

Bishopston Matters



Tel: 07881 924059

issue 194, Jan/Feb 2026

63rd Scouts Celebrate 10 years of their new hut and plans for another!



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Dear Readers...

Welcome to the New Year issue of your community magazine, I hope 2026 brings you peace and good health. As we reflect on the year that has gone, now is a great time to think about what we would like to do more of or reconnect with in the months ahead. We are lucky in our community that we have a wealth of caring groups that would welcome new members or volunteers. From toddler groups to Community Gardens, talk and walk groups to folk club, choirs to football teams, social clubs to coffee and craft meetings, there is something for everyone. So, if you are feeling lonely or would just like to embrace more of what our local area has to offer, I hope you will be inspired by the many local groups we feature throughout the magazine.

Now is the perfect time to allow yourself some self-care and address any niggly aches or anxieties that you have carried for too long. There is care available from many local businesses who can support you.

Every January Horfield Organic Community Orchard invites local residents to join them for their Wassail celebration, to encourage a fruitful growing season and harvest this year.

If you are looking for a creative activity to keep you amused these long winter nights, do get working on your Window Wanderland design. This year's theme is Hope and I know there will be some wonderful ideas on display.

If you are thinking of getting back on your bike this year, local charity Life Cycle, which works with inmates at Horfield Prison, has workshops, sells quality refurbished second-hand bikes and offers services.

We have some fabulous **Reader Offers** throughout the magazine. Please do mention Bishopston Matters when you support the traders who feature within it – thank you.

A happy New Year to you all, **Kerry x**

Email: kerry@bishopstonmatters.co.uk | www.bishopstonmatters.co.uk  Bishopston Matters
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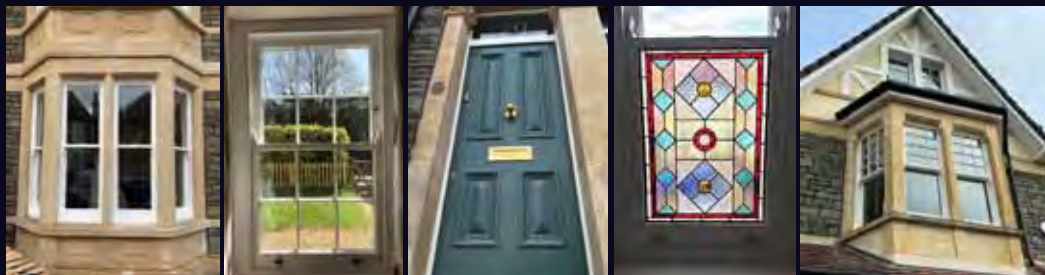
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Celebrating 10 years of the improved 63rd Scout Hut and revealing plans for another!

During my weekly visits to the 63rd Scout Hut with my boys attending Beavers and Cubs, it is easy to take for granted the wonderful facility this warm, bright, spacious venue provides. It feels as if this is how it has always been, but at the 10-year celebration of the building in November 2025, it was good to remember just how far this building and organisation has come.

Scout leader, Matt, gave a speech before the much-anticipated cutting of the birthday cake took place.

"More than a decade ago, our Scout leader, Mike, had a vision for a new, improved hut to be built that would enable the 63rd Scouts to meet the ever-increasing demands for more colonies, packs and troops to form. After a momentous fundraising effort and engagement with the community, this dream became a reality! The realisation of the new hut facilitated the increase of young people visiting the hut, from 200 to 350 each week."

I can remember all the hard work that made the new hut a reality and was lucky to be invited to visit and document the progress of the build. Before starting to write this, I looked back at these past copies of *Bishopston Matters* and photos of the wonderful launch event at the end of 2015, which welcomed the High Sheriff for the City of Bristol Scouts, Ros Kennedy, to cut the opening ribbon!

Building the future of 63rd Scouts – Matt went on to share the exciting news of their next building project. "With the inevitable loss of space at St Bart's Church Hall, if we are to continue to serve the same number of young people each week, we now need to embark on the build of a second Scout hut in our grounds." Architects have been appointed and plans are in progress. We were able to view and vote for one of two design options. The second hut will not only provide the essential storage space needed but will enable the scouting group to be more flexible on meeting times, so rather than all groups having to run concurrently, Beavers and Cubs could meet at 6pm to help parents who work until 5pm and wish to be involved. It would also allow for a quiet space for children with SEND when they need it. In addition to this, the group will be able to accommodate a greater range of community groups or local businesses who would like to hire the space.

Fundraising help welcomed – Of course a great deal of fundraising is required and, as well as grant applications, popular fundraising events such as Beer Fest, Fairs and 'buy a brick' will be back. If you or your business would like to support this scouting community that gives so much back to local people, please do get in touch, they will welcome your ideas or pledges. Email: matt.lloyd@63rdbristolscouts.org.uk.

The afternoon ended as all good parties should – with the singing of Happy Birthday and eating of scrumptious cake!



Scout leaders with just some of the 350 young people who visit the hut each week



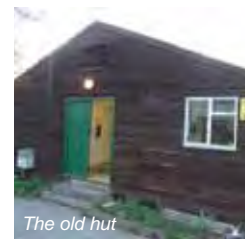
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The old hut



The just-built new hut in 2015



Initial plans of the new second hut

Window Wanderland is back to light up Bishopston!

27 February to 1 March 2026

Window Wanderland is our very own inspirational festival where everyone is encouraged to have a go at lighting up our neighbourhood. From single candles burning in memory of a loved one to interactive multimedia displays, it's been lighting up our streets since 2015 and has spread across the world.

This year, Window Wanderland is ringing the changes by inviting participants to unite under a shared theme of **Hope**.



The festival's founder, artist Lucy Reeves-Khan, says "I found out this year that thinking and acting hopefully can actually help your brain to be more resilient when times are bleak. Window Wanderlands are already incredibly hopeful festivals, so this seemed a natural fit for us."

Festivals will also take place on various dates from January to March in communities across the UK, and even in the Netherlands.

One of the touchstones of the organisation is that Anyone Can Be a Maker. To facilitate this, artist Tracey English, will provide a template of a simple image, which even people who are not confident art makers can use to create something really beautiful and take part in the festival, feel part of its community and message. Just download and make. People can then head out to the streets to spot the image in each other's windows during the festivals.

Head to the website and sign up to get your house on the map. There's lot of ideas on the website. What's in the windows is up to you: as long as it's family-friendly, anything goes!

www.windowwanderland.com/event/bishopston-bristol-2026

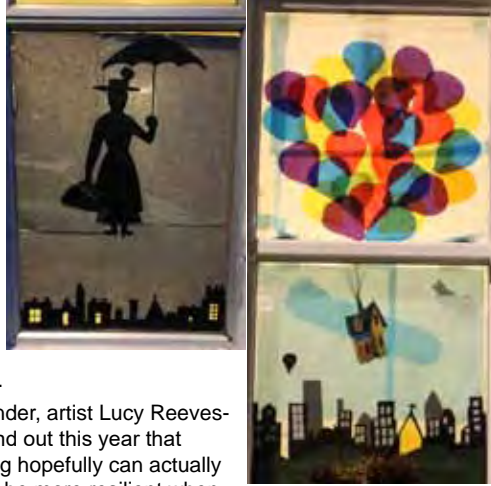
Display-making Workshops will be taking place in February at local venues. Keep an eye on the website and social media for more info.

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Facebook: Bishopston Window Wanderland

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Sharing news of a death over the phone is always difficult, but it can be eased when the person you speak to is someone you already know. Understanding where your person will be, and meeting the team who will look after them, can help make the funeral-arranging process feel more manageable.

