

# Bishopston

## Matters



Tel: 07881 924059

issue 191, Oct 2025



*Brunel Bantams celebrate girls in football*

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## Dear Readers...

*There is a definite shift in seasons, as I write this; it is time to say goodbye to long sunny days and welcome local autumnal events to bring some cheer!*

*The Ardagh Community Trust has a whole host of events planned this autumn. They kick off on Friday 3 October with indie folk pop duo, Firewoodisland. You can enjoy a sauna then some wonderful music. For Halloween they'll be opening up their Courtyard Theatre for family circus performances and miniature creepy wonderland. There will be creative workshops, storytelling and of course the free, eerie extravaganza Halloween Costume Parade 2025 – see you there!*

*My Community are hosting A Festival of Friendship on Saturday 11 October. You are invited to join them for an inclusive free day of fun and activities. Horfield Organic Community Orchard looks forward to opening up to visitors for their popular Apple Day on Sunday 19 October.*

*The Bristol Civil Service Sports Club on Filton Avenue invites you to their spooktacular family evening of fun culminating with fireworks on 1 November.*

*Brunel Bantams recently hosted a fabulous Celebrating Girls in Football Open Day. Shining a light on their successes and encouraging more girls to enjoy the beautiful game.*

*I enjoyed watching the 63rd Cubs embrace their weekend of outdoor adventure at their September camp, much fun and mischief ensued!*

*A new Stan Drew folk club meets once a month at St Andrew's Bowling Club and they welcome new musical participants.*

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

*Have a frightfully good month!*

*Kerry x*

**Email:** [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) | [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)  Bishopston Matters  
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## 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



Imogen at refugee camp in Dunkirk

can find 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, supporters and friends – to our **10 years of Aid Box Community Open Day and Community Party** – everyone is welcome to join us for a joyful day of connection, reflection and celebration. 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.

**Join us!** 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](mailto:Imogen@aidboxcommunity.co.uk)
- **07870 645605**
- [www.aidboxcommunity.co.uk](http://www.aidboxcommunity.co.uk)



Family Day Trip to The Community Farm in Chew Magna

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For any questions, please contact our email address or give us a call:  
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## Who is Sense of Self?



Sense of Self is a new holistic wellbeing studio in Bishopston; we offer yoga, pilates, barre and rest, seven days a week. Our intention is to meet you where you are, and we wholeheartedly invite you to come as you

are. We are committed to offering high-quality classes with experienced, kind and inspiring teachers, so that when you come to class you feel supported and seen. We are a place for everybody to feel, move, breathe, connect and express. When we opened in March, we spent time figuring out what we valued as a space, and we landed on the following:

**Self expression | Joy | Community | Connection**  
so, this means that we aspire for everything we do to be rooted in, and an expression of, these values.

**What to expect when you visit?** We are so proud of our quiet little sanctuary tucked behind Gloucester Road, and we hope that when you visit, you feel the love and intention that has been poured into the space to make it feel like home. You can expect a beautifully designed, natural light filled space with underfloor heating, small class sizes, the best quality mats, props, equipment and sound system and always, our freshly brewed SoS tea!

**The best way to practice with you?** We offer a really popular introductory offer, which is a great way to get to know us! It allows you to come unlimited times for two weeks for £40, to get a feel for what you like. We then have several memberships, class packs and drop-in rates.

**Something special?** Once a month we offer an SoS social/special, which is a longer practice, with some element of community after; so far we've been to The Ardagh sauna, hosted a summer solstice sound bath, a wine and book swap at Cave and we've got 'Groovy Barre' and an Autumn Equinox Special coming up. We include these in our memberships as a 'thank you' to our members.

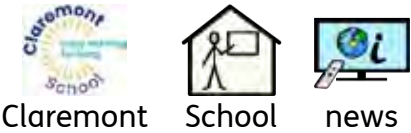
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The Claremont school council are busy collecting for Family Food Action who have a base at The Ardagh. The students had a vote in their meeting and decided to collect household/bathroom items this year to give to this local charity.

Students explored the options by listening, smelling and feeling the different products to learn about the world around them. Many people enjoyed the sound of the rice and the smell of the teabags but the biggest 'yes' vote was for the bathroom products so that was the final choice.

Posters are being made to tell everybody about the collection and then there will be a meeting with someone from the charity to hand over all the collected items to be distributed across Bristol. We look forward to meeting the Food bank volunteers again when they come to pick up the collection.

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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. CSSC 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.



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Call: 0117 951 4259

Visit: [bcssc.weebly.com](http://bcssc.weebly.com)

### BCSSC

are pleased to invite you to their 2025

## Halloween Fancy Dress Fireworks Spooktacular!



**Saturday 1 November 2025 from 6.00 pm**  
**At the club house on Filton Avenue.**  
**All profits from entry and food will go to charity.**  
**Adults – £8 Children £6 (under 2s free)**

## Neon disco with DJ KOOL KIDZ Fireworks at 7.30 pm

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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.

**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](mailto:office@bristolcssc.co.uk) or call: 0117 951 4259.



## All the treats at Joe's Bakery this Spooky Season!

**Halloween treats for all!** Joe's will be working their sorcery this October when throughout the month, their spooky treats will be abundant in their two Gloucester Road stores.

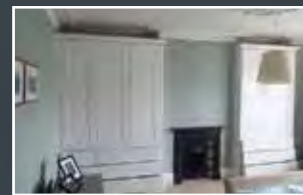
From gingerbread mummies and pumpkins, to eyeball and cobweb doughnuts, ghoulish cupcakes to Day of the Dead sweet bread – Pan de Muerto. Embrace the season and devour these gory-looking but gorgeous tasting treats!

**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.

**Christmas is coming!** When you make as many delectable mince pies as Joe's, you need to start thinking about the festive season early and, rest assured, plans are in full swing!



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## Celebrating Girls in Football: Brunel Bantams lead the way

On Saturday 13 September, Brunel Bantams Football Club opened its pitches at BAWA to more than 60 girls for a morning dedicated to celebrating girls in football. With sunshine breaking through after days of rain, the event was packed with energy, colour and female empowerment!

The girls kicked things off by receiving handmade tie-dye T-shirts before diving into a mix of football fun and creativity. From face-painting and football-themed crafts to action-packed sessions on the pitch, there was something for everyone. The morning even featured an under-9s tournament, where determination, teamwork and healthy competition were in abundance.

Since its founding in 2015, Brunel Bantams has been proud to welcome girls into the game. But like many clubs, they've faced the challenge of retaining female players as they grow older. Determined to change that, Kristin Moore (Female Participation Lead) and other committee members have worked hard to come up with strategies that encourage girls to give it a go.

One shining example is the Bantams' under-9 girls' team, led by coach Isy O'Hagan. Just two years



ago, six girls turned up for their very first match having never trained together. Fast forward to today and they have blossomed into a full squad of 20 passionate players who love pulling on their boots to play the beautiful game!

Events like 'Celebrating Girls in Football' are more than just mornings of fun; they show young girls that football has a place for them. A place to build friendships, express themselves and discover the joy of sport.

At present, we offer mixed teams in all age groups up to U16s as well as U7, U8 and U9 girls' teams.

**To enquire about spaces or volunteering for us, contact: [brunelbantams@gmail.com](mailto:brunelbantams@gmail.com).**

*Article by Katie Ellis (U9 girls' coach)*



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Junior School  
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9 and 17 October  
8 November



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## Redmaids' High Junior School shortlisted for Independent Schools of the Year Awards

The Junior School is delighted to be shortlisted in the category of Student Well-being in this year's Awards.

Since the opening of their new fiction library in January 2024, the cosy and welcoming space that pupils themselves helped to design has become central to many of the activities and initiatives that the school organises to support the school's well-being programme.

Regular Book Clubs support pupils in making connections with each other and the world around them. Pupils test out different perspectives with guided discussions, supporting their sense of self as they journey towards adolescence. Parent Book Club invites parents to enjoy children's fiction, prompting discussions in school and at home.

Their weekly Story-Telling Club explores creative games and pupils are encouraged to respond freely and craft stories together. Performing their stories offers an opportunity for affirmation – there isn't a 'wrong' answer, which negates the girls' frequent anxieties to 'get it right' and emphasises the school's ethos to 'have a go'.

Continual learning promotes well-being, and there is always something new to tackle in the library. Four author visits last year inspired pupils to be

ambitious in their own writing. Their termly Reading Challenges tempt girls out of their comfort zones towards unexplored authors and genres. The

Year 5 Personal Reading Programme, where the librarian guides individual reading, has been equally impactful in encouraging girls to read more frequently.

The library welcomes a team of volunteers each week – parents, Senior School students and Year 5 Junior Librarians. The relationships between the Year 5 and Year 9 girls are blessed by conversations about shared experiences and the transition to the Senior School. Organic peer mentoring has been hugely beneficial, and for some pupils, the library has become their 'safe space' at school.

The school's well-being programme includes many more activities and initiatives, with the library providing additional opportunities to promote well-being at Redmaids' High Junior School.

**Junior School Open Events take place this term on 9 and 17 October, and 8 November.**



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## Santas on the Run returns!

A much-loved Christmas event – Santas on the Run, which will see people dressed as Father Christmas, elves and other festive characters, is being held on **7 December** in the grounds of Children's Hospice South West's (CHSW) hospice at Charlton Farm in Wraxall.

This is the third year the 2k festive run has been held in the beautiful grounds of Charlton Farm. Last year's event raised an incredible £15,000 for CHSW.

People are encouraged to arrive in festive fancy dress, with prizes on the day for the best dressed child, adult, pram and dog. Money raised from Santas on the Run will go towards offering care and support to local families who use CHSW's three hospices, including Charlton Farm.

**Tickets are available to buy online at [www.chsw.org.uk/event/santas-run-north-somerset-2025](http://www.chsw.org.uk/event/santas-run-north-somerset-2025)** and there is currently a Super Santa Saver early bird offer, where entrants can **save 30% off full-price tickets up until 2 October**.

**Also included in the ticket price is half-price entry to Noah's Ark Zoo Farm** on the weekend of the event for the ticket holder and up to four friends and family.

