000 Essential Items Distributed:** The charity has distributed over 460,000 essential items, including safe sleep kits, toiletry packs for mums and babies, pre-loved prams, slings, clothing, toys and books for babies and children 0–5 years old.
- **Over £3.4 Million in Goods:** The total estimated value of items re-distributed over 10 years, if they were purchased new, is £3,405,996.00.

People:

- **Families:** Challenges faced by the families supported include: low incomes, domestic abuse, seeking refuge or asylum, homelessness, mental health issues and young motherhood.
- **Extensive Partnership Network:** Baby Bank Network Bristol currently takes referrals from over 102 local referral agencies, and over 325 individual referral partners to reach families in need of essentials for their children.
- **Volunteers & Staff:** BBNB relies on a dedicated team of five part-time staff members, a committed board of volunteer trustees and approximately 20 regular volunteers. These individuals contribute their time and skills to various tasks, such as collecting and sorting donations; checking, cleaning and preparing equipment for families; assisting at events; supporting with fundraising and communications.



▲ BBNB founders Melissa Burgers, Becky Gilbert & Eva Fernandes
▼ BBNB volunteers Maggie, Sarah & Charlotte



As well as reflecting on the last decade, the BBNB team is thinking about what the **next 10 years will bring**. With one in five children in Bristol living in income deprived families (18,072 children/22%), many families across the city are struggling to provide the essentials for their children, and the need for their service is as vital as ever.

BBNB aims to expand its services and adapt to reach more families in need, including using their newly acquired electric van to **launch their own collections and deliveries service**. The charity also hopes to move to a **larger and more suitable warehouse** in the near future if they can secure enough funds.

BBNB invites the people of Bristol to get involved in marking this huge milestone, and help them reach more families over the next decade by volunteering, donating or fundraising.

Take on the 10 for 10 challenge

Help raise vital funds for the local charity by taking on your own 10 for 10 themed challenge. Whether you're committed to skydiving 10,000 feet to reading 10 books in 10 days, inviting 10 friends to an event or baking 10 cakes, your efforts will be greatly appreciated. **To find out more about Baby Bank and the 10 for 10 Challenge please visit:**

www.babybanknetwork.com/10years/.





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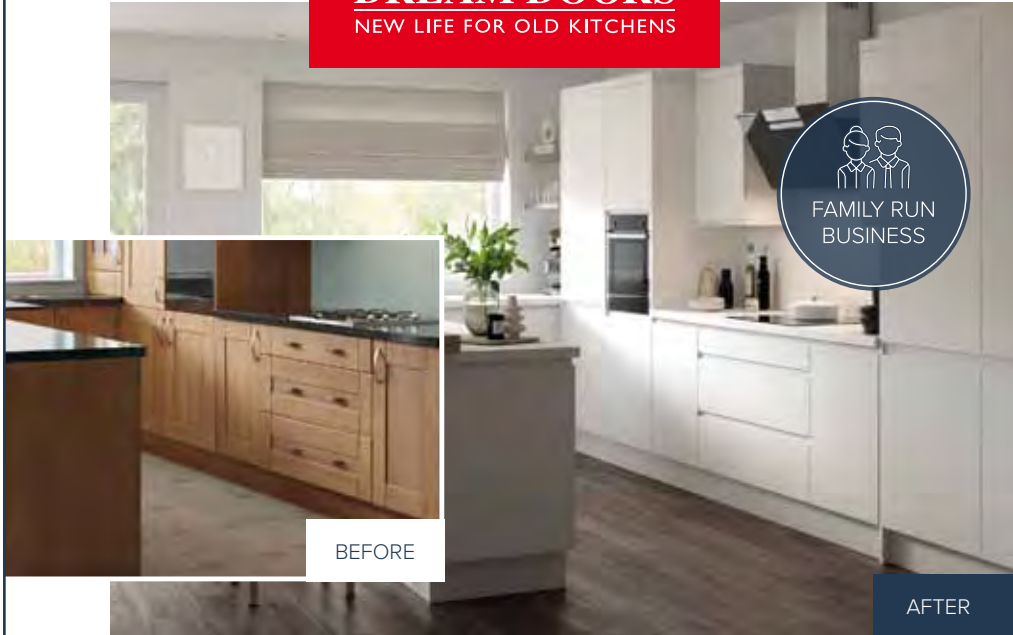
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Know your apples?

Beauty of Bath and George Cave were plucked in July. Scarlet Pimpernel and James Grieve will be harvested by the end of August. These early apples offer fleeting pleasures.

rewards. Lord Lambourne is ready to enjoy at harvest, and can be stored until November. The prized Ashmead's Kernel tastes tannic and green straight from the tree. A couple of months in store are needed to fully mature the flavours and sugars. It's best eaten between December and February. Every fruit variety has its own character. Knowing more about the trees growing in your garden and allotment helps make the most of the harvest. Many of us are looking after mystery trees inherited from earlier gardeners. Some of us have lost the labels, or forgotten what we planted! Never fear – the Apple Tree Lady is here to help.

Shannon Smith, Orchard Learning co-ordinator at Horfield Organic Community Orchard (HOCO), is available to identify mystery apples from gardens and allotments in and around Bristol. This year she is offering the service for a £10 donation (for each variety of apple). Donations are for the charity Medical Aid for Palestinians (MAP), and/or HOCO. See the website for more information.

Apple Day is Sunday 19 October, 2-4pm
More information: community-orchard.org.uk

*Words by Shannon Smith, aka The Apple Tree Lady,
 Photos by Jamie Carstairs*



George Cave



Beauty of Bath

Older Bristolians share happy childhood memories of the arrival of Beauty of Bath for sale at greengrocers and local markets. The first fruits of the season are lovely to look at, and sweetly scented. The flavour and texture of the flesh may disappoint.

The main apple harvest comes in September and October. These longer keeping fruits bring richer

Plan early for the winter season!

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Kelvin Players is a non-professional drama company and is registered with the Charity Commission under Number 294367.

Join Bristol Playgoers

Come and join Bristol Playgoers! We are a friendly drama group performing 'script-in-hand' play readings every few weeks. Acting, directing, front-of-house, technical/backstage, an audience member – there's something for everyone.

Play readings are great if you can't commit to months of rehearsals and no line-learning required! Despite holding scripts, we use costume, props and set dressing to make our performances engaging. Join us to experience a variety of plays, a sociable atmosphere, the excitement of preparing a performance in just two or three rehearsals and a well-earned drink in the bar afterwards!

If you've never been on stage before but would like to have a go, play readings are an accessible first step to gaining confidence and learning stagecraft. No pressure to perform, you're welcome to join as part of our audience. A membership of £50 (no matter what you choose to do) works out at £4.17 per night of entertainment – what a bargain!



Our 2025/26 season begins with the below. See www.bristolplaygoersclub.co.uk for full listings

30 September '25 – Two One Act plays:

PITTY ABOUT KITTY by Jimmy Chin &

OUTDOOR PLEASURES from *Deckchairs* by Jean McConnell. Nibbles will be served after the readings.

14 October '25 – **THE ACTRESS** by Peter Quilter

28 October '25 – **THE HERBAL BED** by Peter Whelan

11 November '25 – **A HERO OF THE PEOPLE** by Brad Birch, adapted from the play *An Enemy of the People* by Henrik Ibsen

25 November '25 – **SPEAKER: DOUG ALLAN OBE** Scottish wildlife cameraman and photographer.

Membership enquiries: playgoersmembership@gmail.com | 07504 254499 | www.bristolplaygoersclub.co.uk

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New luxury products at Osna

Osna's owner, Bridget, is set to add to her wonderful vegan, organic skincare range with the addition of exotic body oils, face oils and lip balms, as well as a range for dry skin. At time of writing, Bridget was in the process of making – by hand – the oils as well as a beautiful range of soaps and aromatherapy candles.

As well as an extensive skincare range, Osna offers relaxing, restorative holistic treatments. Visit Osna's website or pop in to book a session or to shop.

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Wednesday 10.30am - 11.30am
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Why Choose Sadowski Hair Salon?

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Struggling with your curls? Let our curly hair specialists work their magic! We understand the intricacies of curly, wavy and textured hair, and we know exactly how to cut and style it to perfection. Embrace your natural curls with confidence!

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As the summer draws to a close we look forward to celebrating our 16th anniversary on Gloucester Road this September. We would like to thank our amazing clients and community. Your loyalty and trust are what's motivated me and the team to keep growing and being the best we can.



Two New Treatments at Icon

Neal's Yard Holistic Facials & Massage

Holistic Facial

Using the award-winning Neal's Yard Remedies range, this organic facial is rich in skin-loving botanicals and suitable for all skin types. Designed to bring out your natural beauty, this soothing treatment leaves your skin glowing, and you feeling calm, refreshed and radiant.