One of our clients recently shared their experience with us. Knowing her husband was dying, she was able to discuss working with Divine Ceremony before he died. With no religious beliefs, he appreciated the

option of holding his ceremony in a warm, familiar space rather than a crematorium – one of the main reasons they chose us. Yet despite her practical preparations, she described the overwhelming fear and loss that followed his death and why she would wholeheartedly recommend Divine Ceremony.

"I never felt a stranger to the business of death; Dee and every one of her team supported, listened and guided me at the time when I was at my most vulnerable. I felt my husband was loved while in their care and that helped me bear his loss a little more easily. I will never forget them."

Her words mean the world to us, and they reflect what we hope everyone feels: that at Divine Ceremony, you and your person are never alone.

Please do come and talk to us or learn more about how we work at divineceremony.co.uk.



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The Gloucester Road Business Awards at The Nev Community Club

At the end of November 2025, the **Facebook Page: Shop Local Gloucester Road** organised their first ever Gloucester Road Business Awards. The popular Facebook page was set up by local resident Alice Darley, who is so passionate about our local high street and the special people that trade there, that she selflessly runs the page for free, to support them. The awards evening was hosted by The Nevil Road Community Club (The Nev) and was a roaring success.

Local residents were asked to vote online for their favourite traders under different categories. 65 businesses were nominated and we are pleased to share the winners with you below; I am sure you agree some excellent choices were made.

- Best value on Glos Rd – Books for Amnesty**
- Most environmentally sensitive business – Scoopaway**
- Friendliest business on Glos Rd – Café Dream**
- Most innovative business on Glos Rd – The Key Cafe**
- Best Customer Service on Glos Rd – The Phone Shop**
- Gloucester Road legends! – Joe's Bakery**

I arrived a little late to the celebration after attending Brunel Field's Christmas Craft Fair and thought I may have missed the best of the party, but to my delight, The Nev was buzzing with a live band playing and many happy traders and residents enjoying a celebratory evening. The first person I saw was Glos Rd Legend runner up, Aly Hussein, owner of The Blue Lagoon, Palamor and Perfecto Coffee. It is always great to catch up with Aly who, with a twinkle in his eye, embodies the passion and commitment of our Gloucester Road traders.

I congratulated organiser Alice on such a wonderful event and evening and she kindly introduced me to Sally and Matt who help run The Nev (situated above Boston Tea Party) with a committee of local people.

I then enjoyed a lengthy chat with Matt learning all about the wide variety of community groups they host and support and I understood what The Nev meant to its many visitors. Chairperson, Matt, and vice chair, Sally, took over the venue that was previously The Conservative Club (the venue does not have any affiliation with any political party now) to keep the local space open. Matt, who has a full-time job and is a local Scout leader, was inspired to get involved in the running of the club when he witnessed firsthand – when regularly playing skittles at the club – what the space meant to some of the locals who visited it. He shared, "I asked one gentlemen who was then 95 and is now 97, what would happen if the club closed its doors? He replied bluntly, 'I would die!' He lived on his own and this is the only place he comes to socialise and enjoy a couple of halves of Guinness. That was it, Sally and I were on a mission to save the club and open it up to serve the broad spectrum of our community." And what a great job the pair have done; The Nev now hosts skittles for people with SEND with local group SendAWelcome, and local scouting and sports groups come to play skittles and host awards evenings. There is weekly Bingo, creative workshops, themed kids' parties open to the community and when I visited there was some fantastic art on the walls as part of their Art & Ale week. Matt went on to say, "I love that we kept the door open, I love that we keep it as a community space, and I love that everything here is inclusive and everyone is welcome. Like-minded people come together and all get on."

Get involved! If you run a community group or have an idea about setting one up or hosting a local event or workshop do get in touch with The Nev; their hire prices are very reasonable and Matt and Sally do all they can to accommodate people and make things happen. **You can also become a member of The Nev and receive a discount of drinks and hire rates.**

I asked Matt about plans for the future and he is bursting with ideas for more local events and activities for all. The main priority however is making their wonderful outdoor space that overlooks Gloucester Road, accessible for all. They have several people with various disabilities that make good use of the lift and the current disabled toilet but they are looking to improve their facilities to enable greater independence.

If you haven't visited this friendly venue yet, do visit them this New Year – I might see you there!

For enquires, please email: booking@nevilroadclub.co.uk or visit them on Facebook and Instagram.



Alice sparkling in centre with traders from Oddsox, Paper Plane, Café Dream & Lovely Pups

Sally & Matt, Chairpersons at The Nev



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News from the Goldenhill Community Garden

Hi everyone and hello 2026!

It's cold and often grey and normally soggy in the community garden this month but we carry on undeterred! We close an hour early, otherwise the **Wednesday volunteering days** run as normal (10am – 3pm) and **we welcome new volunteers all year round**. There's always a range of jobs even in winter and there's no need to stay all day. Every Wednesday we **cook up a big soup** from the garden and sometimes even bake bread or cakes, and it's hard to beat hot soup and a hot bread roll fresh from the oven on a cold day!

Though there are slimmer pickings in the garden than in the months of bounty we still have things to harvest and for our soup for lunch or to take home. In the ground we've still got leeks and parsnips (and this year they are HUGE), Jerusalem artichoke, kale, lots of ever reliable chard, winter salads, and purple sprouting broccoli season is just round the corner, and we have plenty of stored colourful and delicious squash to remind us of sunshine days.

Also, we have **space in our 11.30am – 1pm, Tuesdays/Friday toddler groups** – described by some of our lovely parents as “The highlight of our week. This is for sure the best toddler group ever.”

“Golden Buds is definitely the BEST thing to do with a pre-schooler. Because of the garden, the climbing tree, the pond, the balehouse... the way you keep the kids free range and safe.” Get in touch for a free taster session!

So, get in touch to come along for digging, playing, singing, chatting, exploring the garden, learning about plants and nature and watching the spring come in – the frogs arrive in Feb!

See you in the garden!

Lucy

thegoldenhillcommunitygarden.com

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

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



Circle Dance Evenings – New venue for 2026!

Join us at Horfield Quaker Meeting House, 300 Gloucester Rd, BS7 8PD

**Our first dance of 2026 will be on
Tuesday 27 January, 7.30 – 9.30 pm.**

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 for all abilities. We teach the dances as we go along, so you can pick it up gradually. Wear soft shoes or bare feet – beautiful wooden floor. Light refreshments provided

**For more details,
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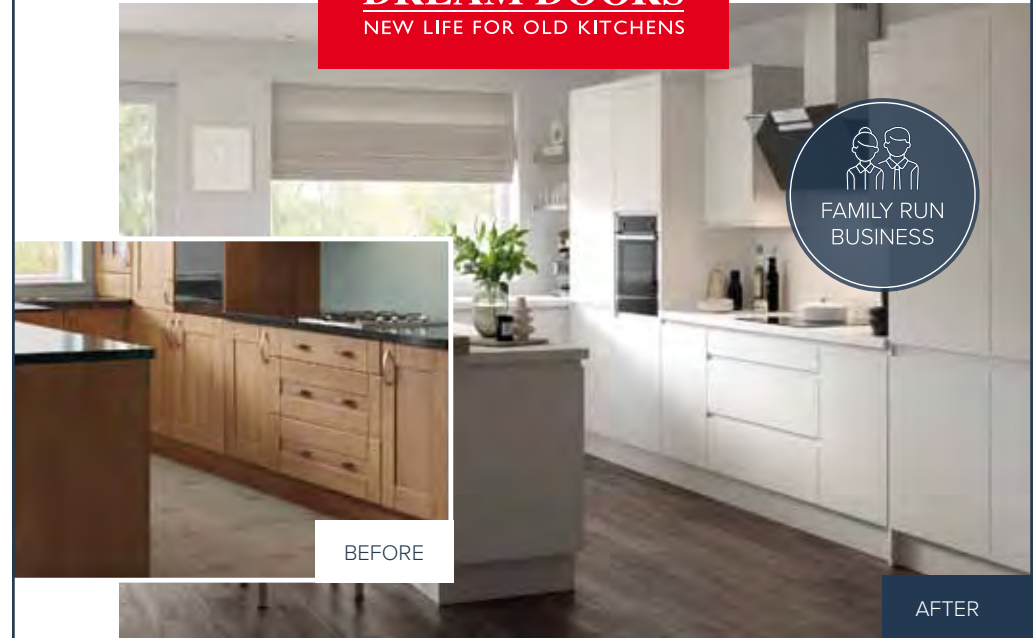
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Little Bathroom and Boiler Company

Big news from Little Bathroom & Boiler Co

It's always great to check in with a local business and hear they have had a good year and are excited about what the next twelve months will bring. Joining the Little Bathroom (LB) team of owner, Jamie, and designer, Siobhan, is Steph, who will be developing their online and social media presence.