CHSW Events Fundraiser, Hollie Thorogood, said: "We can't wait to see all of Santa's little helpers at our Santas on the Run event this year and hope everyone can join us for another fun filled day. We're delighted to hold the event at Charlton Farm for the third year and show people our amazing hospice."

All money raised from Santas on the Run will help CHSW to continue providing care to local children living with life-limiting conditions and their families. Participants are encouraged to raise £25 in sponsorship as an individual and £70 per family.

[www.chsw.org.uk](http://www.chsw.org.uk) | 01275 866600



children's hospice  
SOUTH WEST  
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## Date for your diary: Brunel Field's Winter Market

Brunel Field School is thrilled to be welcoming back local vendors to their **Winter Market on Thursday 20 November**, at the Gloucestershire County Cricket Club.

Last year they raised £1,689 for the school playground upgrade with festive

shoppers enjoying mulled wine and drinks from the bar while browsing quality gifts.

This sustainable event showcases some of the best local handmade crafts and produce including

homewares, art, jewellery, spirits, hot sauces, designer stationery, plants, accessories, clothing, and much more...

There are also a fantastic range of pre-loved bargains donated by the school community including toys, puzzles, games and fancy dress.

You can even wrap your gifts on site and leave with a free sprig of mistletoe!

All of Bishopston (and beyond!) are welcome to this year's event at the Seat Unique Stadium, BS7 9EJ.

**If you are a sustainable, local vendor who would like to take part please email Fergus via [brunelfieldpsa@gmail.com](mailto:brunelfieldpsa@gmail.com)**



**Celebrate this year's fruit harvest at Apple Day**

"Every branch fruitful!" The words we called out together at January's Wassail have come true. Branches bowed to the ground under the weight of fruit can be a mixed blessing. Last summer's rain bigged up this year's blossom and fruiting potential. This year's drought, and heatwaves have not been as kind, especially for trees bearing a branch-bending abundance of fruit. Record breaking sunshine super saturated the colour of apples on the red spectrum. The Court Pendu Plat apples in my garden are usually more green-yellow than red, and small in size. This year they are fully crimson flushed on the sunny side, and whoppers. I'll find out if they taste as good as they look when they are perfectly ripe in December.

The story from the orchard is more mixed. It's been a brilliant year for plums and pears, less so for our main crop, the apples. There's a huge difference between trees that have been well cared for, including watering – when needed, and those that haven't. The photograph shows branches from two trees of the same variety, Ribston Pippin. The small, poorly coloured fruits (bottom) from the neglected tree are tasteless and juiceless. The large, bonny fruits (top) are the best we've grown.

**Celebrate this year's Apple Day at Horfield Organic Community Orchard (HOCO) on Sunday 19 October, 2-4pm.** Come and sample the best of our fruits at the apple tasting table. Our small-scale apple press swings into action. Volunteer juicers and donations of surplus fruit from the tree are welcome – please get in touch. We have a selection of young apple trees for sale, grafted from HOCO trees by orchard members. They are excellent value, and help to raise funds, and turn Bristol into an orchard city. Pre-ordering is recommended.

To find the orchard (nearest postcode BS7 8JP) – Walk down the lane beside 22 Kings Drive (between Bishop Road & Kellaway Avenue), turn left and it's the first gate on the right. OR Take the lane beside 134 Longmead Avenue (BS7 8QQ) until you come to the third gate on the left.

Visit: [community-orchard.org.uk](http://community-orchard.org.uk) | Tel: 0117 373 1587

Words by Shannon Smith aka The Apple Tree Lady  
Photograph by Jamie Carstairs



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Tucked away on the Merton Road trading estate, just off Gloucester Road, is Explorers Hangout. Labelled as 'Bristol's only Petrolhead and Biker themed cafe-lounge' and home to the iconic Westcountry Choppers lifestyle brand, the Hangout is open and welcoming to anyone and everyone, whether you're into cars or bikes or just good coffee!

Serving its very own branded fresh coffee, as well as hot and cold drinks, all-day breakfast baps, hotdogs, burgers and loaded fries to eat in, takeaway or online through Just Eat & Deliveroo, it's definitely worth a visit. It sells merch too!

Tania, who is your host, shared, "Customers



love our man cave theme, the atmosphere and the fact it's a quiet location.

"We've been open just over a year and have enjoyed hosting many events and parties, as well as supporting two charities."



Open Wednesday to Sunday from 8am to 8pm (10am to 4pm on Sundays), the Explorers Hangout invites you to come and chill at their venue soon. Everyone is welcome – they are family and dog friendly too.

Find them on Facebook, TikTok, Instagram, and of course at **Explorers Hangout, 25F Merton Road, Bishopston, BS7 8TL.**



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## North Bristol Arts Trail Returns

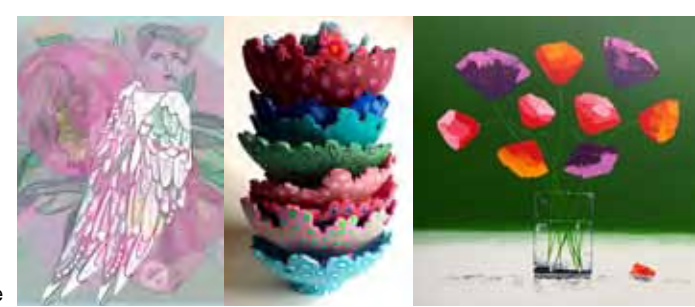
29–30 November 2025

North Bristol Artists collective is delighted to announce the return of the much-loved, free annual **North Bristol Arts Trail on 29–30 November 2025**. This highlight of the cultural calendar invites art lovers into artists' homes, studios and community venues across Redland, Bishopston, Henleaze, St Andrews, Ashley and Horfield.

Featuring **110 artists and makers** in over **50 venues**, the trail showcases a stunning array of works, including paintings, original prints, photography, ceramics, jewellery, textiles, glassware, with refreshments and helpful facilities along the route.

"This is more than a trail – it's a celebration of creativity and community," says NBA Co-Chair, Caroline Casswell. "Whether you're a seasoned collector or a curious passer-by, this is your chance to meet the makers and discover the diversity of artistic talent thriving in North Bristol."

The trail is carefully mapped out into smaller neighbourhood clusters to help you plan your route whether you're on foot or on wheels.



Above left to right: Nika Nazarova-Evans | Caroline Casswell | Nancy Chambers

Collect stamps along the way and **be in with a chance of winning original artworks** in a return of last year's popular Art Collectors' Trail!

Beyond the weekend, North Bristol Artists remain active year-round, hosting exhibitions, workshops and classes that nurture creativity across the community.

### Event Details:

**Dates:** Saturday & Sunday, 29–30 November 2025

**Venues:** Studios, homes and public venues across six North Bristol neighbourhoods

**Highlights:** 110 artists, diverse media, warm hospitality, community-driven

**For more information: visit**  
[northbristolartists.org.uk](http://northbristolartists.org.uk)

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**29-30 November 2025**

10am-5pm

Scan to  
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website



*Don't forget to mention Bishopston Matters when replying to ads!*



## 63rd Cub Scout Camp 2025

Autumn got off to a cracking start for the three 63rd Cub packs, who came together to enjoy an amazing camp at Woodhouse Park, Scout Activity Centre in Almondsbury.

61 excited Cub Scouts arrived at the site on Friday evening and after quickly setting up their beds and hurrying their parents away, they were ready for the adventure to begin!



An evening explore of the campsite was followed by a silent disco – no noise from the music – lots of noise from the Cubs singing along! Plus, some fantastic dancing. What better way to conclude the evening than with a hot dog and drink before bed.

Saturday morning saw the Cubs rise early and tuck into a breakfast of cereal followed by eggy bread – yum!

Saturday day allowed the Cubs the freedom to tour around the site and select from the many and varied activities on offer – escape rooms, climbing, archery, crafts and air rifle! Highlights included mining for gold in a converted bus, laser tag and a tyre slide!

The afternoon finished with football for the energetic, quiet games, reading or drawing for those who wanted a rest.

The kids were delighted to enjoy another disco on Saturday night – this time without headphones! Later in the evening hot chocolate with squirty cream, marshmallows and a biscuit was devoured. After very little sleep on the first night, the Cubs went to bed exhausted but with big smiles on their faces.

Sunday morning started with bacon baps for breakfast, then it was time to pack up. By noon all the Cubs had been collected by parents who took home tired, happy and slightly muddy children. A weekend of outdoor freedom, developing skills while making friendships and memories to last forever.

A huge thank you goes to the many leaders and volunteers who made this epic camp possible.



Love numbers?  
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63rd Bristol Scouts are looking for a Group Treasurer

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For more information, please get in touch:

email: [volunteer@63rdbristolscouts.org.uk](mailto:volunteer@63rdbristolscouts.org.uk) or

visit: [63rdbristolscouts.org.uk](http://63rdbristolscouts.org.uk)

## Discover the Benefits of Pregnancy Pilates with Pilates Active



Hi, I'm Vicky – a local Pilates instructor with over 15 years of experience helping people feel stronger, more connected, and confident in their bodies. After receiving growing interest in Pregnancy Pilates, I've bought an expert instructor, Sylvia onboard and added a dedicated class to my timetable to support mums-to-be.

### New Class: Pregnancy Pilates

Wednesdays at 5:30–6:30 PM

St Peters Community Centre, Manor Farm, BS10 5FQ

### Why Pregnancy Pilates Could Be Perfect for You:

**Expert Guidance:** Pregnancy brings many changes – some visible, some not. These classes are designed to support your body safely and effectively.

**Tailored Support:** Each session is adapted to your stage of pregnancy, helping you feel more in control and less overwhelmed.

**Strength for Labour & Recovery:** Build and maintain strength to support your body through childbirth and beyond.

**Body Awareness:** Learn to tune in to your body's signals and move with confidence.

**Community Connection:** Meet other mums-to-be in a calm, welcoming space designed just for you.

Spaces are limited—sign up today and feel the difference! Click on the QR code below.