Holistic Mini Facial & Back Massage

A deeply restorative combo of two of our most relaxing treatments: a 30-minute tension-melting back, neck

and shoulder massage followed by a 25-minute nourishing Neal's Yard mini facial. It's the ultimate unwind – and the results are both skin-deep and soul-deep.

Camilla and Alice are now offering this treatment, and the feedback has been amazing! It's a total glow-up for body and mind – zenned out, restored, and radiant.

Spotlight on Alice

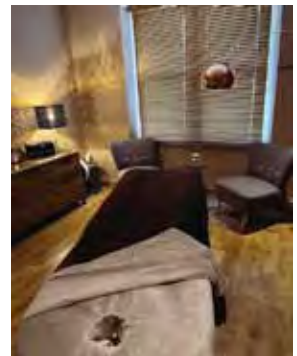
Alice offers intuitive, bespoke massage tailored to each client's needs. With a background in yoga, bodywork and holistic therapies, she brings a wealth of experience and a nurturing, friendly approach.



Her treatments support full-body relaxation, ease muscle tension, regulate the nervous system, and promote better sleep and overall well-being.

Take some time for yourself this Autumn

Whether you're a parent celebrating a return to routine and your little angels being back at school, or are looking to beat those post summer holiday blues, now is the perfect time to treat yourself! We're here to help you look and feel your best.



Appointments fill up fast, so make sure to book early! Visit our website to check availability and book online with ease.



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Abby Erceg's journey is nothing short of inspiring. As New Zealand's most capped female footballer, she has led the Football Ferns through four Olympic Games and achieved over one hundred international appearances, an extraordinary feat in women's sport. But years of competing at the highest level took their toll. Persistent knee pain from cartilage wear began to threaten not just Abby's everyday life but also her ability to keep playing the sport she loves.



Determined to find a solution beyond conventional treatments, Abby travelled from Mexico to join the Return to Play Study at Cura Clinical. She was searching for something that could truly make a difference, and she found it. After her third session of MBST therapy, Abby noticed a real change. She experienced a breakthrough in her range of movement and a reduction in pain. For the first time in months, she could lie down and fully straighten her knees. The impact was immediate and gave her hope for a longer, healthier career on the pitch.



Jenny is living her best life, pain free after having treatment for her moderate hip arthritis. If we catch things at the right time, the regenerative effects of MBST really can have remarkable impacts on patients' conditions.

Jeremy (87) came to me with stage 3/4 knee arthritis and was struggling with stairs in particular as well as night pain. He's a very experienced chorister and needs to be able to stand for long periods whilst performing. Scans showed his patello-femoral joint had almost full thickness cartilage loss, as well as degeneration in the tibiofemoral compartment. At 87 years old he's a remarkable healer and has been pain free and fit for stairs since the end of his treatment course.



Age isn't a factor with MBST. Vitality, however, does play a part. A lot of my older patients are still living life to the full, getting the most they can from it, yet certain parts of their bodies wear down and become a challenge. This is where MBST can be life changing, adding energy of stimulation healing and regeneration.

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"I'm too old to build muscle"

by Polly Turnill

I work with people of all ages and fitness levels who would like to improve their health and fitness.

A lot of these people are men and women in their 60s, 70s and even 80s. And I can wholeheartedly say that you're never too old to experience life changing results through getting stronger and fitter!

You start to lose muscle from as young as 30 years old. From 40 to 70 years old, muscle loss averages 8% per decade, and then accelerates to 15% after age 70.

Maintaining muscle is one of the most important aspects of long-term health and longevity.

Here are some great reasons why you want to hold onto your muscles!:



"I am much more confident around issues of balance; I never hesitate to go for a long walk or a long cycle ride because I know I am now capable of it."

Colin, 74 years old.

- **Helps prevent against injury** – weight training not only helps muscles get stronger, but strengthens ligaments and tendons around the bones and joints too. Doing exercise (the right type) can actually help joint pain.
- **Increases bone density** – If you're losing muscle, you are almost certainly losing bone density. And if you do what's necessary to build muscle, you'll improve bone density too. Strong muscles translate to healthy bones.
- **Helps improve balance and coordination** – as you get stronger, your nervous system gets better at coordinating different muscle groups to make your movement more fluid and effective. This is where your body can react and recover from a wrong footing on the pavement or from a trip over an unseen curb.
- **Helps to lose weight by increasing your BMR (Basal Metabolic Rate) and managing blood sugar** – muscle burns about three times as many calories per pound as body fat does. Just having more muscle on your body burns more calories
- **Feeling confident** – being able to do the tasks and activities that you want to!

If you'd like help with getting stronger, more flexible and fitter, no matter what age and fitness level you are, do get in touch.

I'm a Personal Trainer working with people in small groups from a private studio space in westbury park.

Email: info@pollyturnillfitness.co.uk

Tel: 07954381845

Visit: www.pollyturnillfitness.com

"Training with others in a small group, all there for similar reasons, is both motivating and fun!"

Tina, 64 years old.



Are You Helping Your Parents With Care?



This is especially true if you are acting as an attorney under a Lasting Power of Attorney where you will have a legal duty make decisions for your parents in their best interests. Naturally, as advisers to self-funding residents we have good relationships with some of the more high-end care homes in the local area, but we can also recommend some of the middle of the range homes too that fit the bill perfectly well.

Also, do not completely disregard setting up care within your own home. It is financially more possible than many may think, and there are some excellent local providers of domiciliary care out there.

We will provide you, as the adult children caring for a parent, with clarity and leadership, even if it means telling you the things you don't want to hear, but ultimately the solutions that are in your parents' and perhaps the wider family's best interest. We will walk with you side by side, providing the authority and gentle hand that local people in this situation desperately seek and value. Delivering advice on who should be paying for care and the all-important 'how' and 'when'.

Harold Stephens is a specialist, later life financial and legal planning specialist – our advisers are SOLLA (Society of Later Life Advisers) Accredited. We help families plan for later life issues such as care planning, inheritance tax, Lasting Power of Attorney and Wills. If you are caring for parents and they have amassed wealth, there are specialist options available that we can recommend to you, to not only fund the care that will give them the dignity in later life they deserve – but also in a very tax-efficient way and potentially put a cap on those care costs.

Don't hesitate to get in touch with the office for a complimentary initial chat. We can be reached at 50, High Street, Westbury on Trym BS9 3DZ, office@haroldstephens.co.uk or telephone us on **0117 3636 212**.

The current cost of care homes in North-West Bristol is reaching 'eye-watering' proportions. We are not that far off seeing annual £100,000+ costs, and are already there in some specialist dementia care settings. Annual price increases are currently around 10% with local care homes passing on ever-rising costs like national insurance rises, national minimum wage increases and the rise in the cost of general insurance.

The abandonment of the proposed Government cap on care costs hasn't helped, with another Royal Commission on its way promising yet another full review into Social Care in the UK. The results of the review are expected in 2028 with any implementation of the mooted 'National Care Service' not until 2036. Let's not hold our breath on this one.

Much of the emotional strain can fall on you, the adult children, who may be successful professionals in your own right, working full-time and still caring for children of your own. You are not alone in being a stressed-out member of the 'sandwich generation'!

Such is the stress on the adult children, we are finding many coming to us not just for the clarity of later life financial planning support from a local specialist but also for help as a local guide, signposting to trusted local resources as well as providing that valuable emotional support in our homely office.

As a later life financial planning specialist, we have a complete understanding of the way in which local care homes operate, and the role that money plays. If your parents are selling the family home to fund care and have other investments and savings, it's well worth taking financial advice to properly explore the options.



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Find our financial planning videos on YouTube by searching for 'Harold Stephens IFA'

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News from Ardagh Community Trust



We've had many warm and wonderful days over the summer and it's been brilliant to see the site being used by so many, from the very young to the not so young! As we look back over some of the events we have hosted here, we realise it would not be possible without the dedication of amazing volunteers and the support of the local community. The community dog show in July was a roaring success, followed by a day of play, fun and activity in August when we hosted National Playday 2025 with Children's Scrapstore. Thank you to everyone who volunteered and helped in any way to make these events such a lovely, happy time.

On the subject of volunteers, **our Tuesday morning gardening group is looking for new recruits!** Our small but mighty team do a brilliant job of keeping The Ardagh gardens looking lovely, but we need more help! If you have time to spare on a Tuesday please do get in touch, either by popping in to the café to express your interest or drop a message to hello@theardagh.com. Some knowledge or experience of gardening would be great, but not essential.