You may have noticed the business has new brand colours on their shop-front and logo and new bathroom and kitchen displays are in the process of being installed in their showroom on Gloucester Road North too.

The business has worked on some stunning bathroom designs in BS7 over recent months, I think you'll agree the transformation below is fantastic! This tricky job, which resulted in a complete reconfiguration of the room's layout, could not have happened without Jamie's trade experience and determination, the craft workers they employ and the excellent design capability of Siobhan.

Jamie has 25 years in the plumbing trade and shares his wealth of experience and problem-solving abilities when working on a new bathroom or kitchen layout with designer Siobhan, who brings the style to your project. The team

listens to your wish list, the budget you have available and the style of design you love. They then develop the best possible layout and source quality products, which will look not only look stunning but will work perfectly on a practical level too, leaving clients delighted with the bathroom or kitchen they receive.

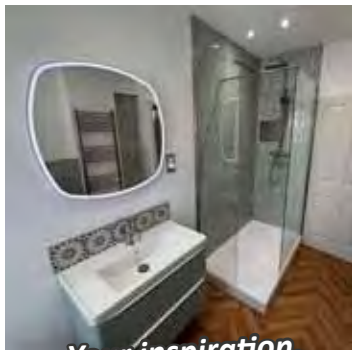
Being invited to work on high-end bathroom designs has led them to collaborate with 34 St John, suppliers of bespoke vanity units painted in your choice of colour. LB is proud to be the exclusive supplier in the South West of these products. LB can also supply bespoke, hand-painted baths, coloured radiators and UK-made, real wood vanity units through their exclusive partnerships.

LB is pleased to work with Somerset Toiletries, whose luxury bathroom products will soon be offered as an indulgent gift pack with the bathrooms they supply. LB also commissions a BS7-based product development company to create bespoke accessories for their bathroom designs.

But it's not all about bathrooms! Their trade knowledge, design skills and attention to detail is also applied to all of the kitchen projects LB works with clients on to design and supply.

LB has decided to limit the fitting slots they will be offering to just one per month for 2026 in order that they can focus on design and supply as well as project management and consultancy work. So, do book an appointment with LB, talk with their skilled, passionate team and let them design and supply the perfect bathroom or kitchen for you.

32 Gloucester Road North, BS7 0SJ | 01179 792 860
www.littlebbc.co.uk | Instagram: little_bathroom



Your inspiration,
Our creation



Creating the new Quab Pond on Horfield Common



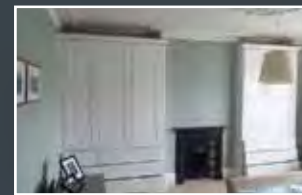
The creation of Horfield Common's new 'Quab Pond' is complete, following two productive days of work that brought together Friends of Horfield Common volunteers and the Bristol City Council (BCC) team to dig the new wildlife pond.

After BCC carried out the main excavation, day two brought sunshine and an excellent turnout of volunteers, who built up banks to support the water and create wildlife margins. Despite the tough clay soil, the work was completed quickly. It made digging hard-going, but the clay's natural water-retaining qualities means that the pond doesn't require a liner. In fact, after a period of heavy rain, the newly dug pond filled in just three hours.

With the shaping finished, a protective fence was installed, leaving a gate to be added soon for maintenance access. The pond filled so rapidly that a deeper dig may be needed during the summer once the ground is drier, but the main construction is now complete.

Feedback from people walking past was very positive. Over the coming months it will be fascinating to see Quab Pond develop and to spot which species make use of it. It is already a great addition to the wildlife corridor of Horfield Common and a couple of Pied Wagtails have already been eyeing it up.

If you would like to be involved in similar projects, please do join the group. Details can be found at www.friendsofhorfieldcommon.co.uk



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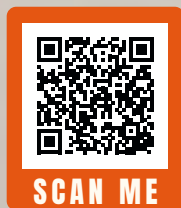


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SCAN ME

Introducing you to Suyuan Bistro

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There are so many great things that I can share with you about Gloucester Road restaurant, Suyuan Bistro. The delicious, fresh tasty food, calm, tasteful interiors and excellent service, but for me, what made this experience special is the lady that brings all of this together – Mei, its charismatic owner.

I was lucky enough to share a wonderful meal with a friend at this local eatery, where we were treated to a banquet of freshly made Chinese chive pancakes, deliciously filled tofu and herb dumplings, delicate salmon curry, tempura prawns, exceptional fried rice and my personal favourite, sweet and sour Chinese aubergines. All washed down with home-made peach and passion fruit iced tea – the perfect accompaniment.

There is an abundance of vegan, vegetarian and gluten-free options and Mei makes her own (very) hot sauce and pickle.

Owner also of popular Suyuan vegetarian and vegan restaurant on Queen's square for the last nine years, I was interested to know what led Mei to set up this enchanting Bistro on Gloucester Road? She explained, "I have always loved Gloucester Road and, members of my family have enjoyed businesses here. I did a lot of research into Chinese eateries in Bristol and I found they all shared very similar, western-style Chinese dishes. I wanted to showcase authentic home Chinese cooking, all created with fresh ingredients, sourcing particular Chinese vegetables from specialist suppliers.

"I understand many people associate Chinese food with GM and takeaways but we really offer something different. We produce dishes, cooked with love that are healthy, tasty and not too costly!"

Mei puts everyone who comes through the door at ease; nothing nothing was too much trouble. People



are parcelled off with yummy left-overs – even with a portion of pickle.

The Bistro is open for breakfast, lunch and dinner. Mei has incorporated traditional English alternatives with a Chinese twist for breakfast (9am to 4pm), noodles are a favourite for lunch and then traditional dining in the evening (from 5.30pm). Always lovely to have options but I would recommend giving your taste buds a treat and keeping it Chinese.

It is always great to find a venue that can accommodate everyone's taste, desires and needs without compromising on flavour.

If you dine in, you can take advantage of their **Early Bird Special**. For £24.99 pp (served before 7pm) you can choose any starter, any main and either a rice or pancake dish.

You can also order food to takeaway via **Just Eat**; their full menu can be found on their website suyuanbistro.com You can make a reservation online or call **0117 403 5778**.

Open: Tues to Fri, 9am – 4pm. 5.30 – 11pm. Sat 9am – 11 pm & Sun 9am – 10pm. Closed Mondays.

Suyuan Bistro, 131 Gloucester Road, BS7 8AX



Mei preparing Chinese sweet and sour aubergines – yum!



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News from the Bristol Civil Service Sports Club – where you can enjoy a pint for under £4.00!



2025 saw us celebrate our 100th anniversary and now we look forward to the next 100 years!

The club has a number of rooms that can be hired for meetings, conferences and parties. Our main function room is licensed for events for nearly 200 people and, our smaller room for up to 40 people. Our meeting and conference facilities include audio and visual equipment. Our affordable refreshments and catering packages make our location one of, if not the best value conference facilities in Bristol, including free parking for up to 100 cars. We've already got wedding parties booked for 2027! If you are planning an event, please get in touch.