07769 723 528

[pilatesactive.com](http://pilatesactive.com)

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## News from Gloucester Road WI



In the past couple of months, Gloucester Road WI has been going out and about as well as turning inward. In August we visited Garden Folk CIC on Boiling Wells Lane for a tour of their market garden where they grow and sell salad and cut flowers. Garden Folk CIC is a collaborative community of growers and local people working to cultivate connections with the land and the seasons. It was a lovely sunny evening, and many members did not leave empty handed – some bought bouquets of flowers on the night and others signed up to a flower subscription. It was a blooming marvellous way to spend a Tuesday!

In contrast, in September, we focused our attention inward with a guided meditation and sound bath by Rounik. A sound bath is a form of relaxation using ancient and modern instruments that can feel like being bathed in harmonic sounds. It can be deeply relaxing and really helped counteract that back-to-school feeling lots of us get in September. It was a new experience for many and was also open to visitors.

**Meetings are open to visitors each month** at a cost of £7 and can be a very cost-effective way to try something new. **We meet on the third Tuesday of every month at St Bonaventure's Parish Hall at 7.45pm** for an 8pm start. **The next meeting is on Tuesday 21 October** when we will be holding our AGM and a talk on cyber security.

Visit [gloucesterroadwi.org](http://gloucesterroadwi.org) for more information.

*Our members on site with their beautiful Bristol grown bouquets*



## Mind body & spirit event at Boston Tea Party



Osna's owner, Bridget, is excited to share the launch of a new holistic evening at **Boston Tea Party, Gloucester Road**. The first (of what hopefully will be many) **Mind, Body and Spirit evenings** will take place on **Saturday 22 November, 6.00–9.00pm**. All funds raised from this lovely event will be **donated to St Peter's Hospice**. Everyone is welcome to attend!

**Are you a local therapy business who would like to join in?** Bridget would welcome other local, holistic businesses to get involved

and join Osna for this amazing charity event.

**Osna, 222 Gloucester Road, BS7 8NZ**  
**info@osnatherapy.com | www.osnatherapy.com**  
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*Katherine Denny BA(Hons), PGCE, LRSM, CTABRSM*

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## Counselling for Adults and Young People in North Bristol



Sometimes, life can feel difficult or maybe even overwhelming and speaking to somebody from outside of your family and friends can give you a different perspective, an opportunity to view things differently and perhaps to speak more openly.

I am a qualified counsellor and work with both adults and young people – I have an additional qualification in Counselling Children and Young People. I am a member of the NCPS (National Counselling and Psychotherapy Society) and have a DBS safeguarding check. I also counsel for a local charity, where I work with clients aged 11 to 80.

I provide clients with a confidential, safe, warm empathic space where they are listened to, heard and fully accepted without judgement. You, the client, are the expert on your own life; we will work at your pace, you choose what you would like to bring to your sessions; the agenda is yours.

**For further information or to book a free 30-minute session, please visit my website [www.helenpapworthcounselling.co.uk](http://www.helenpapworthcounselling.co.uk) or email: [helenpapworthcounselling@gmail.com](mailto:helenpapworthcounselling@gmail.com).**



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\* One offer to be selected only, one use only. Valid until 31/10/2025



# 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.

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.

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](mailto:office@haroldstephens.co.uk) or telephone us on **0117 3636 212**.



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NEWS  
FROM



We hope you all enjoyed the summer sunshine and are settling back into your usual routines now that the holiday season is over. FFA has had a busy time at The Ardagh and our Tuesday morning tasks were made all the easier by the dry weather – a welcome change from having to shelter from the all-too-frequent Bristol rain. We were delighted that donation levels held their own despite people being away, so we were able to provide our Partners with all they needed to support their families as well as the various holiday activities they provide. We are so grateful to our many supporters who regularly give their time, money or groceries to keep our Partners' families fed.

Just when we thought everything was going well, at the end of July we received some rather troubling news: St Paul's Food Club, which was one of the first Partners FFA started working with when we became a charity, was threatened with imminent closure. This would be devastating for the 40 or so families who depend on it every week, most of whom would find it impossible to travel further afield to use an alternative provider. FFA is therefore working hard with the other charities involved (Family Action and Feeding Bristol) to maintain wraparound support for the St Paul's families in an appropriate location.

If nothing else, this crisis illustrates the true meaning of 'food instability', which is not confined to a household's difficulties in putting food on the table, but also to the vulnerability of the organisations forming the infrastructure which aims to support them. Financial resources are already stretched, and many of the agencies involved are dependent on charitable donations. With everyone pulling together, we are hopeful that we will have some better news in the near future: it cannot come soon enough for the families in St Paul's.

On a more positive note, you might have seen us at our stall at the Westbury on Trym Village Show on 6 September, in glorious sunshine. It was great to have so many people coming over and asking about the work we do and, if you were one of them, thank you for showing your interest – it was lovely to meet you. We were also able to raise much-needed funds with our ever-popular tombola and from the sale of the beautiful glasswork created by Louise Block, which she kindly donated to us. All in all, it was a lovely way to round off the summer, made all the sweeter by the break in the weather the following day, when

► The winning 7kg cabbage (and its generous donor!)



autumn arrived in no uncertain terms. The following Tuesday, the prize in the 'Guess the Weight of the Cabbage' competition at the Show (which was, of course, the cabbage – a whopping 7kg!) was kindly donated to FFA by the lucky winner. Our thanks go to them for thinking of us – one of our Partners was able to put it to very good use.

If you would like to find out more about the different ways in which you could support FFA, please visit our website for details.

[Familyfoodaction.org.uk](http://Familyfoodaction.org.uk)

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# An Adventure, a Bicycle, and a Charity

By local resident, Salena Williams

As a mental health nurse working at the BRI, cycling has long been one of my favourite stress-reducing activities. But it was the need to regain my confidence after breaking my arm in a cycling accident that prompted me to join a cycle group that had just been set up by another Bishopston resident during the first 'Covid summer'.

As well as having the desired effect for me, all the members of The Freewheelers soon became firm friends. And it was the – characteristically adventurous – idea of one of those new friends that I should join her in November on a sponsored cycling safari in Kenya in support of the Bristol-based charity, Child.org.

Set up by a Bishopston resident, Child.org works with women, communities and government in Kenya, where the mortality rate among babies before the age of one year is approximately ten times that in England and Wales. As well as helping to raise awareness, the charity provides life-saving healthcare, neonatal information and practical support for mothers and babies.

So, when my new friend, Margaret – now retired, but a busy grandmother – said she would be returning to Kenya this November to take part in

her second fundraising cycling event, I decided to join her.

Ride Africa takes place over six days, covering a distance of 500 km, from Lake Nakuru to Maasai Mara National Reserve.

Accompanied by a team of nurses, trucks to rest in if the going gets too tough, and rifle-toting wardens to protect us against any lions, leopards or other wild animals that like the idea of a dinner wrapped in Lycra, it's going to be a bit different from cycling along the Bristol and Bath Railway Path. But what could possibly go wrong? (I'll let you know (if) when we get back!)

Anyone who would like to sponsor the ride can donate through the JustGiving page: [www.justgiving.com/page/salena-williams-2](http://www.justgiving.com/page/salena-williams-2). All donations go directly to Child.org.



Margaret & Salena

“ I recommend Reco 100% to anyone who is in pain, give it chance and see what a difference it can make.”

For five years I have been struggling with chronic leg pain; I have been under the NHS for the same amount of time, having scans, treatments and under pain management. I even went all the way to Bournemouth for a very long scan and all they kept saying was, I have to live with the pain but try and manage it. So my thought was painkillers; but due to having mental health problems, I wasn't allowed anything more than codeine, which did nothing. I have been using aids for three years and felt so degraded, especially being male and I served in armed forces, to then feel so low about life. I decided to take action into my own hands and thought that life has to get better or what is the point? So I decided to come to Reco Spinal Centre where I met Emily who was so kind, caring and understanding. The initial consultation was talking about health and the issues I have, which then leant towards having a spinal scan, to actually finding out I have a problem with my spine which causes me to have leg pain. I see Emily once a week and have been

under her care for a couple of months now and already feel a massive difference in my physical health, which then helps with my mood etc. I recommend Reco 100% to anyone who is in pain; give it a chance and see what a difference it can make. I'm getting to the stage in life where I am slowly getting to the point where I can walk without aid and in my eyes that's a miracle; I thought I would end up in a wheelchair but things are looking up thanks to Emily, and to be honest all the staff seem really friendly and helpful. I can tell Mandeep has a lot of duty of care towards customers and is always happy to make conversation and the room lights up when she smiles. **So, if you're in any pain or discomfort I hope my story has inspired you to give Reco a chance and hope you can have a better wellbeing.**

Thank you. Lucian Mason, July 2025.

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Emily



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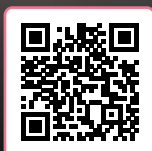


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## Transform Your Hair at **SADOWSKI** Hair Salon Bristol's Curly Hair and Colour Specialists!



The textured hair training at L'Oréal Academy in London felt like a day at the salon, with a great finish of coils and curls

Step into Sadowski Hair Salon in Horfield, where every client receives a bespoke one-to-one service designed to bring out the best in your hair. Whether you have curly locks in need of expert care, want a vibrant colour refresh, or are simply looking for a tailored style that suits your unique vibe, our skilled team, led by Tomasz, is here to make it happen. We welcome female and male clients.

### Why Choose Sadowski Hair Salon?

#### Curly hair specialist

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!

#### Colour specialist

Want to refresh your colour, or go bold with a new shade? Our colour specialists use advanced techniques and premium products to create stunning, long-lasting colour tailored just for you. Whether you crave a sun-kissed balayage or rich, vibrant hues, we've got you covered.

#### Bespoke one-to-one service

We don't believe in one-size-fits-all. From the moment you walk in, you'll experience a bespoke service designed around your individual hair needs and personal style. Tomasz and our talented team are dedicated to giving you a personalised experience, making sure you leave with hair that feels like you.



#### Delicious tea & coffee

Enjoy a relaxing experience with a selection of delicious teas and coffees while you unwind. It's the perfect touch to your salon visit, ensuring you feel pampered from start to finish.

#### A truly relaxing atmosphere

Whether you're getting a quick trim or a full makeover, we provide a tranquil space where you can escape and relax. Our salon is designed with your comfort in mind, so you can enjoy your time with us to the fullest.