Community engagement and future plans – what happens next? Thank you to all who took the time to give us feedback on the plans for site improvements; we have had some exciting proposals from local residents. We are currently in the early stages of the planning process working with architects to obtain surveys in order to move forward to the next phase of development. We will keep you informed as our plans progress.

E: hello@theardagh.com | theardagh.com

[f](#) [t](#) [TheArdagh](#) [theardagh](#)

ACT regular activities & events

Family Food Action – at The Ardagh every Tuesday, 10.30am – 12.30pm, ready to receive and sort donations of food and toiletries. New volunteers welcome! familyfoodaction.org.uk.

Interactive live music sessions – Tuesday mornings, 10am (term-time only), for babies and toddlers, delivered by www.rockoutbaby.com.

Tai Chi – Wednesdays, 10 – 11am, on the bowling green, led by volunteers from Age UK Bristol. www.ageuk.org.uk/bristol/our-services/linkage/tai-chi-shibashi. £3 per session.

Horfield Common Litter Pickers – with Friends of Horfield Common meet at The Ardagh the last Saturday of the month, 10am to midday.

Ardagh Food and Craft Market – second Saturday of the month, 10am – 3pm.

Horfield Common Repair Café – third Saturday of the month from 10am to midday.

Junior Parkrun – Horfield Common Junior Parkrun at 9am. If you'd like to volunteer contact: facebook.com/horfieldcommonjuniorparkrun or pop along on Sunday.

We also welcome many other groups and families for meetings, workshops and parties. If you are interested in hiring space in the Garden Room or Wild Play Area, drop a line to hello@theardagh.com.

New from Friends of Horfield Common

Wildlife Ponds – looking ahead – The recent dry weather made it tough for our existing wildlife pond, which struggled to retain water despite a clean out earlier in the year, so we made the decision to close it for a while. We'll soon be deepening parts of it to help it thrive year-round. We're also pleased to have secured funding for a new pond near the lower corner of the Common, where a natural spring makes it an ideal spot. Work starts soon!

Wildflower Patches – The wildflower areas are looking great, helped along by the warm weather, which has boosted insect activity. We recently scattered wildflower seeds around the Western Road patches, and last year's efforts have already brought a colourful increase all over the Common.

Bat Walks – Earlier in the summer we ran a bat walk with naturalist, Steve England, which was a great success. Another is planned for September. These fill up quickly, so do check our Facebook page or website for booking details. We're also aiming to offer more nature-based activities in future.

Join us – If you're interested in local wildlife and would like to get involved, you're welcome to join us.

friendsofhorfieldcommon.co.uk or

Facebook: [friendsofhorfieldcommon](https://facebook.com/friendsofhorfieldcommon)

Ardagh Community Sauna: Sauna Culture Thrives in Our Community



Tucked away in the heart of our community, a new kind of gathering space has arrived. Our wellness retreat

– complete with a 16-person wood-fired sauna, cold plunge pools, gravity showers, changing facilities, and a peaceful relaxation area, is now open and already drawing a crowd.

But this isn't just about relaxation and health (although there's plenty of that too). This sauna is quickly becoming the go-to spot for socialising. More and more people are swapping the pub for the warmth and connection of the sauna – a healthier, more mindful way to unwind with friends. It's where people from all walks of life come together to connect, reflect and recharge.

Of course, there are health perks too. Sauna use may help relieve muscle tension, improve sleep, and support cardiovascular health. It's a great way to detox, boost your mood and support mental clarity; all in just one session. And yes, the glowing skin is a bonus.

Mentally, the benefits are just as significant. A sauna visit offers a much-needed mental reset, reducing stress, lifting mood and creating a deep sense of peace.

Each Wednesday, we host an evening **women-only session**; these include special events which are a beautiful opportunity to unwind to the sounds of crystal and Himalayan singing bowls while enjoying the rejuvenating effects of the sauna and plunge pools.

Volunteers needed!

As we grow, so does our need for community involvement. We're calling for volunteers who'd love to become part of our sauna hosting team. In exchange for a three-hour

weekend shift, volunteers will receive a free sauna session for themselves and three friends. It's a chance to give back while enjoying the space you love. Interested? To get involved, **email us at info@ardaghcommunitysauna.org**.

Save with our membership scheme

You can also support us through our membership scheme. For just £40 a month (or £35 with a six-month commitment), members receive five sauna sessions every 30 days. That's as little as £7 per session – no additional fees, just pure wellness on your schedule.

Ardagh Community Sauna: book online at www.ardaghcommunitysauna.org.

Walk ups are always welcome and we accept card and cash onsite. Please always feel free to pop in and say 'hi' if you are unsure if it's for you. You can find us at The Ardagh, off Kellaway Avenue, Horfield Common, BS6 7YL.



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Our Virtual Shop Window:
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Just like many other aspects of life today, arranging a funeral often begins online. For Divine Ceremony, our website is more than just a digital presence, it's our first opportunity to connect with families, to offer clarity, and to express how we work and why we care.

While we've always taken pride in our creative and informative website, we recognised the need to go further and offer more in this space. People need clear, straightforward information, especially when they're grieving or planning ahead. That's why we've refreshed and simplified our online offering to make it easier to understand what we provide, how much it costs and how we can tailor a funeral to truly reflect a life lived.

Many people come to us with memories of funerals from decades ago, with an expectation that they will do something similar, and yet, today there are more options available and greater scope for individualisation. Our new website includes real examples to inspire; from personalised coffins and shared storytelling, to family-led ceremonies and

ways to involve children in meaningful, comforting roles.

To offer a deeper sense of what it's like to work with us, Jo Foster, our Marketing Executive from Wide Blue Yonder, interviewed past clients about their experiences. Featuring on our Inspiration page, their stories speak volumes about the thoughtful choices they made and the support they felt.

We've also highlighted our unique venue, The Sanctuary, a calm, beautiful space for vigils, ceremonies and receptions. It's an alternative to the conventional crematoria and a place where families can shape something personal and profound.

We hope our updated 'shop window' helps you see what's possible, and what it feels like to be looked after by us. And if it speaks to you, we'd love to welcome you in person. divineceremony.co.uk



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Barcan+Kirby

BARCAN+KIRBY RUN CREATIVE WRITING STORY COMPETITION AS PART OF GROMIT UNLEASHED 3 TRAIL SPONSORSHIP

Local law firm **Barcan+Kirby** is proud to sponsor a Norbot sculpture named *Spellbound* as part of **The Grand Appeal's Gromit Unleashed 3 trail**, currently running across Bristol. You'll find *Spellbound* in **Victoria Park, Bedminster** – and this magical sculpture is now the inspiration behind an exciting **creative writing competition** for children.

Open to children aged **4 to 11**, the competition invites young writers to visit *Spellbound* and imagine the story behind how this enchanted Norbot ended up in Victoria Park. Whether it's a magical adventure, a twist of fate, or a journey through time – the only limit is their imagination!

Winning entries will receive a fantastic prize, and the best stories will be published in a special printed book. Several copies will be donated to **Bristol Children's Hospital**, allowing young patients to enjoy the spellbinding tales from their fellow young authors.

How to enter:

- Stories must be a maximum of 500 words
- Email your entry to hello@barcankirby.co.uk by Thursday 12th September 2025
- Include:
 - o Child's first name and age
 - o Parent/guardian contact details
 - o Title of the story
 - o School name (if applicable)

Three winning entries will be selected and announced by **30th September 2025**.

"We're thrilled to support The Grand Appeal and encourage local creativity through this competition," said Lucy Harttrup, Head of Marketing at Barcan+Kirby. *"We can't wait to see what stories unfold from the minds of Bristol's youngest writers."*

barcankirby.co.uk



Spellbound can be found in Victoria Park, Bedminster



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www.cotham.bristol.sch.uk



Refugee Week 2025 at Cotham School



This year's theme for **World Refugee Week (16–20 June)** was **'Community as a Superpower'** and as a proud **School of Sanctuary**, we wanted to celebrate our 60+ students with refugee and asylum seeker status and raise funds and awareness for this important cause.

We launched the celebrations with our **Cooking Club** where students and families currently living in temporary hotel accommodation cooked up a storm with ingredients kindly donated by the school community.

Lessons incorporated activities focused on **joy narratives of refugees**: from spotlighting famous refugee scientists, artists and mathematicians, including Fields Medal winner Caucher Birkar, and exploring poems, songs and films related to refugee stories in English and MFL. Throughout the week, our students demonstrated exceptional learning and interest on this global issue, showing empathy, respect and community spirit.