Originally opened to provide sport and leisure activities for civil servants, the club is now available for all to enjoy, subject to becoming a member. For the equivalent of less than 11p a day, you can enjoy a pint of beer from under £4.00 in a friendly pleasant environment. With two full size snooker tables, a pool table, two dartboards, two skittle alleys and the largest table tennis club in the southwest of England, there's plenty on offer inside the club, not to mention the outdoor sports as well.

We also have a self-contained pavilion building that is available for short or long-term hire. This is ideal for running classes or even as a base for a small business.

So, whether you are planning a celebration for your family and friends, or a meeting or team-building day for work, come and see what we have to offer, you won't be disappointed.

If you would like to find out more do pop in and say hello, from 7pm weekdays and 11am at weekends; **email: office@bristolcsc.co.uk** or call: **0117 951 4259**.





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Local window company wins national award



Bristol window company, The Window Hub, has won a major national award after being judged the best by its peers in the glass and glazing industry.

With a head office in Staple Hill, The Window Hub won Installer of the Year at the G-Awards, an annual glittering event, which recognises and awards the best window, glass and door companies in the UK. The local business welcomed judges from respected inspections and auditing body, Risa, earlier in the year, who compared entries from dozens of window companies from across the British Isles.

Managing Director, Danny Robb, shared, "We've got a 'Treating Customers Fairly' policy, to make sure that we do the right thing for our customers, from when they first speak to us all the way through the process to when we leave them with a Fensa certificate after the installation. And I'm hopeful that that's what shone through during the judging process."

The win came just weeks after two employees won awards at the National Fenestration Awards, another national event where winners are judged by their peers. Adam Smith won Office Manager of the Year, while Bradley Barber won Young Person of the Year.

Danny said The Window Hub has strict guidelines that its employees must follow to ensure the customers

are always looked after. This includes an ethical sales policy which, in addition to following legal obligations, includes a 'canvassing etiquette' which all sales-people must read, sign and stick to.

"It really isn't rocket science," Danny said. "But we make sure our employees close gates behind them, and don't walk on the lawn. And if they are asked not to return, they must inform their Team Leader immediately, so Head Office can make a record and ensure all canvassers know never to go back.

"Our sales team also have specialist training on being aware of vulnerable homeowners, so that everyone can make an informed decision. Sales begin and end with treating customers properly."

The Window Hub also has a tree-planting programme as part of a comprehensive sustainability programme, and the company is heavily involved in local charities including youth sports teams and hospices.

90% of reviews for The Window Hub on Trustpilot are five stars, with customers celebrating the company's professionalism, friendliness, tidiness and attention to detail. (The company doesn't invite customers to leave a review, so all comments on that site are genuinely organic.) www.thewindowhub.co.uk

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MBST: Supporting the body's natural cellular repair process

MBST Health and myself at CURA are thoroughly enjoying working with Bath rugby this season. Rugby is an ideal setting to test the efficacy of this technology on trauma. We're using MBST to improve healing quality and speed and the results we're seeing are very exciting.

In terms of player care, and keeping injury numbers low, it's already having the effect we'd hoped it would have. Notable cases we've seen so far are the rapid return to play of fracture cases, halving the return to play time recommended by the surgeon. We're seeing ligament tears avoid surgery and heal so quickly the players were able to return to international duty.

Head of medical, Rory Murray is loving using the technology: 'After 19 seasons of working in elite sport I'm getting PB's across the board in return to play. Even the players with chronic slow burning issues have felt improvement.'



MBST UK is the official regenerative Partner for Bath Rugby and Wrexham FC. Not only is this leading to dramatic increases in the speed of player rehabilitation and return to play, but it's allowing us to gather data and explore the full ability of this technology.



MBST Bone Health: At CURA we have the latest technology in assessing bone density and fragility. Unlike DEXA that uses X-Ray, REMS Scans use ultrasound to precisely assess the thickness of bone and the bone strength/architecture.



It's an amazing tool to have, especially to safely monitor the progress our patients are making after using MBST to address the deconditioning of bone in Osteoporosis. We're seeing remarkable results when applying MBST to bone, both after trauma and in Osteoporosis patients.

Our observations include;

- Significantly faster fracture healing times
- Significant reduction in fracture pain.
- Improved Bone mineral density
- Improved T scores and reduced fragility



MBST Arthritis: MBST is helping so many patients with debilitating arthritic conditions: From knees hips and spines to hands shoulders and ankles. At CURA we've treated over 2,000 patients with arthritis. It's gentle and safe yet gets powerful life-changing results in a high percentage of patients.

MBST applies electromagnetic energy to cells using precisely targeted resonance/tuning. This energy positively influences the cell's function, downgrading cell inflammation and putting the cell in an energised regenerative state.

This affects conditions such as arthritis in a very positive way, reducing pain and inflammation but more importantly, it takes the brakes off the healing process and creates optimum tissue conditions to repair and heal.

An award-winning innovative treatment for: Osteoarthritis | Back & disc problems | Bone conditions & fractures
Cartilage damage | Ligament, tendon & muscle damage | Sports & accident injuries

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Breathe Stretch Talk Relax (BSTR)

**A Weekly Wellbeing Class in Bristol –
First Class Free!**

Discover BSTR: Your Weekly Wellbeing Boost

Looking for a space to relax, connect, and improve your wellbeing? Join our new 'Breathe Stretch Talk Relax' (BSTR) class – designed to help you unwind, stretch your body, and talk through life's challenges in a supportive environment. Led by Keon Williams, Personal Trainer, Health, Wellbeing & Life Coach, you'll benefit from **guided breathing, dynamic & static stretching, muscle toning too!** And open discussions on relevant topics.

Class Details

When: Every Tuesday, 09:15 am – 10:15 am

Venue: Horfield Quaker Meeting House,
300 Gloucester Road, Horfield, BS7 8PD

Cost: £10 per hour (First class FREE!)

Upcoming 'Talk' Topics

06/01/2026 – *Worry*

13/01/2026 – *Procrastination*

20/01/2026 – *Loneliness*

27/01/2026 – *Anxiety*

After the initial four weeks, you'll have the opportunity to choose future topics together as a group. Your voice matters!

Why Join BSTR?

- Start your Tuesday with relaxation and clarity
- Learn practical tools for stress management
- Connect with others in a friendly, judgement-free atmosphere
- First class absolutely free – come and see if it's for you!

Reserve Your Spot

Spaces are limited. To book your place, contact:

Keon Williams, Personal Trainer, Health, Wellbeing & Life Coach

www.kwhealthandwellbeingcoach.com

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

Phone: 07786 772673

Join Us & Invest In Yourself

Whether you're looking to stretch and tone, breathe, talk, or simply relax, BSTR is a welcoming space for everyone. Step into a new year of wellbeing – we look forward to seeing you!

EMBRACING PILATES

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160a Gloucester Road, BS7 8NT

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WEDNESDAY

9:30 – 10:30am also 10:30 – 11:30am

THURSDAY

6:00 – 7:00pm

THE METHODIST CHURCH

Westbury-on-Trym (Portland Lounge),
46 Westbury Hill, BS9 3AA

MONDAY

7:00 – 8:00pm

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ST. BONAVENTURES CHURCH HALL

Egerton Road, BS7 8HP

TUESDAY

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SB Counselling – Talking therapy with Bishopston Matters

Hello, my name is Steve and I am an experienced, local Counsellor and Psychotherapist, registered with the National Counselling & Psychotherapy Society.

Mental Health Matters – Our mental health affects how we think, feel and act. Being proactive and managing our mental health, by making time to pause, reflect and process, can be as important as eating healthily and doing exercise. People work with a personal trainer to improve their physical health and I believe it is a strength to reach out and work with a counsellor to help improve mental health; whether it's resolving issues in the past, or getting back on track, to lead the life you want.