#### Book in today!

Ready to experience the Sadowski difference? Call us now or book online to schedule your bespoke one-to-one service. Your dream hair awaits!

**Contact us:** Conveniently located in the heart of Horfield.

**Call: 07916 847624**

**Visit: [sadowskihairstalon.co.uk](https://sadowskihairstalon.co.uk) to book in.**

 Sadowski Hair Art  sadowski\_hair\_salon

*Join me and the  
Sadowski Hair Salon  
family today –  
because your hair  
deserves the best!*

*Tomasz Sadowski*



# Refocus Hypnotherapy

with Emily Richardson

As the leaves change and the days grow shorter, autumn often brings a natural pause – a time to reflect, reset and prepare for the months ahead. But for many, this season can also stir feelings of stress, overwhelm or low mood. That's where **Solution Focused Hypnotherapy** can make a real difference.

Unlike traditional therapies that dwell on the past, solution focused hypnotherapy looks forward. It's a gentle, positive approach that helps you focus on the changes you want to make, rather than the problems holding you back.

Through deep relaxation and guided focus, hypnotherapy can:

- Reduce stress and anxiety
- Improve sleep quality
- Build confidence and motivation
- Support healthier habits and resilience

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

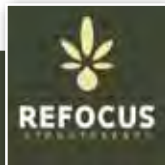


Just as nature lets go of what no longer serves it, autumn can be your opportunity to release old patterns and create space for growth. With the right support, you can move into winter feeling lighter, clearer and more in control.

**Why wait until the new year to make a change? Start this autumn and give yourself the gift of calm and clarity.**

I continue to work with both children and adults on a 1:1 basis and group sessions, both online and face to face (client's preference).

To find out more, or book a session, do get in touch.



## News & tips from *New Style*

### Supporting our hair as it changes over the years

During perimenopause and menopause, changes in oestrogen and progesterone can affect the hair's growth cycle. Many women notice thinning, reduced density and drier, more fragile strands. This often begins in perimenopause, when hormones first start to fluctuate, and continues as the natural hair cycles shorten with age. Don't fear! *New Style* is here to support our clients through the changes, by recommending gentle shampoos and conditioners, regular moisturising masks, and avoiding harsh chemical or heat treatments. Scalp massages with nourishing oils may improve circulation and leave hair feeling healthier and stronger. We can also advise on a well-chosen haircut or styling technique to make the hair look fuller.

### Join the *New Style* team!

There is now an opening for the right stylist to join this popular Gloucester Road business by renting a chair. Do get in touch via the contact details below to discuss this great opportunity.



*Paula* New Style owner

**New Style, 443 Gloucester Road, BS7 8TZ**

**07564 024299** New Style hair salon Bristol

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Wednesday 10.30am - 11.30am  
simply meditation

Saturday 10.30am - 11.30am  
Buddhist thought and meditation

Sundays 10.30am - 11.30am  
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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.



Before

After treatments

### 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.

**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](http://beautyboxbristol.co.uk)

**Reader Offer!**  
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\*Valid until 31/10/25

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### Coldharbour Road

121 Coldharbour Road,  
Redland  
Bristol, BS6 7SN

0117 3291750

### Clifton Down

Unit 1, Clifton Dn Shopping Centre,  
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0117 3297005

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

## EMBRACING PILATES

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**TUESDAY** 9:30 – 10:25am  
also 10:30 – 11:25am

**THURSDAY** 9:30 – 10:25am

**HORFIELD BAPTIST CHURCH**  
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**WEDNESDAY** 9:30 – 10:30am  
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**0784 732 2954**



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 run 10am – 12pm.**

**Wed 1 Oct, Q & A with Ritchie Bates** – Ritchie is the Director of Commercial and Revenue for Bristol Rovers Football Club.

*The Seat Unique Stadium, Nevil Road, BS7 9EJ*

**Wed 8 Oct, Q & A with Justin Smith** – Justin served proudly as a Coldstream guard; when the duties ended, a different battle began, living with PTSD. His aim is simple: to break stigma, raise awareness and show that recovery is possible.

*Lockleaze Sports Centre, Bonnington Wk, BS79XF*

**Wed 15 Oct, Q & A Josh Drury** – Photo-media AKA 'Starman' is an internationally acclaimed, Award-Winning Landscape Astrophotographer, Presenter, Speaker, Published Author and Writer.

**Wed 29 Oct, Q & A with Andrew Billingham** – Andrew is the Managing Director for the YTL Arena in Bristol.

*The Seat Unique Stadium, Nevil Road, BS7 9EJ*

**Wed 5 Nov, Q & A with David Young – Part 2!**  
An ex-army bomb disposal operator, David Young will be talking about his experiences dealing with lethal improvised explosive devices during the 1960s, 70s and 80s.

*The Seat Unique Stadium, Nevil Road, BS7 9EJ*

**Wed 12 Nov, Q & A with Alex Lovell**  
Alex is an English television presenter, actor, newsreader and voice-over artist who works for ITV West Country.

*The Seat Unique Stadium, Nevil Road, BS7 9EJ*

**Wed 19 Nov, Q & A with Trevor Crouch**  
Trevor Crouch is the president of the Bristol & District Cricket League; he has teamed up with Bristol United Banks stalwart, Edwin Morris, to produce a 164-page History of Bristol & District Cricket Association tome.

*The Seat Unique Stadium, Nevil Road, BS7 9EJ*

For more info, contact Andy; email: [andy@finderskeepersuk.com](mailto:andy@finderskeepersuk.com) or call: **07831 532670**.  
[www.walkersandtalkers.org](http://www.walkersandtalkers.org)

## Small Group Strength Training with Polly Turnill

"I just need a little push"  
"I can't keep up the motivation on my own"  
"I'm not really sure what I'm doing"  
"I'm worried about injuring myself"

These are just some of the reasons (not to mention having fun, meeting new people and feeling awesome!) why small group training could be just what you're looking for.

Gill started training with us in January. She's 65 years old and a very busy grandmother!

"I spend a lot of time with my three pre-school age grandchildren, something I would like to continue for as long as possible"

Gill regularly exercises but was frustrated as she has a shoulder injury which she kept on making worse and wasn't sure how to train safely.



"I joined Polly Turnill Fitness at the beginning of the year and it was just what I needed! The size of

the group means that each person receives individual attention. I feel more confident to push a little further each week, and so far, remain injury free!"

Gill has done amazingly well. She rarely misses a session despite her busy work and childcare schedule and it's paying off; last week she was able to lift the most she's ever done before! The biggest achievement is her confidence.

"It's great to be in an environment where exercising with others is both motivating and fun. I leave every session feeling more mobile and energised, with a spring in my step as I walk home!"

If you'd like help with getting stronger and fitter, in a safe and friendly environment AND have fun at the same time, do get in touch!

**Email:** [info@pollyturnillfitness.com](mailto:info@pollyturnillfitness.com)  
**Whatsapp:** **07954381845**  
**Visit:** [www.pollyturnillfitness.com](http://www.pollyturnillfitness.com)  
**22 Kellaway Avenue, BS6 7XR**



### 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.  
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For further information contact Eileen Scott,  
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New for October, we are introducing board game evenings in the café from 6pm on Tuesdays, starting 7 October. We will provide some games, but if you have a particular favourite, please do bring it along to share with family and friends. There will be drinks and snacks available,

and a charge per table for the evening. Space is limited so it is on a trial first-come-first-served basis while we see how well these events are supported. As we move into autumn and winter, we are planning to develop more opportunities to open the café in the evening so please do keep an eye on our socials and look out for posters on site.

During the summer it's been wonderful to see so many people using the green for family time, picnics and relaxation. However, its popularity and the dry weather has taken a toll on its condition so we have launched a Crowdfunder to try to raise money to rejuvenate the green by improving the drainage and using more hardwearing grass. If you are able to contribute to this fundraiser, please do look at our Crowdfunder page to donate. We would love to be able to have the green ready for action again in time for spring next year.

You may have noticed recently that the scoreboard shelter at the edge of the green has had a makeover! This is thanks to the amazing hard work of one of our Repair Café volunteers who offered to take this on as a project over the summer. There is still some more work to be done, but it is looking magnificent already with a new coat of paint and treated woodwork. Repair Café volunteers have also been busy repairing benches around the site too to help us with our ever-growing maintenance list. If you'd like to make the most of their expertise, the Repair Café runs here at The Ardagh every third Saturday of the month from 10am to midday.

More info [www.theardagh.com](http://www.theardagh.com)

Email: [hello@theardagh.com](mailto:hello@theardagh.com)

[TheArdagh](https://www.facebook.com/TheArdagh) [theardagh](https://www.instagram.com/theardagh)



**Saturday 11 October – The Ardagh Halloween Market** – FREE ENTRY – All our usual arts, crafts and street food with a fantastical, spooky Halloween edge.

**Friday 31 October – Sunday 2 November** – This Halloween: **The Ardagh Courtyard Theatre** opens its doors for the first time, for a family circus cabaret, shedding ghosts and goblins for something stranger: insects and other creepy crawlies! Showings: Friday 31 Oct – 2pm & 7pm, Saturday 1 Nov – 7.30pm, Sunday 2 Nov – 2pm & 6pm.

**Mystery Disco Theatre presents: MOSSY HOLLOW** – transforming the stage into a miniature wonderland celebrating slugs, beetles and the hidden creatures that keep our ecosystems alive. Blending circus, storytelling and grassroots creativity, the show invites audiences of all ages to zoom into a 'quite large tiny world' alive with environmental themes, playful invention and interactive spectacle.

Alongside performances, October workshops offer chances to help craft the set and costumes, while on the night expect side acts, games, food and a fire-lit atmosphere. Bring glowing treasures, blankets and curiosity. This is Bristol's tiniest – and most beastly – Halloween celebration.