We also held extracurricular events such as a Zoom talk with guest **Syrian author Sita Brahmachari** – a unique opportunity for cultural connection and inspiration; and a **film screening of *The Beautiful Game*** – an uplifting narrative about the power of football to build a community and sense of belonging.

As a finale, we hosted a party for our **asylum seeker and refugee students** to celebrate their achievements – particularly their resilience in adapting to a new language and education system.



We were honoured to welcome **guest speakers from City of Sanctuary**, who shared their lived experiences and offered inspiration and reassurance. The event concluded with dancing and shared food donated by our wonderful staff and volunteers.

We also held a number of **fundraising and clothing collection events** to continue to raise funds for extracurricular activities for our refugee and asylum seeker students. Our **GoFundMe crowdfunding QR code is above** if you are able to support us and prove that **'Community is our Superpower'**.

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Fairfield's Isla dances her way to success

Isla, a Year 7 student at Fairfield High School, is making waves as a rising star in the world of dance, earning recognition on a national level. Remarkably, although Isla only began dancing in 2021, she now trains nearly 15 hours a week — a true testament to her dedication, talent and drive.



Most recently, Isla competed in the prestigious Iconic Freestyle Competitions held in Stoke-on-Trent. Performing in the under 14s category, she impressed judges with her skill and stage presence, securing second and fourth place in the 'slow' and 'fast' dances, respectively. Isla's achievements highlight not only her talent, but her rapid progress and commitment to excellence in a demanding sport.

"I would recommend to anyone wanting to try out a new hobby or sport to give it a go. It will be difficult at first, but it does get easier and you will improve the more you try. My body has changed so much and become more flexible the last few years. My confidence too has grown because I'm dancing in front of people and putting myself out there."

Isla explains that it hasn't always been an easy journey: "When I started dancing, I really wasn't that good! I started entering competitions just for fun, winning a few medals here and there. However, because my slow dancing is quite mature, when I moved to the under 14s category, that's when things really took off! I've found a style of dance that showcases my strength and I'm excited about what the future holds."

Sharmaine, Isla's mum, adds: "I am a super proud, and slightly embarrassing, mum who has seen Isla grow stronger and more confident with every step over the past few years. We all truly believe that, if she carries on this path, she will be a famous face who may even be looking after me someday!"

Isla hopes that, in the future, she will have the opportunity to attend international dance conventions, with destinations such as the USA among her dreams.



“ I have been so **impressed** with the transition into Year 7. My child is **speaking incredibly positively** about the teachers and is **motivated to learn.**”

Parent




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"My experience with Bristol Tutors has been fantastic. From my initial enquiry they were communicative, professional, and helpful. Since having the lessons, my child has improved significantly in her grades and her confidence. I would recommend Bristol Tutors to anyone!"



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Local dancers join English Youth Ballet



Daisy & Florence

In May, Daisy (13) and Florence (10) successfully earned places in the prestigious English Youth Ballet (EYB) production of Coppélia, joining an elite cast of 75 dancers after highly competitive auditions. Both girls train at the Annette Adams School of Dance. Over the summer the dancers were immersed in rehearsals and

experienced the life of a professional dancer with over 60 hours of rehearsals! The young dancers took the stage alongside internationally acclaimed professional dancers at The Playhouse Theatre in Weston in August.

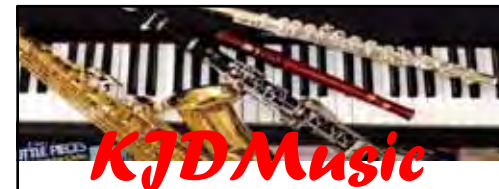
Both girls live locally, attending St Bonaventures and Fairfield High school.

Daisy shared, "I started ballet when I was six because I loved the idea of it. I think I was inspired by Misty Copeland's short biography in Goodnight Stories for Rebel Girls. I love being able to see my improvement over time and love learning new things. I also really enjoy performing in front of my friends and family."

Florence told us, "I started dancing when I was three in a weekly ballet class at my local dance school. It was a great way to make new friends. The best feelings about being a dancer are the feeling of expressing yourself and being excited each time I get to dance."

Both girls have enjoyed learning more about performing on stage with EYB, appearing with professional dancers and making new friends.

EYB Principal, Ann Wall, who danced with the English National Ballet and Ballet Cymru before joining EYB said, "Teaching the young dancers is incredibly rewarding as I get to see them learn new steps and grow in confidence. It is magical to see how they progress and blossom on stage and it brings me great joy to dance alongside them. In a sense, it feels like we all inspire each other. When I watch the children and young people dancing, it reminds me of why I dance, to bring joy, to feel joy and to connect through dance."



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Katherine Denny BA(Hons), PGCE, LRSM, CTABRSM

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Local & online tutor for children aged 6-11

Experienced tutor Liz Romero



I am a qualified Primary School teacher working part-time at Our Lady of the Rosary, Lawrence Weston and I have also taught at Westbury Park, St Bonaventures and St Mary's, Bradley Stoke.

I love helping children to grow in confidence and my teaching style is positive and warm but focused. As well as supporting children generally in English and Maths, I can also prepare children for entrance exams and provide booster courses in the school holidays.

I am happy to tutor local children in their homes or online. I am fully DBS checked and can provide references from parents of current students. My terms and rates are reasonable and flexible.

Please call me on 07824 700439 or email me at eromerotutor@gmail.com

Bishopston schoolgirl raises £600 for RNIB by going blindfolded for a day

12-year-old local resident, Florence (pictured), spent a whole day blindfolded to raise money and awareness for the Royal National Institute of Blind People (RNIB).

During the day in June she had to negotiate routine tasks such as dressing and feeding herself and walking out and about with the support of her parents.

Florence was motivated to undertake the challenge to experience how it might feel in the world when you can't see things around you. She shared, "Blind people don't get enough support and the world doesn't make it easy for people with disadvantages. I wanted to see what it was like to experience the world without using my eyes and help to raise money and awareness to support the RNIB."

Although everyone's experience of sight loss is different, Florence aimed to get as close to replicating the experience of living without sight as she could. The main differences she found were with moving around, where she was dependent on others when out and about, and struggling to know which direction she was facing. She relied more on her other senses to help her. She picked raspberries using her fingers to work out which ones were ripe and played dominoes and dice games, using her fingers to count the number of dots. She was even able to use her fingers to help draw a picture of a toy she hadn't seen before.

"The thing I found hardest was finding where everything was; the doorway and window were all in different places. When you don't know where everything is, it's quite hard to work out." said Florence. "I learned that it really did enhance your other senses and I found that instead of seeing the pictures for real I was making them up in my mind."



Please donate if you can! Florence raised nearly £600 and the RNIB have sent her a certificate to thank her. Her fundraising page is still open so if anyone wishes to support her please visit: www.justgiving.com/page/florence-blind-day. Thank you!

RNIB offers practical and emotional support to blind and partially sighted people, their families and friends and works for change to make our society more accessible for people with sight loss. You can find out more at www.rnib.org.uk.

Trinity Academy 6th Form has an outstanding first year

Trinity Academy 6th Form opened in September 2024 and is celebrating an outstanding first year. Not only has the 6th Form offered first class academic teaching but students have had a wealth of opportunities and experiences outside of the classroom.

The academic provision has received praise from external reviewers including an HM Inspector who described the 6th Form having 'high expectations with a broad curriculum offer, strong teaching and an exceptional personal development programme'.

In addition, Trinity's emphasis on developing the "Soul" has meant that all Trinity 6th Formers have had a wealth of life experiences. Students have heard from more than 30 external speakers from a diverse range of backgrounds, including Dr David Cahill, the gynaecologist who delivered baby gorillas in Bristol Zoo, engineers from Virgin Atlantic and Formula One, speakers from 9 universities, an MP and a Baroness. In May, students were lucky enough to observe Dr Guy Sutton, the world renowned neuroscientist, dissect two brains, linking the physiology of the brain to life skills. Students have also been on a range of life-changing trips, including a Duke of Edinburgh Gold expedition, trips to Auschwitz, the Houses of Parliament, skiing in Austria and an expedition to Nepal.



This provision appears to have had an impact on the students who have, in turn, had a number of successes. One student reached the final of the famous Gabblers competition, 15 students have been selected for 1:1 coaching from Unite Students, and in June a team of Trinity Y12 students competed against 30 other teams at a Model United Nations event. Trinity students won the most prestigious award of "outstanding delegation". On top of this, 10 students are aiming for Oxbridge entry. Headteacher, Eiron Bailey, says, "I couldn't be more proud of the start that Trinity 6th Form has had. We have fantastic, committed students working alongside visionary and dedicated staff."

Applications for Trinity 6th Form for September 2025 have formally closed. Any queries for September 2025 entries should be emailed to post16admissions@trinityacademybristol.org.