What can Counselling help with?

- Anxiety • Stress • Low mood • Depression
- Trauma (childhood, adult, multiple) • Bullying
- Bereavement • Confidence & Self Esteem
- Control • Shame • Family issues • Neurodiversity
- Relationship issues • Ill health (self, family, pet or loved one). This list is not exhaustive.

What is Counselling like? Some people describe the counselling process as unpacking their thoughts and experiences, with a counsellor helping to make sense of them, then re-packing them in a way that they feel more comfortable with; allowing them to take control and move forward.

Others describe feeling truly heard and understood without being judged, as liberating.

How do I work? I offer one-to-one counselling for adults at my private practice in Elm Road Studios, Bishopston, or online. I am a good listener, non-judgmental, and provide a comfortable, safe space to talk, at a pace you are comfortable with to help you explore and navigate your thoughts and experiences. I offer a FREE initial 30-minute consultation – in person, online or by telephone – as finding a counsellor you feel comfortable to work with can determine the effectiveness of therapy.

Scan the QR Code or visit my website, www.sb-counselling.co.uk to find out more.



"Steve made me feel comfortable and valued. I feel in control for the first time in years. Thank you."

Save the date: Horfield and Lockleaze Celebrate Warm Welcome Week



Three local warm and welcome spaces are working together to brighten up January and provide opportunities for meeting neighbours and making friends. Lockleaze Neighbourhood Trust, St Marys & St James Church and Ebenezer Church have a week of warm and welcome events planned for you. Together we can banish the blues!

Horfield and Lockleaze Community Awards

Tuesday 20 January, Lockleaze Sports Centre: Join us to celebrate the heart of our community – the unsung heroes who make our

neighbourhood a better place. Whether they lend a helping hand, inspire others with their kindness, or quietly go the extra mile every day, this is your opportunity to recognise and celebrate them!

Visit lockleazent.co.uk to find out more about getting your nomination in.

Lockleaze Energy Advice Drop In Event

Wednesday 21 January, 3.30–5.30pm, the Hub, Gainsborough Square: Access advice and information to help you save money, make more sustainable energy choices and keep your home warmer this winter, with our amazing energy partners.

Visit lockleazent.co.uk to find out more about what's on. For more info on Warm Welcome Week visit warmwelcome.uk/warm-welcome-week.

Keep fit with Dance Moves

At **Horfield Methodist Church** BS7 8SN,
10.15–11am (registration at 10am) &
St Peter's Church, Filton, BS34 7BQ, 2–3pm.

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

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Beauty Box

Be brave in 2026 and something Beautiful might happen!



Julia (centre) with her wonderful team

Hello, my name is Julia, proud owner of Beauty Box. I am now delighted to have salons in three local locations and I would like to share with you how Beauty Box was born and perhaps inspire some of you to make positive changes in your career in 2026.

Seventeen years ago, I was thriving in my corporate job, immersed in deadlines and meetings, feeling fulfilled by my career. Life took an unexpected turn when my son arrived four months early. Those first few months were a whirlwind of worry and hope as we spent six long months in the neonatal unit at Southmead Hospital. When he finally came home on oxygen, our lives shifted dramatically.

The transition was challenging. I quickly realised that returning to my corporate role wasn't feasible. I needed to be there for my son, to navigate his needs while also finding a way to contribute to our family. It was during this time of uncertainty that I had a spark of inspiration. I transformed our dining room into a beauty room, hoping to create a space where I could offer beauty treatments while working around my baby's schedule. My husband stepped up to take care of our son, allowing me to begin this new venture.

Beauty Box isn't just a business; it's a testament to resilience, love, and the power of following one's dreams.

Julia, Beauty Box owner

One day, as I was driving through Westbury-on-Trym, I spotted a small shop with a 'For Let' sign in the window. It felt like fate. I can still remember the thrill of envisioning my dream taking shape in that space. With determination, I took the plunge, and Beauty Box was born.

Fast forward to today, my beautiful boy is now 18 and enjoying his first year at university, marking another significant chapter in our lives. Beauty Box has flourished, expanding to three salons in North Bristol. I'm incredibly proud of what we've built. My team of talented therapists and receptionists have shown resilience through economic downturns, lockdowns and rising costs. Together, we've created a sanctuary of beauty and self-care, turning challenges into opportunities.

Reflecting on this journey, I'm grateful for the challenges that led me to discover my true passion. Beauty Box isn't just a business; it's a testament to resilience, love and the power of following one's dreams.

Be good to yourself this New Year and book in for some relaxing self-care at one of Beauty Box's local salons.

Westbury-on-Trym

16 High Street, Bristol,
Westbury-on-Trym,
Bristol, BS9 3DU

0117 9507080

Coldharbour Road

121 Coldharbour Road,
Redland
Bristol, BS6 7SN

0117 3291750

Clifton Down

Unit 1, Clifton Dn Shopping Centre,
Whiteladies Road,
Bristol, BS8 2NP

0117 3297005

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

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.

Other Pilates Active classes take place at

Horfield Methodist Church, Churchways Ave, BS7 8SN
 Horfield Baptist Church, 160a Gloucester Road, BS7 8NT
 St Peter's community Centre, Manor Farm, BS10 5FQ

07769 723 528

For full timetable scan the QR code or visit pilatesactive.com

Insta: [pilatesactivebristol](https://www.instagram.com/pilatesactivebristol)



PILATES ACTIVE

Discover the Transformative Power of Pilates



Are you looking for a way to feel revitalised and more connected to your body? Pilates with me could be the perfect path for you. This low-impact exercise method focuses on core strength, flexibility and overall body awareness, making it an ideal choice for anyone experiencing stiffness, fatigue or stress.

One of the standout benefits of Pilates is its emphasis on core strength. Many people encounter issues like lower back pain and poor posture due to a sedentary lifestyle. By engaging in Pilates, you'll strengthen your core muscles, alleviating discomfort and reducing the risk of injury in daily activities. As your strength and stability improve, you may also notice a boost in your energy levels, allowing you to approach life with renewed vigour.

Pilates incorporates mindful movement and deep breathing, providing a calming escape from everyday demands. This practice can enhance your mental wellbeing, helping you feel more confident and centred as you navigate daily challenges.

At Pilates Active we promise to deliver progressive, well-thought-out classes that empower you to get stronger, feel calm and truly enjoy an hour to yourself. Each session is designed to leave you feeling energised and ready to tackle whatever comes next.

For those looking for specialised support, I also offer pregnancy Pilates classes designed to accommodate the unique physical changes during this special time. These classes will help improve posture, ease discomfort and prepare your body for the journey ahead, all while fostering a nurturing community of fellow expectant mothers.

Whether you're eager to embark on a wellness journey or seeking tailored support during pregnancy, choosing my classes ensures a rewarding experience. Join us today to reclaim your vitality, build your confidence and experience the transformative power of Pilates! If you are interested, please get in touch today.

Give your body a tune up this New Year

Hopefully, you've never had to learn the hard way what happens if you neglect car maintenance. Skip too many oil changes, and the engine starts to complain. Ignore the 'check engine' light, and sooner or later you'll be paying for the mechanic to go on vacation! Even the highest performance, luxury vehicles need routine care to keep them running smoothly.

Your body works much the same way. Day after day, the big and small movements you make add up. This includes your daily posture at your desk and typing on a keyboard, as well as your alignment while lifting weights and your posture while you sleep. Under the best circumstances, your body can adapt and repair from this 'daily mileage'.

However, nutritional deficiencies, stress, dehydration and especially, misalignments of the joints, can lead to wear and tear of the ligaments, tendons, cartilage and bone. This degeneration results in conditions like osteoarthritis and stiff, aching joints. Don't treat these as 'normal' signs of getting older; they're actually the body's way of flashing its own warning lights.