**Tickets start from £10 (younger kids discounts available) from [www.headfirstbristol.co.uk](http://www.headfirstbristol.co.uk) or from the cafe with no booking fee.**

**Saturday 1 November – Horfield Common Halloween Costume Parade 2025 – FREE ENTRY!**

Get ready for our annual spooktacular afternoon. From 2pm to 7pm, families can enjoy our jam-packed Halloween event, fundraising for the site's upkeep. Family fun includes interactive games, circus walkabouts, a kids' flash mob and the main Kids' Costume Parade at 5pm. Parents can relax with mulled cider, beers from Bristol Beer Factory and street food, while little ones tuck into toffee apples and show off their threads.



Our community wellness retreat is open weekly, offering a thoughtfully designed space to relax, recharge, and restore both body and mind. All are welcome.

We offer an array of mindful and social events including breath work, yoga and live music, all alongside our sauna facilities. We love a gathering! Book your next celebration at the Sauna.



At the heart of this retreat is our stunning 16-person wood-fired sauna, complemented by cold gravity showers, plunge pools, changing facilities and a serene relaxation area. You may notice

a few things changing before the winter sets in. New larger plunge pools have landed and are in use. Over the coming weeks we will be adding a chiller unit, for those restorative cold plunges, proper showers and improved changing facilities.

Starting at £100 per hour you can book the sauna privately for up to 16 people! Would you like to come and celebrate a special occasion in the nature-filled surroundings of The Ardagh Community Sauna? We love hosting **birthday parties**, small gatherings and get togethers.

Please get in touch and let us know your requirements; we can provide food, drinks, entertainment and more – tell us know about your dream social and we will make it happen!

Email us on: [info@ardaghcommunitysauna.org](mailto:info@ardaghcommunitysauna.org)  
Book online at: [www.ardaghcommunitysauna.org](http://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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To find out more visit:  
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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](http://divineceremony.co.uk)



Divine Ceremony at The Sanctuary, 2 Zetland Road, BS6 7AE | 0117 9049786 | [divineceremony.co.uk](http://divineceremony.co.uk)

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# Barcan+Kirby

## BARCAN+KIRBY'S 2025 COMMUNITY FUND WINNERS ANNOUNCED

Award-winning law firm, Barcan+Kirby, has selected their Community Fund winners. The Fund, which is in its fifth year, provides local not-for-profit organisations and/or charities funding to help better the community.

The firm gave away over £5,000 of funding for organisations based in the postcodes around their five offices: BS1, BS3, BS7, BS15 and BS35. This year's selected winners are:



Barcan+Kirby | Community Fund



**The Harbour (BS1)** The Harbour provides counselling for people facing death, dying and bereavement, giving people a safe space to talk and be listened to. Louise Jenks, Fundraising & Communications officer at The Harbour said: *"We are so grateful to Barcan+Kirby for their generous Community Fund award! This donation will enable our small counselling charity to provide people in the Bristol area with crucial emotional support, helping them to live well with grief."* [the-harbour.org.uk](http://the-harbour.org.uk)

**Ashton Vale Club for Young People (BS3)** Ashton Vale Club for Young People, which is supported by Young Bristol, helps local young people through out-of-school sports, and creative and developmental activities in a safe and inclusive environment where friends for life are made. India Crawford, Fundraising Coordinator at Young Bristol commented: *"Ashton Vale Club for Young People is absolutely thrilled to be selected for community funding by Barcan+Kirby! Our youth club has been embedded in the community for almost 30 years, and this funding will allow us to continue to provide vital youth support to the young people who need us most."* [youngbristol.com](http://youngbristol.com)

**SENDaWelcome (BS7)** SENDaWelcome runs projects steered by people with lived experience of learning disabilities. The charity builds awareness and understanding of those living with SEND with a vision to create a community that celebrates and values neurodiversity. Laura Hindmarsh at SENDaWelcome explained what the funding will be put towards: *"Community funding from Barcan+Kirby will make a huge difference to our organisation and the people we offer services to. This money will be used to build a sensory space for people with learning disabilities over the summer holidays, a much-needed addition to our neighbourhood."* [sendawelcome.co.uk](http://sendawelcome.co.uk)

**Horfield Welly Pre-School (BS7)** Horfield Welly pre-school offers a nurturing environment for children aged 2–4 years, in which each individual child is supported to achieve their potential through meaningful play experiences. The registered charity pre-school puts session fees and money raised through fundraising events back into enriching the children's learning and development. Courtney Haley from Horfield Welly commented: *"We are so pleased to be awarded this funding. This means our children will be able to have extra enrichment activities to celebrate the end of term."* [wellypreschool.org](http://wellypreschool.org)

**Ignite Life (BS15)** Ignite Life UK supports young people and families by providing counselling, mentoring and food support, relieving the needs of disadvantaged and/or marginalised young people. *Emilia Thomas, Fundraising Manager at Ignite Life said: "Funding from the Barcan+Kirby Community Fund will allow us to provide transformative 1:1 counselling to more isolated young people who are at risk of slipping through the net. Our 1:1 counselling empowers marginalised young people and improves emotional wellbeing, resilience and educational attainment. Youth mental health support is a priority, and we are excited to work with Barcan+Kirby to deliver our mission!"* [ignite-life.co.uk](http://ignite-life.co.uk)

**JIGSAW (BS35)** JIGSAW Thornbury provides friendship, support, compassion and fun to children and young people with additional needs or disabilities, and their families, driven by the passion of staff and volunteers. Hattie Clayton, CEO of JIGSAW said: *"We are delighted to be awarded funding from the Barcan+Kirby Community Fund. With a 78% increase in the number of people accessing our services over the last two years, this has come at such a vital time. We are only able to continue to provide vital support, compassion and empowerment for children and young people with additional needs, and their families, with support from our community. Thank you, Barcan+ Kirby for being a part of this."* [jigsawthornbury.org.uk](http://jigsawthornbury.org.uk)



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# OPEN DAYS FOR RECEPTION SEPTEMBER 2026



We would be delighted if you could join us for one of our open days exclusively for prospective parents of Reception-aged pupils starting school in September 2026.

We have a number of open days throughout September until January, all the dates and times are on our website; call or email to book your place.

**St Bonaventures, Egerton Road, Bishopston BS78HP**  
**Email: [admissions.stbonaventures@bristol-schools.uk](mailto:admissions.stbonaventures@bristol-schools.uk)**  
**Web: [st-bonaventures.bristol.sch.uk](http://st-bonaventures.bristol.sch.uk)**  
**Phone: 0117 353 2830**

## News from St Bon's

We have had a wonderful beginning to the new school year; our new Reception children have had a fantastic start and we are so pleased to have them join our St Bon's family.

There have been lots of exciting new things pop up in school, including a new play pod built in our St Francis garden; this is going to be a multi-use building used throughout the day for lots of different purposes including a base for our Year 5 and 6 chaplains at break times.

The PTFA's 'Grow with it' project saw the installation of new playground markings on our back playground which includes a custom-designed court and two new four-square courts. In addition, we were able to squeeze in a new hopscotch for our KS1 pupils on the front playground. This has given the children lots of extra play opportunities at break times and the children are really enjoying it.

We are delighted with our new trim trial which was installed in term 6. The addition of a climbing frame and bars will provide our older pupils with a challenging course targeting upper body strength.

We have also been delighted to start welcoming prospective new parents to our open days; it is



lovely to meet new families and show them St Bon's and everything we have to offer. We have open dates up until January, so if you have a child who will be starting primary school next September, please email or call to book a tour.

We also have spaces in some year groups; if you are thinking about transferring your child or are looking for a new school and would like to have a look around, please get in touch.



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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.

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## News from Fairfield High

### Celebrating academic excellence and remarkable resilience, with a strong set of GCSE results

Students at Fairfield High School (FHS) celebrated a strong set of GCSE results, reflecting not only aspiration, talent and sheer hard work, but also remarkable resilience.

Fairfield's focus on academic excellence for all has been evidently successful, with the school seeing its highest ever collective number of grades 8 and 9, with one student achieving a magnificent nine grade 9s! Fairfield would also like to recognise the achievements of students facing significant medical, social or emotional challenges who, with the support of many internal teams, are celebrating strong results. Cashan Campbell, Vice Principal at Fairfield High School, explains further: "Through the nurturing, care and guidance of our pastoral, first aid, teaching and exams teams, students who had been struggling have seen some fantastic achievements."

### Chutneys from FHS's grounds a sell-out success

Fairfield High School's Director of Scientific Concepts took the initiative and sustainable approach to reducing food waste over the summer, by turning surplus school-grown produce into a delicious range of homemade chutneys and jellies. Using ingredients such as marrow, runner beans, quinces and apples harvested from Fairfield's grounds, unique preserves were created, which proved a hit during recent inset days.

Not only did this initiative ensure that fresh vegetables and fruits didn't go to waste over the summer holidays, but it also raised valuable funds to support the school's ongoing environmental projects. All proceeds have been donated to help develop Fairfield's polytunnel and pond site – vital components in the school's outdoor learning and sustainability programme.

Due to the popularity of the preserves, there are now plans to produce a new batch in time for the annual Winter Gala.



Dr Jennifer Ross, Director of Scientific Concepts at Fairfield High School, comments: "This has been a wonderful way to use our surplus produce, support our environmental projects and share a taste of the school garden with our community."



### A musical memory from Fairfield's past

FHS has recently received a heartfelt message from the husband of former Fairfield Grammar pupil (1962–67), Lynda (maiden name Bradbury) now living near Bordeaux, France. At 73, Lynda reflects fondly on her school days, and one memory in particular stands out: singing the beautiful Christmas carol 'As with Gladness Men of Old'. They performed a special arrangement by her then music teacher, possibly Mrs de Vere. Lynda was diagnosed with Parkinson's 20 years ago and is now wheelchair-bound, but these musical memories remain vivid and cherished. Fairfield is reaching out to its local community to help rediscover this piece of Lynda's musical heritage. Does anyone remember this arrangement or Mrs de Vere? Please share any memories with: [enquiries@fairfield.excalibur.org.uk](mailto:enquiries@fairfield.excalibur.org.uk).