See details of 6th Form Open Evenings below.





4.8 ★★★★★ Google reviews

"Very helpful, very informative, quick turn around and reasonably priced. would highly recommend to others. Thank you so much!"

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OPEN EVENINGS

Tuesday 21st October 2025 & Thursday 6th November 2025



To find out more visit www.trinityacademybristol.org/sixth-form



Ofsted Overall: Good
Teaching & Learning: Outstanding
Leadership & Management: Outstanding

INSPIRING THE HEAD, HEART AND SOUL

Let's Light Up Bishopston: Window Wanderland Returns in 2026

Bishopston's much-loved *Window Wanderland* is back from **27 February to 1 March 2026**, and we'd love for you to be part of it.

For one magical weekend, our streets will be transformed into a walking trail of creativity, with homes, schools, businesses and community spaces lighting up their windows to bring joy, wonder and connection to the neighbourhood. Whether it's a bold design, a simple silhouette or a child's drawing on tissue paper, it's about joining in, not perfection.

In recent years, we've seen a drop in displays, but we believe the spirit of *Window Wanderland* is still alive in Bishopston. This is our chance to reignite it, bring people out of hibernation, spark conversation over garden walls and celebrate the creativity that makes our community so special.

We need your help to make it shine.

If you love the festival and want to see it thrive again, we'd be so grateful if you could help spread the word. Share it in your community groups, class or street WhatsApp chats, or on social media. Every little bit helps.

We're also looking for **local businesses** who'd like to get involved, either by sponsoring the event or offering up their windows for schools or community groups to decorate. It's a fantastic way to show your support and be part of something that brings thousands of people out to explore the area.

To take part, offer help or get involved as a business, visit www.windowwanderland.com or email us at comms@windowwanderland.com.

Let's bring the magic back and make *Window Wanderland 2026* the brightest one yet.



Children learn skills for body and mind with Martial Arts

Ok, so how is it September already? That has come around quickly. As school starts and we get back into the old routines, as parents we are filled with the familiar apprehensions about the new school year ahead.

I have two kids, one in primary and the elder in secondary education. Both situations have their own challenges and it is really nice to find an activity that can support our children in meeting the myriad of challenges that school presents.

Martial arts lessons are a wonderful way of creating a strong character; this can help children navigate the various pressures of school life.

Martial arts is an ideal activity to challenge your child and have them develop a sense of focus, and also a sense of self-discipline and self-control.

Martial arts training is an excellent way to develop world-class listening skills. Now what parent wouldn't wish that for their child?

I could go on (and I definitely will, but in the next issue). In the meantime, find your local martial arts class and enrol your child today and give their academic year the positive kick-start it needs.

Sensei Lloyd



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Email: info@reddragonsmartialarts.com or Call: 07779 740 432, to book your free trial

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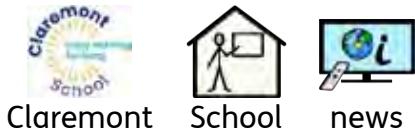
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Its top news from our Claremont Leavers 2025

They finished the DofE in style and zip wired their way to the Silver Award. To complete the DofE they chose to follow up the practice expedition with a five-day/four-night residential expedition in Devon. It was a huge success. Students left school and families on the Monday and returned

tired but full of memories on Friday afternoon. There were so many new challenges. They travelled by bike around the lake in the pouring rain. They even

knocked the branches as they passed to feel even more droplets fall. They abseiled down two steep cliffs and also smiled and waved as they flew by the staff on the zip wire. Students built a shelter and lit a fire despite the wet weather and also shot arrows in archery using an adapted puller system. There was riding and grooming of the horses and the best highlight was sitting on top of all the crates in a tower with pride before wriggling on purpose to send the support workers toppling down!

Prom was a great celebration with certificates and handshakes for all followed by a massive disco to say goodbye to Claremont as the post 16 students go on to college and bigger adventures!

The SendaWelcome Sensory Garden Project has been happening over the summer at The Ardagh and things are taking shape with lots of volunteers helping to develop the space and share ideas. We have been weaving and painting to decorate the fences. We have been choosing herbs that smell and feel amazing for the beds. We have been tidying and watering the planters and coming together to enjoy the summer outside. Splinters from Elm Tree Farm have been among the volunteers and have sanded down a bench and are now working on a new sculpture for the centre of the green!



If you are reading this in time, come along and see what has been achieved so far on Saturday 30 August, 11am – 3pm. The amazing Gympanzees will be bringing some fun to the day as well.

We're Coming to You – New Home Visit Service Now Available

At Animal Health Centre, we know that visiting the vet isn't always easy. Whether it's a nervous pet, a busy schedule or transport challenges, we understand that getting to the clinic can sometimes be stressful – for both pets and their owners.

That's why we're pleased to introduce a new home visit service, exclusively for our existing clients. As part of a monthly trial, we'll be offering at-home appointments for vaccinations and flea and worm checks, so your pet can receive essential care in the comfort and familiarity of their own home.

This service will be available one day each month, and we hope it will make routine preventative care more accessible and less stressful for everyone involved.

What's included?

Our home visits will cover:

- Routine vaccinations
- Flea and worm checks and treatments

These appointments will be carried out by a member of our experienced veterinary team, ensuring the same high standard of care you receive at the practice.

How to book

If you're an existing client and would like to book a home visit, please call us on **0117 924 7832**. Spaces are limited and will be offered on a first-come, first-served basis.

We're trialling this service to better support our clients and their pets, and your feedback will be invaluable in helping us decide whether to expand it in the future.

At Animal Health Centre, we're committed to providing compassionate, convenient care – wherever your pet feels most at ease.

Celebrating Community at The Ardagh Community Trust Dog Show

We were delighted to take part in the judging at The Ardagh Community Trust Dog Show held on Saturday, 5 July 2025. It was a truly heartwarming day, filled with happy, healthy dogs and proud owners showcasing the incredible bond they share.

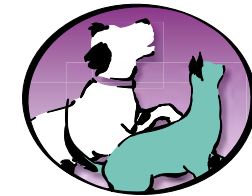
Seeing so many well-cared-for pets enjoying themselves reminded us why we do what we do.



Image thanks to: misty-morn-photos.square.site

The atmosphere was full of joy, and the sense of community was inspiring. We feel incredibly lucky to serve such a passionate and dedicated group of pet lovers.

Events like this highlight the strength of our local pet-owning community, and we're proud to be part of it – not just as your veterinary team, but as fellow animal enthusiasts. Thank you to everyone who attended and made the day so special!

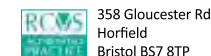


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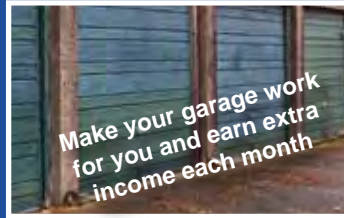
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Secure Garage Space is a local business based in Horfield. We help people who have unused garages utilise these spaces and make good money each month by renting them out. We also pair people in need of extra space – to home a car, belongings, stock or to work in as a workshop.



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Transforming Urban Spaces for Airbnb Appeal



Turning a small, concrete yard into a lush, inviting space can feel like a challenge, but it's one that brings huge rewards, especially for Airbnb hosts looking to stand out. At Secret Garden, we recently helped a Bristol homeowner elevate their new Airbnb rental by designing a smart, stylish garden that's both welcoming and functional.

City plots are often paved and overlooked, but with a little imagination, even the smallest spaces can become an asset. For this project, we focused on transforming an upper outdoor space for guests relaxation, and a lower area for parking.

One of the key features in the parking area was a series of timber planters, which we filled with a mix of ornamental grasses and hardy perennials. These not only soften the space and bring seasonal colour, but also help define the layout. Crucially, this was designed to subtly designate the parking area while creating a clear path to the front door. First impressions count, and a thoughtfully designed garden gives guests a warm welcome before they've even stepped inside.

In an increasingly competitive Airbnb market, a well-planned outdoor space can help your property stand out in search listings and boost positive reviews. It shows care, style and attention to detail – qualities guests are drawn to.

Whether you have a small courtyard, a front yard or a larger garden, we can help you create a space that enhances your rental and increases its appeal. Our team specialises in transforming outdoor spaces of all sizes into unique, low-maintenance gardens that make a lasting impression.

Thinking of giving your Airbnb property an upgrade? We'd love to help you make the most of it.

Ali



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A pop-up community café with a difference!

Nine months ago, Emmanuel Bishopston launched The Coffee Pot, a monthly community café for people who are free on a Friday lunchtime.