Given the right care, your body is able to self-regulate so it can repair, adapt and keep going strong.

We encourage you to not wait until something breaks. The next time you notice stiffness in your neck, tingling in your wrist or soreness in your knees, don't ignore the signs. That's your body asking for a check-up, not unlike that little light on your dashboard.

Better mobility, fewer aches, improved posture and more energy are the natural by-products of keeping things in balance. Give it the care it needs now, and you'll not only prevent bigger problems later, but you'll also get to enjoy the smooth ride of a healthier, more resilient body.



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 simply meditation

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Regain your confidence with Cleo Extended

This month we catch up with Cleo, founder of Cleo Extended – a personal hair extension service offering high-quality, natural looking hair extensions.

What led you to launch your business? I have always been passionate about hair and wanting to pursue a career in this area. I chose to work with hair extensions as since the birth of my children, I have suffered with thin hair, which really knocked my confidence. Like many of the woman I now work with, I felt there was a stigma attached to hair extensions that for a long time prevented me going down this route.

What changed your mind?

A few years ago, a friend lost hair through stress. The addition of some quality hair extensions changed everything for her, and this gave me the confidence to explore extensions for myself. The results were amazing; they have completely transformed the way I feel about myself and reignited my confidence and self-worth.

What motivates you?

I am passionate about spreading the glow these extensions can create. I am determined to show people how natural the extensions look and enable them to regain their confidence. I receive many compliments about how healthy my hair looks and nobody ever thinks I am wearing extensions – and that's the way it should be.

What can people expect if they book in with you?

The first step is scheduling a **free consultation**, where I will colour match to the client's hair. Based on the length of hair they require (the hair is costed per gram), I can then provide a quote. If they decide to go ahead after the initial consultation, I will order the hair and book a date in for the fitting. This is the fun bit when clients leave feeling fabulous!

Where are you based? I have a beautiful home salon in Cheswick Village but appointments can also be made on Gloucester Road.

How do get in touch? Please message me on Instagram: @cleoextended, email me at: cleoextended@gmail.com or call: 07717 824555.



Cleo

“Where is my tummy coming from?!”

It's a question I hear from so many of my clients: “Losing weight just isn't as easy as it used to be!”

If that sounds familiar, you're not alone. During the menopause (which can begin from around 40 years), it's incredibly common to notice extra weight settling around the middle – even if you've always been slim or more pear-shaped. It can feel very frustrating when you haven't changed your diet or exercise routine.

So, what's going on? A few key reasons include:

- **Muscle loss** – From around 35 yrs, we naturally lose muscle. Less muscle means a slower metabolism, so we burn fewer calories.
- **Falling oestrogen levels** – Lower oestrogen affects how fat is distributed, often leading to that stubborn middle-area weight gain.
- **Low mood and anxiety** – Both can affect motivation and lead to comfort eating.
- **Tiredness** – When you're exhausted, it's much harder to make healthy choices or get moving.

The great news? You can absolutely turn things around! Weight training is one of the most effective ways to support your body through these changes. The NHS recommends at least two resistance training sessions each week to maintain muscle, boost metabolism, and help protect against osteoporosis.



“My weight had been creeping up with the menopause, and I'd lost motivation. Since training with Polly, I feel stronger, more confident, and more toned. My posture has improved, and the scales have stopped creeping up! *Ness, 48 years old.*”

“I love the support from others in the team; it's very motivational and a cost-effective way of getting many of the benefits of a personal trainer. It's lovely to meet and train with other people in a supportive environment.”

If you're ready to feel stronger, healthier and more confident again – do get in touch and find out how we can help you feel your best.

Whatsapp: 07954381845

Email: info@pollyturnillfitness.com

Visit: www.pollyturnillfitness.com

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SADOWSKI HAIR SALON



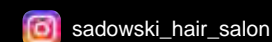
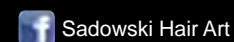
Friendly, local salon owned by **Tomasz Sadowski** – Curly hair & colour specialist

Wishing our clients a very happy new year!

We look forward to helping you look and feel fabulous throughout 2026

Join the talented team, contact Tomasz for more info.

Sadowski Hair Salon, 9 Muller Road, BS7 0AB | 07916 847624





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 below run 10am–12pm at The Seat Unique Stadium, Nevil Rd, BS7 9EJ.

Jan 14th, Q & A with Simon Panes – After 20 years of service as Director of Sport at SGS College, he now shares his invaluable experience.

Jan 21st, Q & A with Pat Murphy – Broadcaster at the BBC who reported on numerous sports during his career that spanned more than four decades.

Jan 28th, Q & A with Dean Wilson – The current *Daily Mirror's* Cricket Correspondent.

4th February, Q & A with Samir Patel – A Consultant Physician at North Bristol NHS Trust.

11th Feb – TBC

18th Feb, Q & A with Brunel Field School – Year 4 pupils visit their neighbouring Cricket Ground.

25th Q & A with Maria Kane OBE – Joint Chief Executive North Bristol NHS Trust and University Hospitals Bristol and Weston NHS Foundation Trust.

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

www.walkersandtalkers.org



Osna owner, Bridget, is geared up ready for a new year, continuing to offer restorative holistic therapies as well as producing her hand-made Bareskin beauty range. If you are in need of a new year pick-me-up do treat yourself to some healing with Bridget.

At the end of November last year, Bridget was instrumental in the hugely successful Mind Body & Spirit event hosted at Boston Tea Party. The wonderful wellness evening raised over £1,000 for St Peter's Hospice. Watch this space as more of these events will run during 2026.

A long-term Gloucester Road business resident, Bridget is now taking on the admin role for Glos Rd Central's Facebook page, along with other traders. A new Instagram page will be coming soon too!

Osna, 222 Gloucester Road, BS7 8NZ
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Instagram: [osnatherapycentre](https://www.instagram.com/osnatherapycentre) | 07527 585984



Refocus Hypnotherapy

with Emily Richardson

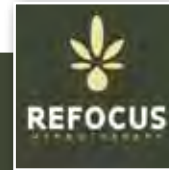
Solution-Focused Hypnotherapy offers a gentle, forward-looking way to reduce anxiety and regain a sense of balance. Instead of revisiting old problems, this modern therapeutic approach helps you focus on solutions – guiding your mind towards calm, clarity and confidence. Using relaxing trance work and positive psychology, you can learn to quiet the noise, think more clearly and move into the year with a grounded sense of control.

Book your January session and begin your fresh start today.

Expecting a baby this year?

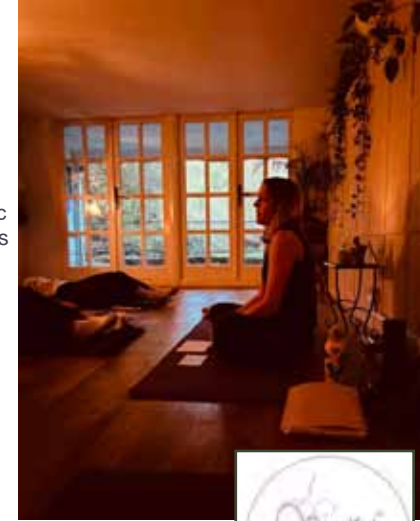
Start your parenting journey with confidence.

Alongside anxiety support, I also offer Mindful Mamma Hypnobirthing, a calm and empowering approach to birth that helps you build confidence, reduce fear and work with your body during labour. Whether this is your first baby or your next chapter, Hypnobirthing can help you look forward to a positive, informed and supported birth experience.



Group sessions or 1:1 available.