“ 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



[www.fairfield.excalibur.org.uk](http://www.fairfield.excalibur.org.uk)

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# Cotham School

Achievement - Diversity - Respect

We warmly invite you to our Open Evenings

Main School - 25 September 2025

Cotham P16 - 2 October 2025

Redland Green P16 - 9 October 2025

(Times to be confirmed on website)

Open Mornings - details will be available on the website after Open Evening

f @cothams X @cothamschool @cothamschool 0117 919 8000 info@cotham.bristol.sch.uk

www.cotham.bristol.sch.uk



## Cotham School Students Celebrate GCSE Success

Cotham School is delighted to announce another year of excellent GCSE results, with students achieving well across a wide range of subjects. The results reflect the hard work, commitment, and resilience of both students and staff, as well as the strong support from families and the wider school community.

This year, a significant proportion of students achieved top grades, with many individual success stories demonstrating exceptional progress and attainment. Overall, results show that Cotham students have not only met but exceeded expectations.

Headteacher, Jo Butler, praised the students' achievements, saying: "We are incredibly proud of our Year 11 students. Their results are a testament to their determination, perseverance and hard work over the past five years. They have shown great resilience and positivity, particularly in overcoming challenges, and we are delighted to see their efforts rewarded. Our staff have also worked tirelessly to support and inspire them throughout their journey at Cotham."

Cotham School is especially proud of the diverse pathways that these results will open for students, with the vast majority progressing on to our own very successful Sixth Form or onto colleges,

apprenticeships and other vocational routes. The strong academic and personal foundations achieved at Cotham ensure that students are well-prepared for the next stage of their education and future careers.

We wish all our students every success as they move forward and continue to achieve great things.

### Post 16 Exam Results and Destinations

We are pleased to have seen yet another year-on-year increase in the number of our students achieving the top grades, with percentages at A\*-A, A\*-B and our overall pass rate rising yet again. We also celebrated exceptional outcomes for BTEC courses, where the average grade achieved was a Distinction. The majority of our university applicants secured their first-choice places, with many heading to some of the UK's and the world's most competitive institutions. In a record-breaking year, more students than ever are choosing the apprenticeship route, including several who have earned highly competitive degree apprenticeships in sought-after fields such as creative media and accountancy. These outstanding results reflect not only academic excellence, but also the diverse ambitions and talents of our students as they take their next steps towards bright and successful futures. We wish you all every happiness for the future!



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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!"

## 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 is underway, see details below. See [www.bristolplaygoersclub.co.uk](http://www.bristolplaygoersclub.co.uk) for full listings**

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

A colourful and complicated actress makes her emotional farewell appearance.

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

When Shakespeare's daughter, Susannah, is accused of adultery, the family fall under intense public scrutiny.

**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.

**9 December '25 – KAFKA'S DICK** by Alan Bennett

Membership enquiries: [playgoersmembership@gmail.com](mailto:playgoersmembership@gmail.com) | 07504 254499 | [www.bristolplaygoersclub.co.uk](http://www.bristolplaygoersclub.co.uk)

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## Help our children build resilience with Martial Arts

The academic journey for our children is difficult and full of challenges but ultimately it is so worth it. The first day there are plenty of nerves and lots of new people to meet, it seems a little overwhelming but it is fun and you learn a little too. There is a lot to learn and the learning curve is steep but with a bit of patience and resilience you make progress. Along the way there are tests and these get progressively more challenging. It is both physically and mentally tough but with a positive attitude and a pinch or two of perseverance you can rise to the challenge.

The academic process is a tough one and the parallels with the martial arts journey are clear. This year our kids will face challenges and will need to develop resilience – a quality that will help support them through the rest of their lives, and I think this is where martial arts training really helps children to navigate the ups and downs of school life.

Along with resilience, martial arts lessons are a wonderful way of creating a strong character, a sense of focus, a sense of community away from school and also a sense of self-discipline and self-control.

**We are currently taking on new members; book your free trial today.**

**Sensei Lloyd**



**Facebook: [Red Dragons Martial Arts](https://www.facebook.com/RedDragonsMartialArts) / Visit: [www.reddragonsmartialarts.com](http://www.reddragonsmartialarts.com)**

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## Amazing Grace

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Visit [www.horfieldmethodist.org.uk](http://www.horfieldmethodist.org.uk) for more information and to get your FREE tickets.

## Shared reading. For free, for everyone

At shared reading groups people connect and share experiences using stories and poems. There is no pressure to talk or read aloud. Shared Reading is for free, for everyone.

You are welcome to come along on the day or speak to a member of staff at the venue for more information. Or visit [thereader.org.uk](http://thereader.org.uk)

**The local group takes place every Thursday, 11.30am to 1pm, at Bishopston Library, Gloucester Road, BS7 8BN.**

## Tea, Coffee, Craft & Chat

at **Bishopston Methodist Church, 245 Gloucester Road, Bishopston, BS7 8NY**

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.



Next meeting **Saturday 11 October, 10.30am to 12pm** (then every second Sat of month)



## Join the Bartholomites for their 2026 Pantomime

The Bartholomites are excited to announce their upcoming 2026 pantomime and are looking for individuals of all ages to fill various roles both on stage and off. Whether you have a flair for the dramatic or prefer working behind the scenes, we'd love for you to get involved.

**No auditions!** All ages are welcome, and no prior experience is necessary. We just ask for a sense of humour and commitment to the rehearsal schedule.

**Interested in joining?** Come along to a read-through of the script to see if you'd like to be a part of our next show.

Horfield Methodist Church on **Sunday 19 October, 3.30–5.30pm.**

**Rehearsals** – Sundays 3.30pm at Horfield Methodist Church, BS7 8SN.

- starting 2 Nov for secondary school age and older
- starting 16 Nov for primary school age cast members

**2026 Pantomime Performances – 19 to 21 February 2026.**



## Bartholomites Quiz Night

Test your knowledge and kick off the festive season at our **Quiz Night on Saturday 29 November**, at Cotham Parish Church Hall, BS6 6DR. Doors open at 7pm, and the quiz starts at 7.30pm.

Teams can have up to six members, and the entry fee is £5 per person. If you don't have a team, you can join one on the night. There will be a bar with soft and alcoholic drinks for sale, and Christmas outfits or hats are optional but might win you a prize!

**Get in touch!** For more information on joining the pantomime cast or the Quiz Night, please email: [thebartholomites@gmail.com](mailto:thebartholomites@gmail.com) or find us on social media. [f The Bartholomites](https://www.facebook.com/TheBartholomites) [i the.bartholomites](https://www.instagram.com/the.bartholomites)



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## A Garden for Living, Growing and Wildlife



At Secret Garden, we love creating outdoor spaces that reflect the lives of the people who use them. Our most recent project in Bristol was designed for a family of keen gardeners who already enjoy the satisfaction of tending an allotment and growing their own produce. Their brief was clear – they wanted a practical, welcoming garden that could provide space for growing vegetables, encourage wildlife, and also be a place to relax together.

We began by building a series of beautiful timber-framed raised beds, made from durable, native larch. These beds are perfectly sized for easy planting, weeding and harvesting, and they'll last for many years to come. The family can now bring their love of food growing a little closer to home, with seasonal crops right outside the door.

One of the standout features of the garden is a new wildlife pond. Ponds are one of the best ways to increase biodiversity in a garden, attracting everything from frogs and dragonflies to birds, who stop for a drink. We've surrounded this pond with meadow turf, which quickly knits together to create a soft, natural look. As the wildflowers bloom, they provide nectar for bees, butterflies and other beneficial insects, making the garden hum with life.

To ensure the garden works as a space for people as well as plants, we added two new patio areas connected with matching sandstone stepping stones. These areas give the family plenty of options – a sunny breakfast spot at one end, and a larger terrace for entertaining at the other. The natural sandstone

brings warmth and texture, while the stepping stones tie the whole space together.

Finally, we created new timber borders planted with hardy shrubs and perennials, chosen for their resilience and year-round interest. With drought-tolerant varieties included, the planting is designed to thrive with less water and lower maintenance – an important consideration as our summers become hotter and drier.

The end result is a garden that balances beauty, practicality and sustainability. It's a place where vegetables will grow alongside wildlife habitats, where there's room for both peaceful moments and family gatherings.

At Secret Garden, we believe every outdoor space has the potential to be more than just a backdrop – it can become an extension of your home and lifestyle. If you're thinking about how your garden could work better for you, whether that's by adding a vegetable patch, creating more wildlife-friendly planting, or simply making a welcoming space to relax, we'd love to help.

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## News from the Friends of Horfield Common

**New quab pond** – At time of writing we are preparing to create a second pond! Named after Quab (meaning marshy area) Farm, which used to be

here. The FOHC has worked hard to secure funding for this project and we're excited to see what new wildlife will make the new water space its home. The new pond will be dug out and make use of the natural spring here that has led to the area really living up to its 'quab' namesake over the years.

**Twelve trees** – We've been thrilled by the response to our Twelve Trees of Horfield Common leaflet, which is already on its first reprint. Designed to help people of all ages identify and appreciate some of the wonderful trees on the Common, it's available from the Café on the Common at The Ardagh or to download from our website.

**Bat walk** – September saw us enjoy another bat walk with naturalist Steve England. The evening was a success considering the



downpours and thunderstorms that had been going on until a couple of hours beforehand. We saw and heard many bats (mainly Common Pipistrelles), and Steve (pictured above) was his usual animated self. A brilliant evening with a good turnout.

**Litter picks** – Our monthly community litter picks take place on the last Saturday of each month at 10am. It's a simple but valuable way to care for the Common and connect with others locally. Just come along on the day!

**Join us!** If you're interested in local wildlife and would like to get involved, you're very welcome to come along to our meetings (details on our website and Facebook page). We're always happy to see new faces.

**Visit:** [friendsofhorfieldcommon.co.uk](http://friendsofhorfieldcommon.co.uk)



or check the green noticeboard at The Ardagh.

## 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](http://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!



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

**Our next dance, open to all this autumn is on Tuesday 28 October, 7.30–9.30pm**

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.

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## News from the Goldenhill Community Garden

with SEND and their siblings on Thursday 30 October, 11am – 3pm. We're planning a lovely laid-back day of making, baking, munching pizza, climbing, harvesting, exploring nature, enjoying the garden, being silly and being together. Please check our website below for more info or to book and please get in touch if you've got any questions or concerns about whether this will be a good fit for you or would like to talk about how we might be able to support you to come along. No need for a formal diagnosis. We've got a warm indoor space as well as covered spaces if the weather is not on our side. Thanks to the Nisbett Trust it's only £5 per child and £2 for siblings (or free/pay what you can!) including delicious freshly prepped food for everyone, and support workers/supportive friends/grandparents are all welcome along.