Since it began in January, The Coffee Pot has welcomed an array of guest speakers! It kicked off with Kate Evans, a local declutterer who shared many hilarious and heart-breaking anecdotes, followed by Tabs Moynagh, a sleep consultant who works independently and for the NHS. More recently, they had a flower-arranging demonstration from Roz Evitt of Wild Zinnia and listened to interviews with a volunteer at the Bristol North West Food Bank and a director from Refugee Welcome Homes.

Claire Walford explains: "The Coffee Pot is designed to be a community café for people of any age and stage. We have had a real range of visitors – from people in their 20s on a random day off from work to 80-year-olds! Each month, there has been a lovely buzz in the hall as people have enjoyed home-made tea and cake and the space to chat, make friends and hear an interview from a member of the church. We would love anyone who is free on a Friday lunchtime to consider coming along!"

The Autumn schedule has been finalised and is kicking off with a big cake sale on Friday 26 September in aid of Macmillan Cancer Support. The cake sale is on the same day as the annual Macmillan Coffee Morning fundraising drive (formerly World's Biggest Coffee Morning) where people across the UK host and attend Coffee Mornings in aid of Macmillan. Since 1990, it has raised over £310 million for Macmillan. Last year, The Coffee Pot raised more than £500 at their Coffee Afternoon and they are hoping this year will be just as popular! Please come along with a cake to donate or money to buy cake!



The Coffee Pot Autumn schedule

Fri 26 Sept – Big cake sale in aid of Macmillan Cancer Support

Fri 24 Oct – Meet Alex Burn, a local author who will share his story of learning how to navigate the school system as a dyslexic and fulfilling his dream of publishing a children's novel

Fri 28 Nov – an interview with Jon and Grace Daniel, an airline pilot and Inflight Service Manager

Fri 12 Dec – Christmas special: Christmas carols and refreshments

The Coffee Pot takes place at Church of the Good Shepherd Hall, Bishop Road, BS7 8NA, 1–2.30pm. It aims to meet on the last Friday of each month but some months, this date is moved because of school holidays! There is a voluntary contribution of £2 to go towards the cost of the refreshments.

For more information, email bishopston@emmanuelbristol.org.uk



Ten Years On: A New Chapter for Aid Box Community in St Andrews

By local resident, Imogen McIntosh, Founder & Director of Aid Box Community

Ten years ago, I was sitting at my kitchen table when I saw the image of Alan Kurdi – the young Syrian boy whose tragic death, along with that of his family, shook the world. I remember the overwhelming sorrow and urgency I felt in that moment. Over the following days, as I read more about the mass displacement of people around the world and those stranded in refugee camps in France, I felt a visceral need to act. I researched what I could do and reached out on social media to friends for help – and what happened next was extraordinary. Friends, neighbours and strangers from across Bristol came together – and Aid Box Community was born.

The past ten years have been a journey of contrasts. It's been a steep learning curve – figuring out how to run and grow an organisation while trying to balance family life with this vocation. There's been deep pain in witnessing struggle and heartbreak, but also immense joy and hope in meeting so many incredible people – both those who use our service and the volunteers who give their time so generously. I never imagined I'd find myself developing and leading a charity of this size. There have been tears, exhaustion, moments of burnout and times when I felt I couldn't go on. But throughout it all, the dedication of so many amazing people – volunteers, staff and supporters, without whom ABC would not exist – has helped build something truly heart-warming and hopeful.

What began with eight vans full of donations, including 350 "Aid Boxes," convoying to a refugee camp in Dunkirk – and then nine months attending to the basic needs of people there while raising funds and spreading awareness – has grown into something truly special. We've created a space in Bristol where people who've fled war and persecution can find



Imogen at refugee camp in Dunkirk

not just essentials, but warmth, dignity and a sense of belonging. Our Free Shop supported over 4,000 people last year alone, distributing more than 400,000 donated items – thanks to the generosity of this incredible community. Many of our 350+ volunteers live right here in Bishopston and St Andrew's.

Now, as we mark our 10th anniversary, we're stepping into a new chapter – and a new home – at St Bart's Hall, just off St Andrew's Park. It feels like a full-circle moment. This much-loved local space, which has hosted everything from birthday parties to choir rehearsals, will now become a welcoming hub for people rebuilding their lives.

It's more than just a building. It's a place where cultures meet, friendships form, and people feel seen and valued. The mix of languages, stories and experiences that fill our space every day brings so much joy and meaning in a world that too often brings harm.

We're excited to welcome our new neighbours and invite you – our neighbours, supporters and friends – to a **public meeting on Thursday, 11 September, 6–7.30pm at St Bart's Hall.** It'll be a chance to meet the team, hear powerful stories from the people we support, and find out how you can get involved in our work. Then, on **Tuesday, 8 October**, we'll be celebrating **10 years of Aid Box Community** with an open day and community party – everyone is welcome to join us for a joyful day of connection, reflection and celebration.

As we prepare to move, we're also reaching out for help. We're looking for more volunteers, item donations, and financial contributions to help make our new space feel like home. Every contribution, big or small, makes a real difference.

Ten years on, that visceral feeling that started it all is still with me. We continue to stand in solidarity with those who have been displaced – and I'm endlessly grateful to everyone who has helped make this community what it is today.

- Imogen@aidboxcommunity.co.uk
- **07870 645605**
- www.aidboxcommunity.co.uk



Horfield Methodist Church

Messy Church, Every second Saturday of the month, 11am – 1pm

Little Fishes Toddler Group, Fridays 10–11.30am in term time

Email: little-fishes@hotmail.com for full details.

www.horfieldmethodist.org.uk

Morning Worship every Sunday at 10am – all welcome Churchways Ave, BS7 8SN

Amazing Grace

by The Oddments Theatre Co.

Friday 24 October, 7.30pm

Join us on a voyage of discovery as we tell the incredible story of John Newton – the sailor and slave-trader who went on to write the famous hymn 'Amazing Grace'. Visit our website nearer the time, for further details, including how to reserve free tickets!





Love numbers? Want to make a real difference?

63rd Bristol Scouts are looking for a Group Treasurer

Based in BS7, we're one of the UK's largest, most active Scout Groups – with 300+ young people and an exciting building project about to start. Now we need a sharp, steady hand to guide our finances.

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Volunteers needed in Bishopston and Horfield to help run the Royal British Legion's Poppy Appeal

The UK's biggest armed Forces charity, the Royal British Legion, is appealing for new volunteers to help run its annual Poppy Appeal in our local area and raise vital funds to help veterans, current serving personnel, and their families, who have served and sacrificed for their country.

This year's Remembrance poppy has been given a make-over and will now be completely plastic-free and easily recycled. The new poppies will be sold alongside stock of the original poppy.

All volunteers will be fully trained and the role can help people develop skills such as public speaking and building confidence, and will allow you to make new friends, and be part of a national appeal, which is giving back to the many people in the armed forces who have served and sacrificed.

To find out more and get involved with volunteering for the Poppy Appeal, visit rbl.org.uk/poppyappealvolunteer or call **0345 845 1945** or contact Louise Dolen at Ldolen@britishlegion.org.uk or call **07884 869597**.

Brunel Field's Year of Climate Action and Impact

In September 2024, Brunel Field Primary embarked on a journey with Green Schools Project's Zero Carbon Schools programme, empowering Year 5 pupils to lead climate action.

Over the last 12 months these dedicated climate champions have embraced their roles as climate detectives, investigating the school's carbon footprint. Pupils championed initiatives to reduce waste, from cutting down on laminating and paper use, to promoting reusing items school-wide. They even wrote to their catering company, Chartwells, requesting more plant-based meal options and portion control to tackle food waste.

Year 5 helped establish a lunchtime gardening club, nurturing plants in three raised beds and enjoying their harvests. They even sold surplus produce to families, fostering sustainable food production.

Their annual Eco Week was the 'biggest and best ever'. Highlights included the inaugural 'Bike Fest' at Gloucestershire County Cricket Club, encouraging active travel, along with community planting sessions and a local litter pick.

The projects led by these inspiring young people have made a tangible difference. They've been taking action to reduce their school's carbon footprint through waste reduction and promoting greener choices.

And along the way, the pupils themselves have developed crucial problem-solving, leadership and practical skills. Their actions have extended beyond the school gates, inspiring friends, family and the community to follow their lead and take action too!

This worthwhile journey will begin again this September when the new Year 5 cohort embarks on the Zero Carbon Schools programme. Brunel Field truly exemplifies how young people can be catalysts for a greener, more sustainable future for us all.

Inspired by Brunel Field's climate action? Your school could be next! To find out more, contact Green Schools Project at info@greenschoolsproject.org.uk. Alternatively, to learn more about Brunel Field's journey from a parent's perspective, email their PSA Sustainability Rep at BrnelFieldPSA@gmail.com.