For more information, please visit my website: **www.refocushypno.co.uk**, give me a call on **07912 181128**, email **emily@refocushypno.co.uk** or follow me on Instagram: **@refocushypno**



Start the New Year with a Gut Boost and a WI Wanderland



On **Tuesday 20 January** Gloucester Road WI are hosting a **fermentation demonstration**. We'll learn how to make kimchi and kombucha and get to taste samples from Muti and Nania's Wildbrew Kombucha.

If you'd like to boost your beneficial bacteria for the new year – you know where to come! Visitors (females aged 18+) are welcome at a cost of £7.50. Simply email us to register your interest or find out more about the event.

In February, we are **teaming up with Window Wanderland**, to support their theme of 'Hope'. **Come along to create your unique window design**, using your own ideas or templates provided. All materials will be included, and the event is free to members. **We are also extending an invitation to everyone in the wider Bishopston community to come along and make their very own display alongside us.**

We are asking for a suggested donation of £3 for individual guests or £5 for families to cover the cost of the resources and if you have any tissue paper left over from Christmas, please bring it along to help increase the sustainability of the event. Refreshments will also be available. This is our normal February meeting, held at St Bonaventure's Parish Hall on **Tuesday 17 February** from 7.45pm, in time for Window Wanderland on 27 February to 1 March.

To learn more or view our programme for the year, please visit **www.gloucesterroadwi.org** or email: **info@gloucesterroadwi.org**





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smile.

[smaɪl] noun

a curve that sets everything straight



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Boost your Aura this New Year!

Aura Therapy and Beauty has enjoyed a fantastic first six months on Kellaway Avenue, and is ready to support and spoil their clients throughout 2026!

Owner Prabjot (PJ) is delighted with how the local business is growing and the wonderful response she has received from clients new and old.

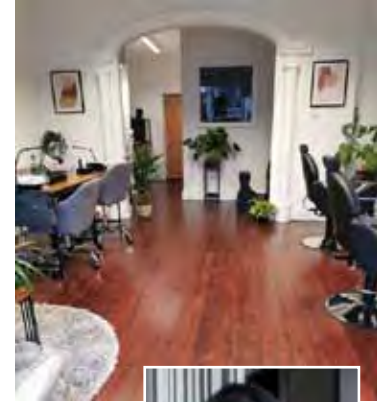
When I caught up with her recently, she shared, "I love having my own holistic and beauty space. The business is growing each month due to client demand and I am pleased to be able to increase the treatments we can offer."

Adding to all of the popular treatments of Nails, Facials, Lashes, Threading/Waxing, Holistic massages and Reflexology, the treatment centre is now delighted to offer: Sports massages (pre, post and in event), Pregnancy massage (post/ante-natal) and Lymphatic Drainage massage – helping to remove excess body fluid and toxins.



Aura is now accredited to cover certain therapies under Healthshield Medical cashback scheme and is registered with additional industry bodies including the Sports Therapy Organisation (STO) and Federation of Holistic Therapists (FHT) extending their professional commitment to the highest treatment standards.

January is the perfect time to indulge in some self-care and avoid those winter blues. Do book into Aura soon and take advantage of the excellent **READER OFFERS** below. You will be sure of a warm welcome and a soothing aura.







Now offering Sports, Pregnancy & Lymphatic massages

Book in via the QR code






Aura Reader Offers!*

Facial with a choice of Massage – £39 (normally £80)

Eyebrow – Threading/Waxing – £9 (normally £12)

BIAB/Shellac manicure – £39 (normally £49)

BIAB/Shellac pedicure – £45 (normally £55)

Sports Massage – £55 (normally £65)

Reflexology First Treatment – £45 (normally £55)



Aura Therapies, 8 Kellaway Avenue, BS6 7XR | Tel: 07969 725924

* New, Clients, One offer to be selected only, one use only. Valid until 31/01/2026.

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INTRO
OFFERS



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Bristol North Baths, Gloucester Road, Bristol BS7 8BN
0117 214 1655 | hello@soulpilates.co.uk | soulpilates.co.uk

MEET YOUR STRONGEST SELF THIS YEAR

As the new year begins, many of us are looking for ways to move more, feel stronger and invest in our wellbeing. If you've ever wondered what Pilates is like, Soul Pilates on Gloucester Road might be exactly what you've been searching for.

For the past decade, founder Nic Lenny, a long-time BS7 local, has grown Soul Pilates into three thriving Bristol studios. Her mission: to help people of all ages and abilities build strength, improve mobility and feel more connected to their bodies.

Nic's journey into Pilates came from a deeply personal place. After a serious car accident in her twenties left her with chronic neck pain, she tried every medical route available. It wasn't until she discovered Pilates that she found lasting relief. The transformation was so profound that it sparked a passion to help others experience the same life-changing benefits.

At her Bishopston studio, every class is taught on the Reformer – a Pilates machine that uses spring resistance to create a low-impact but highly effective workout. Unlike a traditional mat class, the Reformer supports and challenges your body in equal measure, helping you strengthen your core, arms, legs and back while improving posture, flexibility and balance. Many clients also notice a boost in mental wellbeing thanks to the mindful nature of the practice that leaves you feeling present.

Set within the beautifully restored Bristol North Baths, the studio is easy to reach whether you're popping in after work, strolling from nearby shops or cycling along Gloucester Road. The space has recently had a fresh glow-up and feels welcoming and energising – designed to make every class enjoyable from the moment you step through the door. It's the perfect environment to start the year with a renewed focus on your health.

A quick look at their Google reviews shows just how much local residents love the studio. One member writes: "I've been coming here for over two years now and absolutely love it. The classes are fantastic, and every instructor is so attentive and knowledgeable." Another adds: "Absolutely love the Reformer classes at Bishopston. Lydia is an amazing teacher and I look forward to the variety and challenge of each week's session."



If you've never tried Pilates before, there are a couple of ways to get started. You can drop in for a single class to see how it feels, or take advantage of one of the intro offers, which let you try group classes, private sessions or a mix of the two. These options are ideal for building confidence and learning to practise safely and effectively.

And if you'd like to see the studio in action before you commit, keep an eye out for their upcoming open day. Sign up to the studio's newsletter at soulpilates.co.uk and you'll be the first to hear the date. It's a great chance to meet the team, try taster sessions and experience the atmosphere that makes this studio so special.

Starting new habits doesn't have to be overwhelming. Whether your goal is to build strength, improve flexibility, or simply carve out a peaceful moment in your busy week, Reformer Pilates offers a motivating way to invest in yourself. And with a welcoming local studio right on Gloucester Road, there's never been a better time to begin.

To book your first session, visit www.soulpilates.co.uk or reach out to the team on **0117 214 1655** or hello@soulpilates.co.uk.

Slow and steady wins the race!

Happy New Year to one and all! I love January because it's a time of optimism and hope. I like the fact that many people start the new year with the intention of doing something to better themselves, to improve an aspect of their lives. This is brilliant – the problem lies in keeping it going! The statistics for new year's resolutions are not great; the majority of them sadly fail quickly. This is a shame; I think that the main reason they fail is that people often try to take on too much. I like the idea of baby steps, or marginal gains as it's usually known. The fact we all make these resolutions shows that there is a drive to improve; however, when we fail, this can feed into an existing self-doubt which then compounds making a positive change harder.

My advice is to find something small and manageable first and do it every day; build the chain as Jerry Seinfeld talks about when forming a positive habit.

There is a lovely story where a man made the new year's resolution to go to the gym every day, and that's just what he did. When he first started, he



would get to the gym and do very little exercise – getting to the gym was the priority. As the habit developed more things were bolted on and an exercise routine took shape. Now it's a full-blown gym commitment and a healthy lifestyle.

I hope this helps; a lot of people ask me for advice on healthy habits and I think the best advice I can give is to start small, make it manageable and let it develop as you become successful in your new habit.