Hi folks

With the dusty, dry summer days over and the coming of the September rains and storms, it felt almost like the garden breathed a sigh of relief as the water soaked in. The ponds are refilled and there's a last burst of green growth before we slow down for the winter months, and there's mushrooms popping up everywhere. Though one of our more usual veg will only start growing now. The wonderful yacon is an Andean tuber and the part you eat only starts swelling under the ground after the equinox as the nights become longer than the days! It's a sweet and juicy root that's a bit like a potato, but also a pear and a celery!

This October half term we'll be running another **Adventure Day for families with a child/ren**

We'll also be back for **holiday club Adventure Days on Monday 27 and Tuesday 28 October** aimed at 5–12-year olds (who aren't ready to grow up yet). We will be up to our usual lovely garden nonsense and no doubt some new nonsense as well! We run 10am – 3.30pm and it's £30 (£25 extra siblings) and that includes a freshly made pizza straight from the frog oven.

This summer we continued to organise the collection of surplus fruit and veg from the allotment site to go up to Family Food Action each week – thanks to the excellent efforts of Richard Wardle who has hefted the wheelbarrow of veg up to The Ardagh every week; thanks to the good people at the allotment site for dropping off their lovely veg; and a heartfelt thank you to the amazing Family Food Action for the work they do.

**If you're ever free on a Wednesday between 10am and 4pm you are always very welcome to come and get involved.** There's no need to stay all day or come every week, and there's always a range of jobs including ones that you can do sitting down. If you can come at 12pm or 2.30pm I'll give you a tour, or just come when you can. And apologies as it's so far in the future but we'll be back in the garden **wreath making on 29 and 30 November** – the booking link is on the website! See you in the garden!

*Lucy*

[www.thegoldenhillcommunitygarden.com](http://www.thegoldenhillcommunitygarden.com)  
Instagram: [@ghcommunitygarden](https://www.instagram.com/ghcommunitygarden).  
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## Pinewood Roofing & Building

Pinewood Roofing and Building is locally based and proud to serve the Bristol area. We offer a fast and responsive roof repair service including emergency roof repairs. Our services extend into chimney repair and replacement, as well as the installation of gutters and fascias.

Older properties often require some roofing care and attention; we can help keep your home safe and dry. Extensions are popular in this area too; as flat roof experts, this style of roofing can offer a cost-effective solution for the extended new space.

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[www.pinewoodroofingandbuilding.co.uk](http://www.pinewoodroofingandbuilding.co.uk)



## 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](http://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](http://www.rnib.org.uk).



## 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](http://www.windowwanderland.com) or email us at [comms@windowwanderland.com](mailto:comms@windowwanderland.com).

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





**11.30am – 1pm**  
Every 1st & 3rd Saturday of the month at  
Bishopston Library  
Glos Rd, BS7 8BN  
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**The Coffee Pot Autumn schedule**

**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](mailto:bishopston@emmanuelbristol.org.uk)

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# Before the NHS

local history research by Andy Buchan ©

A group from Horfield parish church has recently embarked on a fascinating project looking into the lives and deaths of the people buried within its graveyard. Although our NHS is under huge strain and some people lament it, we are lucky to have it, along with the advances in science today. Some of our case studies below reveal how life was much worse without it.

The earliest record we have discovered so far of someone who died following an accident occurred in 1799, when the docks in Bristol were much busier, there was less safety, no barriers, and the docks were tidal. George Armstrong fell into the docks near Clare Street at night when the tide was out. When he was found, he had been lying on the mud for hours and both his legs were broken. He could not be saved and sadly he died later the same day, leaving a wife and a daughter who was about two years old.

In 1918, Reginald Cox, who lived on Gloucester Road, was on Filton Hill when he was struck and run over by a lorry. After a call, a St John's Ambulance arrived and took him to the BRI. At that time there was no state or city ambulance service, and an ambulance service was provided by volunteers from St John's Ambulance and the Red Cross. Sadly, Reginald died; he was only fifteen. He must have been very unlucky; I cannot imagine that there would have been many motor vehicles on the road at that time.

Frank Percival Jennings' father worked in insurance and they moved around; when he left school at the age of fourteen, in the last column the school wrote about likely occupations, for Frank it says – office boy – 'adventurer'. Frank started working as a printer in the newspaper industry, but then decided to emigrate, on his own, as many young men did, to Canada to become a farmer! He went to Saskatchewan, but when the First World War started and Britain put the call out to the dominions he volunteered and signed up for the Canadian Expeditionary Force. He arrived in the UK with his unit towards the end of 1915, but Frank never saw France or active service; he died of meningitis, despite the army using the recommended treatment of the time, this being before antibiotics.

There are a number of soldiers from Horfield Barracks, and indeed at least one example of a child who lived at the barracks, buried at Horfield who died because of illness/disease before the advent of antibiotics.



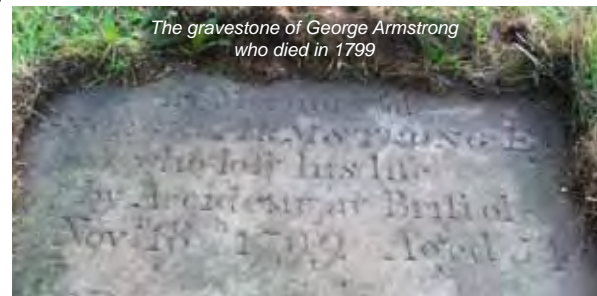
The gravestone of Frank Percival who died in 1916

There are numerous stories of families losing not one but several children. The Adams family lost three children between 1865 and 1871, aged eight months, one year and eight years of age.

Another family lost their son George, when he was eight; he is remembered on a large memorial, with lots of space below George's details, the implication being that his parents or other family members might be buried there. But instead, the family moved away from Bristol after George's death, leaving George all alone.

It is early days but our results so far would seem to suggest that if you made it past 21 years of age, the chances are you might make it to late middle age or beyond. For men and women, the typical life expectancy was 48 and 50 in 1850, 52 and 57 in 1900 and by 1950, it was 70 and 75, as antibiotics, vaccines and other medical developments took effect.

But it is not all sad news; there is a grave for a woman called Rachel Jones who was 105 years old, when she died in 1869.



The gravestone of George Armstrong who died in 1799

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# New! Stan Drews Folk Nights



It is always great to share information on a new local group; we are pleased to introduce the Stan Drews Folk Club. The musical evening was created when St Andrew's Bowls Club approached local musician, Jem Iles, to ask if he could set up a musical group who could make good use of their excellent facilities over the winter months.

Jem shares, "I sing in the Island Folk Choir and play in the All@Sea Ceilidh Collective so have some contacts in the Bristol folk scene. But, having lived in Bishopston for 30 years, I also know there aren't many music venues in our neck of the woods. So, when Dan, the Bowls Club Treasurer, asked if I could set up a folk club it took me no time at all to see the potential.

"The format is flexible – it just depends who turns up on the day and who wants to sing a song or play a tune. So far, we've had all sorts: recording folkies, and first-time voices, solo songsters and established groups.

"I curate the evening to give everyone a chance and to welcome new people and those less experienced: it takes a lot of guts to get up and sing for your first time, but we are very welcoming.

"How did we come up with the name? It's a puzzle, but let's just say Stan Drew lives within St Andrew's!"

**This free, musical group welcomes new members to join them.** The next sessions take place at St Andrew's Bowling Club, Derby Road, BS7 9AQ on 8 October, 12 November, 10 December and then every second Wednesday of the month. Doors open at 7.15pm for a 7.30pm start. The venue is upstairs with a stair lift available, just let them know if you would like to use it. You can enjoy a drink from the bar too!

**Please email: StanDrewsFolkClub@outlook.com**

## Bishopston Community Choir

Horfield Baptist Church, 160a Gloucester Road, Bishopston, BS7 8NT. Thursdays 7.30–9pm. Next term begins 4 September 2025. Performances throughout the year.

**New members welcome.** £8 per week. **Contact: bishoproadchoir@gmail.com** to sign up or just turn up on the night.





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

## Ashley ward

### Overton Road opens

We were really pleased to meet businesses at the newly finished pedestrianisation of Overton Road, particularly talking to local business.

The owner of Perfecto Express 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." He now says his custom has doubled since opening!

While we have received more messages of support, some locals have reservations about drainage, which we chased up with officers and are now being resolved. To correct some misinformation going around: the cost was high (at half a million), but all the work was properly tendered and was paid for by a specific grant applied for under the last administration. The grant was not transferrable – we either use it for this or hand it back.

### St Andrew's Park

We have seen an increase in the number of van dwellers around the park; most people keep pretty quiet but there have recently been a couple of people causing anti-social behaviour. Councillors have worked closely with residents and I would thank officers who have acted quickly on this to receive authorisation through the courts to take action. (At the time of writing we are awaiting confirmation from the court, so apologies for being slightly vague.)

More generally, the council is currently reviewing its position on van dwellers and is due to publish a consultation on a new policy (see their website) following some positive discussion sessions with residents and van dwellers.

### Parks charging

You may have read about proposed licenses for commercial activities taking place in

parks. Councillors have been approached about it a lot. The original proposals were brought forward under the previous administration but were never implemented.

Licenses are required in all UK major cities to ensure that all operators in parks have the necessary insurance for the health and safety of residents. Bristol is an outlier in not having a scheme in place. We must ensure this is done in an equitable way and does not impact the viability of small business owners or not-for-profit organisations – or the wellbeing of their users.

The proposed charges are not appropriate and it is some time since these were proposed. We are pleased to report that following discussions the scheme will not be implemented until there is a further investigation into the impact it will have on smaller businesses and we will be pushing for further consultation with the public.