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From September 2025

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A chance to chat, join in with our church sewing group or just bring your own projects... Or, just come along and have a tea or coffee with us.



First date Saturday 13 September, 10.30am to 12pm

Bishopston Community Choir

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Famous People who lived in the Bishopston/Horfield Area – Part 3

BHA local history research by Andy Buchan ©

Ernest Thomas Bethell – Korean Hero

Ernest Thomas Bethell is a person who probably few in Bristol will have heard of, but in Korea where he worked and died at the beginning of the 20th century, he is considered a hero and called “the founder of modern Korean journalism”.

He was born in October 1872 at Egerton Villa, also called 45 Egerton Road. The family then moved to 35 Berkely Road and later Tyne Road. He went to the Merchant Venturer’s School, a forerunner of Bristol University.

His father, Thomas, was originally a brewer’s clerk but in 1886, he went to Kobe, Japan, and ran a small trading firm with a partner. In 1888 Ernest went to Japan and took over when his father returned to England. He lived in Kobe for 16 years running an import–export business. In 1900 he got married. In 1904 the business was in trouble and he became the British correspondent of the Daily Chronicle in Korea, principally to report on the Russo–Japanese War.

He moved to Korea with his wife and son and they lived in Seoul. He then stayed in Korea and observed how the Japanese, particularly the military, treated the Korean people. At that time Japan was in the process of annexing Korea; it had forced the emperor to abdicate in 1907. In 1907, with a Korean, Yang Gi-tak, he set up and published three newspapers: The Daehan Maeil Shinbo (published in Korean and Chinese characters), The Korea Daily News



The Korea Daily News 18 May 1907



Image from findagrave.com, posted by Chris Nelson

Ernest Thomas Bethell’s grave

(English) and a pure Hangeul version with no Chinese script. The paper was highly critical of the way that the Japanese treated the Koreans; there was strict censorship in place, but Bethell managed to evade this because he was a British citizen. The Japanese put pressure on the British government and eventually Bethell was prosecuted, initially for breach of the peace. This did not satisfy the Japanese and after further pressure he was tried for sedition against the Japanese government of Korea. He was convicted and sentenced to three weeks imprisonment in Shanghai. It is generally considered that he was tortured while in custody. When he was released, he returned to Korea and continued his work.

He died in 1909 of cardiomegaly and his treatment and imprisonment are thought to have been factors. On his deathbed he is said to have said: “I will die, but Shinbo will live forever so that I can save my Korean compatriots.” The Koreans buried him in

Yanghwajin Foreign Missionary Cemetery; it is said thousands of Koreans attended the funeral and they erected a monument with an inscription.

The Japanese quickly erased the inscription on the monument. In 1964 Korean journalists erected a new monument near the original one – both may be seen today. There is also a monument where his house once stood.

In 2019, the Korean government were going to have a plaque put on the house and I participated in getting records for them, but alas the Covid-19 pandemic put a stop to the plans. However, according to a Korean newspaper report from 2023, the Korean government wants to erect a statue in Bristol to commemorate Ernest Thomas Bethell.

If you are interested in local history, read about the North Bristol History Society on page 65 and come along to one of their 2025 talks.



Ernest Thomas Bethell

North Bristol History Society

Are you interested in the history of your area? What it was like before, who lived in your house, why is the road the shape it is, what was that building used for? Then, this group is for you.

The North Bristol History Society, previously called the Bishopston, Horfield & Ashley Down Local History Society, is for anyone interested in the history of the area, not only about buildings, but also about the people, their lives, their work etc. We are a small local group, who have talks each month, at Horfield Quaker Meeting on Gloucester Road, opposite the new Co-op. These are on a very wide range of topics, some local and some about other parts of the city, and occasionally we do a walk in the summer. A recent popular walk looked at Horfield Common and how it had been used and changed over the centuries.

We meet on the third Tuesday of each month, from February to October, at 7.30pm – please come long to meet us, hear a talk and decide if you would like to join. Please bring the magazine with you.

Tuesday 16th September

The Women Who Built Bristol – part 2, Jane Duffus

Tuesday 21st October

Members’ Evening.

Visitors are welcome to all of these talks



This fantastic local group meets weekly for some exercise, socialising, free

hot drink and to learn something new from their guest speaker. Everyone is invited and you will be sure of a warm welcome.

All of the meetings in September are planned to take place at The Seat Unique Stadium, Nevil Road, BS7 9EJ, 10am – 12pm.

Wed 3 Sept, Q & A with Stephen Chalke – An English author and publisher, particularly of books on cricket and cricketers.

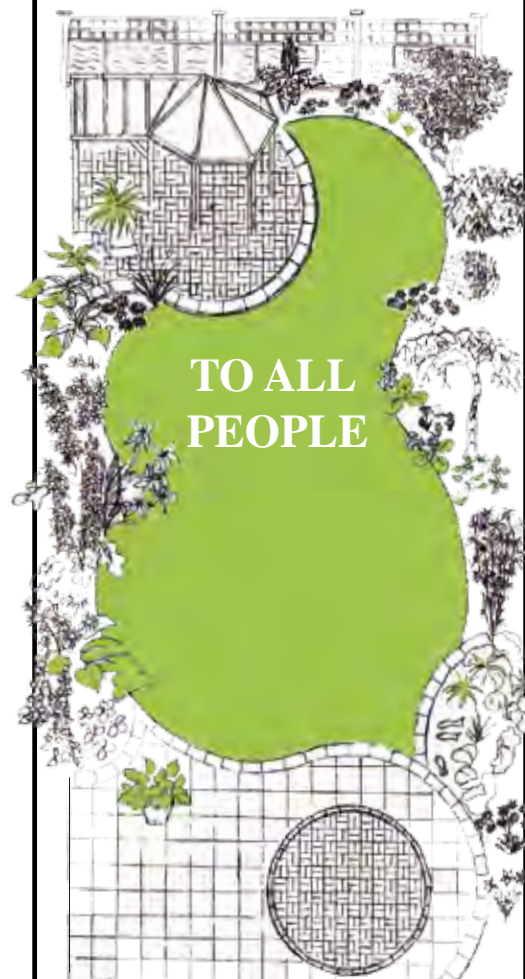
Wed 10 Sept, Q & A with Nick Hounsfild – A British surfer, social entrepreneur, founder and chief visionary officer of The Wave.

Wed 17 Sept, Q & A with Richard Scudamore CBE – An English sports executive.

For more info, contact Andy; email: andy@finderskeepersuk.com or call: 07831 532670.

www.walkersandtalkers.org

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Left to right: Cllr Tim Wye, Cllr Ed Plowden, Cllr Emma Edwards and Perfecto staff, on Overton Rd

Ashley Ward

Overton Road Finally opens – I was really pleased to meet businesses at the newly finished pedestrianisation of Overton Road, particularly talking to local businesses. The owner of Perfecto Express, a small independently owned coffee shop located on Overton Road, said: “From a business perspective, and at a time when many are struggling, we are already seeing the positive benefits of the scheme which will also provide community benefits and an enhanced physical environment.”

Councillor Ed Plowden, Chair of the Transport and Connectivity Committee, said: “This is a fantastic moment for the area. These new measures have freed up ample space for businesses, pedestrians and cyclists and in turn have completely transformed this street.”

There are a few things to complete like some tree planting in the autumn but it is looking good.

There have been a few local residents who have reservations (though far more in support) but it's also important to note a bit of misinformation that has been going around. The costs are a lot at half a million, but all the work was properly tendered and was paid for by a specific grant, which was not transferable. People have said the money could have been better spent on other road improvements but we either use it for this or hand it back.

High-quality public realm like this is expensive but it is important that initiatives like this do not just look like temporary closures. I really hope people like it and it benefits both residents and businesses.

St Andrews Park – Local Councillors are well aware of the number of complaints about a minority of van dwellers causing issues in the park. I have been working with local residents and enforcement officers and the case is currently with our Legal Team. I can't really say more at the moment but it is being taken very seriously

Cllr Tim Wye, Green Party

Cllr.Tim.Wye@bristol.gov.uk

Bishopston & Ashley Down ward

New buses – We are delighted to find out that, as part of the bus schedule revisions starting on 31 August, there will be an extension to some of the Gloucester Road bus services. The 72 bus will be getting an early morning service that will arrive in the centre before 6am, and the 73 and 74 will now be providing hourly night services. In addition to this, the 77 route is being extended to include Stoke Bishop Campus. For the other buses there will be a timetable revision but they will remain frequent.

Appeal for the advertisement Hub outside of Sainsburys – We recently announced that the planning application for the installation of a BT Street Hub, with two digital 75" LCD display screens, one on each side of the Street Hub on the pavement outside Sainsbury's Local (256–258 Gloucester Road), had been denied. This was partly due to the many objections from residents and councillors. However, we regret to say that BT have appealed this decision directly to the Secretary of State, against the council. The Planning Inspectorate has indicated that these appeals will be determined by an inspector following the submission of written statements by the parties concerned.

The Planning Inspectorate has asked that residents and others that may be affected by the proposals be informed and given the opportunity to make representations. Please make any additional comments via the Appeals Casework Portal <https://acp.planninginspectorate.gov.uk/CaseSearch.aspx> by 15 August 2025. Please use the last seven characters of the Appeal refs APP/Z0116/W/25/3368136 and H/25/3368137 to search for this case. We will also submit an objection as ward councillors.

EV Gullies – It was recently reported that a trial has been announced for Electric Vehicle charge gullies across the city. This came to the last Transport and Connectivity Committee and unfortunately the press reported Emma's concerns without giving the full context. While Emma does have concerns about the limitations of the project, especially while we don't have Resident's Parking Zones in a lot of places yet, we can confirm we are fully behind the scheme. Emma went on to say that she hopes it will be part of a holistic approach to EV charging and that other charging options will be brought in as well. Sorry for the confusion!

Artwork at Ashley Down Road – We are one step closer to the mural on Ashley Down Road, with Emma and James, along with local community leaders, recently being surveyed on a choice of

artists. The artist selected has been announced as Andy Council. You may know Andy's familiar artwork of Bristol Landmarks as weird and wonderful creatures. We have been working with Andy to discuss the designs and local points of interest, and look forward to seeing the final design, which he is planning to start work on in September.

In less good news, we were sad to learn that the other Ashley Down Station artwork, along Concorde Way, has been vandalised. Emma has been in touch with the relevant officers and the letter will be replaced soon.

Ralph Road – We have been in discussion with officers regarding the upcoming Muller 2 works. We are pleased that the officers are considering including traffic-calming measures for Ralph Road; we know residents are very concerned with speeding and anti-social behaviour on Ralph Road.

Old co-op site going to auction – A few people have got in touch asking about plans for the old Co-op site on Gloucester Road, next to the new Co-op. We can inform you that the site will be up for auction on 2 September via Savilles. We hope to work closely with the new buyers.

Members Forum Question for Ashley Down Road – We are still receiving many emails from you about speeding on Ashley Down Road and a request for a speed camera. However, as there have only been two speeding-related collisions recorded on Ashley Down Road in the last five years, we were told it is unlikely that fixed speed cameras would be effective at reducing the number of speeding-related collisions here and so these would not be considered a viable option. Emma's asked if road safety could be looked at by other metrics as by adopting a Vision Zero approach for the council we are looking to stop collisions happening at all. The committee chair agreed and this is now something that is going to be looked at going forward.

Young People voting – Young people born on or after 4 May 2012 will now be eligible to vote in the 2028 elections. We are delighted at the news that the voting age has been lowered and see this as a real win for democracy. If you are a young person interested in politics, please get in touch with us and we would be happy to chat or signpost you to information.

Cllr Emma Edwards, Green Party
cllr.emma.edwards@bristol.gov.uk

Councillor James Crawford, Green Party
cllr.james.crawford@bristol.gov.uk

Redland ward

Better financial management – Council finances continue to be in a much more positive and stable financial position this year compared to last year, and we are no longer seeing the damaging overspends that were faced when committees started last year. Most of the forecast savings by departments that must be made to deliver a genuine balanced budget (as legally required) are now being made. This means that, despite cost pressures and limited government support, the council plans for the coming year can be made on a much firmer basis.

Keeping the promenade bin free – We worked with waste enforcement officers and local businesses last year to reduce bins and fly-tipping outside shops along Gloucester Rd. Large storage bins on the pavement had attracted fly-tipping for far too long. Regulations allowing the council to control waste storage and presentation are now being used to tidy up high streets around the city. Thanks to those who wrote to say they appreciate the improved streetscene.

Now we've alerted council officers that bins have been reappearing and again attracting fly-tipping. We've asked for businesses to be reminded how to store and present their waste on the collection day and keep it stored on premises the rest of the time. We've pressed for fly-tipping to be tackled promptly. There are now plans to help flats above shops to recycle and present waste in a more convenient way to reduce clutter as well.

As always, please let us know if you've tried to report issues like these and encountered problems.

Better planning enforcement – We've reported how the planning service across the city was put into special measures by the government a couple of years ago for failing to meet application deadlines. Staff shortages led to frustrating delays. We tried to help when we could and we're sorry these issues affected many local projects in the ward. The backlog has gradually reduced and once the delays end, developers will no longer be allowed to apply directly to the planning inspectorate in certain cases. However, prioritising applications has meant that enforcement action was given less of a priority which hasn't been helpful, causing backlogs with investigating and tackling unauthorised developments.

Most recently work has started at the former NEG site by the library before permissions were in place, and this is being investigated.

At the same time we're very pleased to say that a pilot scheme will be starting to allow some applications for solar panels in the Clifton Conservation Area; this is significant since we know many people in conservation areas – which cover a lot of the city – have been frustrated when trying to upgrade homes with basic energy-saving technologies. We hope this leads to a simpler approach to sensitive home upgrades.

More action on van dwelling – We've reported previously that there's been local concern in response to the growth of van dwelling over many years. While many parts of the city have issues with van dwelling and unauthorised caravans at the roadside, much of the publicity has been about the Downs.

Now, an approach has been agreed that seeks to look after the wellbeing of both van dwellers and settled residents and the need to protect green spaces like the Downs. There's also been a crackdown on some of the most problematic vehicles. It's significant that most van dwellers are employed but few are able to afford housing costs in the city. As a complex problem these steps are taking time and we appreciate frustrations with this.

The first ever citywide conversation about vehicle dwelling is being held too. Simply moving vehicles on isn't effective since they will just move elsewhere where parking isn't restricted (like significant parts of our ward). Instead the search is on for creating 250 new 'meanwhile' pitches where van dwellers can park and pay for basic services in relative security. The long-term solution will be to ensure more affordable housing in the city.

For the first time, joined-up action is dealing with parking and highways issues, housing and homelessness, management of green spaces, and the matter of enforcement, cleansing, and basic services and support for the health and wellbeing of vulnerable individuals.



Martin & Fi

Extreme weather – Recent extreme weather reminds us that there is much more to do to protect both vulnerable people and nature in a time of ever-growing consequences of global heating. Heat, rather than cold, now causes more health issues and mortality in a typical year. Please remember to check on family, friends and neighbours to see they are hydrated and able to keep cool. Fans can help and closing curtains and windows on the sunny side of a house helps keep heat out. The council has developed a Keeping Bristol Cool Framework that will become ever more important. City partners are developing a network of cool spaces.

In the medium term, we need to design for shade in streets and gardens, and in the longer term develop natural ventilation for buildings, plant gardens to conserve water and consider drought-resistant plants. We'd like to see practical steps taken to plant more trees, for both shade and nature. We also need better ways to collect and conserve water and more ways to prevent storm overflows that can wash sewage into rivers. We're hoping that useful recommendations will be developed by the working group now looking at river quality, which we've reported on previously. ■

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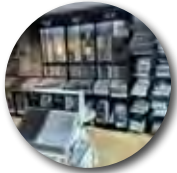
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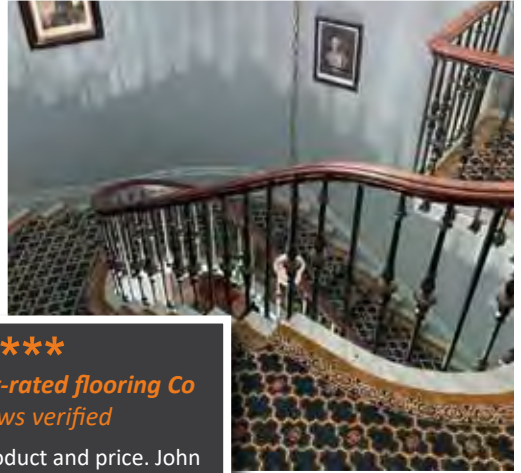
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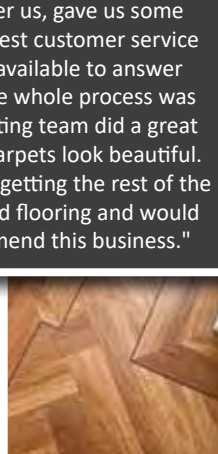
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