### Contacts for your Ashley councillors

**We will be at a joint councillor surgery with Bishopston and Ashley Down and Ashley wards on Thursday 16 October at 7pm at the Sommerville Club, 23 Sommerville Road. Come and say hello!**

**Cllr Tim Wye, Green Party**  
Cllr.Tim.Wye@bristol.gov.uk

**Councillor Abdul Malik, Green Party**  
Cllr.Abdul.Malik@bristol.gov.uk

**Councillor Izzy Russell, Green Party**  
Cllr.Izzy.Russell@bristol.gov.uk

## Bishopston & Ashley Down ward

### Noise at the prison

We've been in touch with residents about HMP Horfield and finding ways to improve the relationship between the prison and local residents. We are aware that there have been noise complaints and want to work with the prison on this to find a solution. We will be attending a meeting with residents and the prison to see how best to take this forward.

### Community Infrastructure Levy (CIL)

The new round of CIL funding will start in the next few months. We are keen to work closely with more community groups in the area to start drafting ideas and proposals to seek and secure funding. If you have an idea for a part of the ward that could benefit from a small cash injection for new infrastructure, please get in touch and we will help guide you through the process.



James & Emma at the new mural at Ashley Down Station

### Artwork at Ashley Down Station

Emma and James recently went down to Ashley Down Station to meet with artist, Andy Council, and watch his progression of the new mural. It is a wonderfully vibrant piece of work that reflects the culture of the local area – please take a look. We want to extend our thanks to Andy and the stakeholders involved in getting this project to fruition.

### Surgeries

We have really loved speaking to residents who have been attending our surgeries, however with the end of summer we are thinking of how to improve and ensure that we are representing residents and being as accessible as possible. With that in mind, **we will be having a joint surgery with our neighbouring Ashley councillors at the Sommerville Club on 16 October at 7pm, instead of on 9 October at The Ardagh.**

Moving forward, we are planning to survey residents on how they would like to contact or meet us in future, and what they would like to see more of. We hope to have a new plan in place for the new year but we will be pausing our surgeries during November and December. We remain contactable via our email and phone numbers during this time.

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

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

## Redland ward

### Redland Rd changes

A road safety scheme near the south end of Redland Road, off Zetland Road, is under construction, with some temporary disruption. Due to the collision record at the junction and mini roundabout, this project was first put forward for changes and consulted many years ago.



Martin & Fi

Following comments, new designs were drafted and eventually agreed, and the project has finally reached the construction stage. Delays to highway projects are well known but this one has gone through three iterations and almost took a decade. Look out for new priorities and the one-way section by the junction for motorists.

### Libraries

Amidst unfounded rumours and a misinformation campaign that the Green administration was planning to close libraries across the city, Martin and Fi were delighted to hear that Greens and Liberal Democrats have worked together to ensure that the libraries budget will be protected until at least April 2027. Fi is currently taking part in a task and finish group looking at devising a libraries strategy which will aim to improve this incredibly valuable city-wide service. Recent years have seen random closures of branches due to a recruitment freeze and staff shortages and the focus will be on ensuring services are when and where they are needed most. We're lucky to have one of the most modern, flexible and successful libraries in the city in our ward.

### Better for nature in the city

We're delighted that the council has had funding success with around £950,000 grant from Heritage lottery, Natural England and the National Trust to support community action on nature in the city. Funds for local projects, improved council support and a simplified way of working with community groups should help enhance ways to manage more land for nature recovery in the city.

### Planning news

Work has recently started at the former NEG site by the Library. We understand that demolition has been carried out of the modern extension to the complex before permissions were in place and this is now being investigated.

### Better bus services

A number of improved buses funded by Clean Air Zone income have been introduced. Many will now run hourly through the night or run earlier to help get people to work by bus.

These enhanced services include some Gloucester Rd routes, the no 2 on Westbury Road, and the Zetland Rd 72 route.

The additional services are being funded from Clean Air Zone income along with support from the West of England Combined Authority. The new timetables are on [Travelwest.info](http://Travelwest.info) and the app.

### Improved financial management

Council finances continue to be in a much more positive and stable financial position this year compared with 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, in contrast with recent years when significant 'savings' were promised but were undeliverable and therefore had to be carried over into our committee system.

This means that despite severe cost pressures due to continued limited government support the council plans for the coming year can be made on a much firmer basis. ■

### Fi Hance, Green Party

[cldr.fi.hance@bristol.gov.uk](mailto:cldr.fi.hance@bristol.gov.uk) / 0117 3534720

### Martin Fodor, Green Party

[cldr.martin.fodor@bristol.gov.uk](mailto:cldr.martin.fodor@bristol.gov.uk) / 07884 736101

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### Coffee & Craft

Friday 10.30am to 12.15pm at  
Horfield Baptist Church,  
160A Gloucester Road, BS7 8NT

**Friday 3, 17 & 31 October, 10.30am – 12.15pm**

Everyone is invited to attend, bring your craft and enjoy lively conversation. You will receive a warm welcome, tea, coffee and a biscuit (or two!)

*Taster session for young people*

**Friday 31 October (half term) 1.00pm – 2.30pm**

An opportunity to join us at Horfield Baptist Church, and maybe get help with knitting or crochet

Further information, please call 0117 9243608.



### 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](http://rbl.org.uk/poppyappealvolunteer) or call **0345 845 1945** or contact Louise Dolen at [Ldolen@britishlegion.org.uk](mailto:Ldolen@britishlegion.org.uk) or call **07884 869597**.

**Mosaic workshop celebrating Halloween and Autumn**

**Marie Curie 105 Gloucester rd. bristol BS78AT**  
email: [barbaradizdar@gmail.com](mailto:barbaradizdar@gmail.com)

**Candleholders and Coasters** **Sun Oct 26th**  
**1pm-5.30pm** **£28**  
website: [barbaradizdar.co.uk](http://barbaradizdar.co.uk)



### Ardagh Community Trust 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](http://familyfoodaction.org.uk).

**Interactive live music sessions** – Tuesday mornings, 10am (term-time only), for babies and toddlers, delivered by [www.rockoutbaby.com](http://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](http://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](https://www.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](mailto:hello@theardagh.com).

## MS Society Bristol & South Glos

### 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.

**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](mailto:bristol@mssociety.org.uk) | **Facebook:** [MSSociety:Bristol&SouthGloucestershireGroup](https://www.facebook.com/MSSocietyBristolSouthGloucestershireGroup)

**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](http://www.carersbsg.org.uk) or call 0117 965 2200.**



### The Bristol Home Library Service (BHLS)

BHLS is available for anyone over 18, living in Bristol, who is unable to get to their local library for reasons of age, disability or responsibility. There are HLS DBS-checked volunteers in most parts of the city, who will be happy to come around to your house and keep your book pile topped up. They will fetch you a specific book you want or bring suggestions for your pleasure (librarians are very helpful with this). The free service is offered monthly and most of our volunteers have time to stop for a chat when they visit.

**E:** [BHLSVisits@royalvoluntaryservice.org.uk](mailto:BHLSVisits@royalvoluntaryservice.org.uk) | **T:** 07714 898 558

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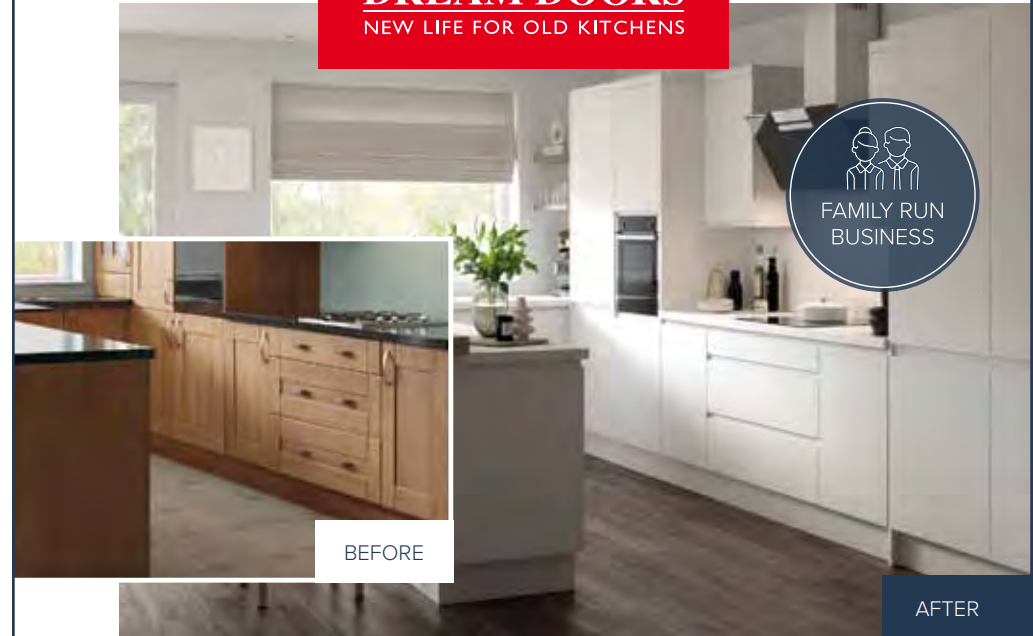
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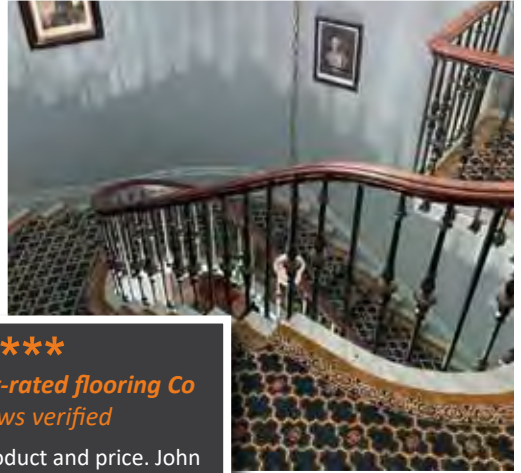
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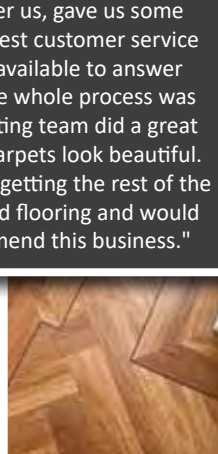
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