Good luck, and if you made the resolution to try something new, exciting and healthy then book a free trial with Red Dragons Martial Arts today.

Sensei Lloyd

Facebook: [Red Dragons Martial Arts](#) / Visit: www.reddragonsmartialarts.com

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



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I took my PC to I Love PC for retiring/recycling my computer in Sep2025. They were efficient, knowledgeable and helped me sort the best way to recycle my computer. I even got my PC hard drive (SSD), written over, as an external hard drive to use!

I have used them previously where they replaced my PC with SSD to extend its lifetime. I got nearly another 5 years from the PC with their advice. They provided the guidance to how to best deal with my issue for free. Their service is extremely trust worthy and helpful.

Best PC repair shop around Bristol!

4.9 ★★★★★ Google reviews



News from Claremont School



Claremont School has been getting ready for 2026 by experiencing a sensory show to 'find their New Year sparkle!' There were crystal singing bowls to resonate sounds around the room. Wafting crinkly paper crackled as the dancers moved among the students and everything was shiny and twinkling as everyone was immersed in the warm glow of the tent. The school council said it was



good, they liked the silver shining tubes and enjoyed using the drums creating their own beats alongside the rhythms of the music. A fantastic way to all find our personal shine and start a bright 2026 together.

Claremont students loved the magical Moonbeam Theatre multi-sensory theatre show.

www.moonbeamtheatre.com.

Coffee & Craft

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

**Friday 9, 23 & 30 January and
13 & 27 February, 10.30am – 12.15pm**

Come and bring your craft work. Join this community group for refreshment, conversation and relax.

For further info please contact the Church office,
www.office@horfieldbaptist.net

Bishopston Beanstalks news...

Spaces available

We currently have spaces available and welcome both funded and fee-paying families with children aged 2–4 years old.

Our high staff ratios and small, play-based setting means children are well supported by highly trained practitioners.



“Bishopston Beanstalks is a magical pre-school. The staff are incredible and know every child inside out. I can't recommend it highly enough. If you are looking for a small, nurturing, family-feel pre-school then I would urge you to look no further!” Parent, 2024

Flexible childcare offer

At Beanstalks we offer flexibility and support for families who work or require short-term childcare. We don't ask for a minimum commitment and we can work around the hours you need. Families also use us alongside childminders or nurseries, allowing parents to work longer hours.

Please get in touch to arrange a visit or to discuss your childcare needs.

Email: info@bishopstonbeanstalks.co.uk

Call: 07749 322534

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www.bishopstonbeanstalks.co.uk

An exciting season of theatre for 2026 at Kelvin Players

The 2026 season at Kelvin Players is set to bring more great theatre to our community with an exciting selection of shows.

We have something for everyone! Audiences can expect to be moved by a poignant story of loss and reconciliation; be taken on a hilarious quest with a difference; value how music lifts spirits. Also lined up are a biting tragicomedy about bureaucratic absurdity and an epic story blending Greek classics with an urgent, modern lens.

Along with these five main shows, we have our Black Box (i.e. with minimal set) production too – an endearing fable relating to mental health, emotions and community.

Why these plays?

Our Artistic Programming Committee curates every season to produce a vibrant, balanced mix of shows. We aim to engage and excite audiences, as well as continually develop and inspire our more than 250 members.

There's a clear process to support us – from a clearly defined framework of what a well-rounded season includes to using key criteria to review proposals. Each show we select ensures creativity, diversity, inclusion and artistic quality.

As Kelvin's Artistic Director, I am delighted our 2026 season captures our intentions very well indeed. We look forward to welcome you to enjoy the shows next year!

Teri Mohiuddin
Artistic Director

The first two shows of the season are available to book now at www.kelvinplayers.co.uk/tickets

Early bird rate available –
a limited number of tickets priced at just £10!



***The Long Road* by Shelagh Stephenson**

17–21 February (plus Saturday matinee)

This story traces a family's complex journey through grief after a tragic, senseless murder. The long path to forgiveness is laced with hope and touches of humour.



***The King* by Donald Barthelme**

Adapted for the stage by Chris Thomas

14–18 April (plus Saturday matinee)

A witty, light-hearted and irreverent romp set in a fantasy world mixing Arthurian legend and Europe in WW2. Adapted from a novel, this stage version is a world premiere.

Coming up later in 2026

***Brassed Off* by Paul Allen. Based on the screenplay by Mark Herman**

• 1–4 and 8–11 July

Featuring a live band on stage with award-winning Filton Concert Brass, an inspiring tale of miners finding power and hope through music that packs a strong emotional punch.

***The Rabbit & the Rain* by Chris Hawkins**

• 28–30 August. A Black Box Production.

An allegorical tale showing the importance of friends and support when feeling low, this family-friendly show offers early evening and afternoon performances.

***The Dying Wish* by Mauro Fazio**

• 27–31 October

A satirical look at bureaucracy and capital punishment, the play brings the narrative home with a mix of slapstick, farce and physical comedy punctuated with engaging emotional moments.

***Welcome to Thebes* by Moira Buffini**

• 1–5 December

A gripping story that draws on characters from Greek classics is told with sharp humour and explores contemporary themes of justice, war, democracy – with a core tension between free will and fate.

KELVIN PLAYERS | EST. 1929

Kelvin Players
253b Gloucester Road
Bishopston, Bristol BS7 8NY

 www.kelvinplayers.co.uk
 @KelvinPlayers

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

Green spaces at The Ardagh are essential to our community – places where connection, wellbeing, health and friendship thrive. In 2026, we're committed to building on these treasured assets, bringing even greater benefits to our wonderful local community. A huge part of The Ardagh's beating heart is the fantastic award-winning gardening team and their connection to community partners.

Ardagh Garden Volunteers – Growing Veg for Our Community

– The Ardagh's dedicated gardening volunteers grow fresh, healthy produce for the benefit of local families and food clubs. With new raised beds installed, the growing space has expanded to meet increasing demand and to provide a wider variety of vegetables.

The gardening team, led by Head Gardener Sol Harmsworth, focus on crops that are requested by local food bank Family Food Action (FFA) who are at The Ardagh every Tuesday arranging and sorting deliveries of donated food. This guides planting decisions and ensures that every harvest meets real community demand. Regular veg includes beans, tomatoes, courgettes, kale, winter salads, beetroot, radishes, lettuce and cucumbers. Fast-growing varieties ensure a steady supply and established rhubarb plants are divided to boost harvests. Local allotment partners also boost efforts, donating surplus crops to strengthen the initiative. Wherever possible, produce bags are prepared for families to take home, extending the impact beyond the kitchen and into everyday life.

Freshly picked vegetables grown at The Ardagh are delivered via FFA straight to community partners such as The Vench, May Park Primary School, Felix Road Adventure Playground and St Paul's Children's Centre. In many cases, the produce is used the very same day in cooking sessions at family hubs and children's kitchens, ensuring families enjoy nutritious meals made from locally grown ingredients.



One volunteer mentioned "What we pick in the morning, families are eating in the evening."

This project is more than just gardening – it's about connection, wellbeing and practical support. By growing food together, The Ardagh volunteers are helping to nurture both the land and the community, one vegetable at a time.

Bristol's First On-Site Food-Waste Recycling Pioneers

– In November, as part of a visit with RHS In Your Neighbourhood award ceremony, ACT was proud to announce that it has become the first community café in Bristol to recycle all of its food waste on site, marking a significant milestone for local sustainability. A recently installed second HotBin composter, enables the team to process 100% of café food waste just metres from where it is produced.

"We're excited to have achieved this long-held ambition," said Sol Harmsworth, Head Gardener. "It's the result of vision and teamwork from café staff, Rich and garden volunteers and our longest-standing trustee, Fiona Wright, who have all worked together to raise funds, train staff and change practices to make the dream a reality."

All the café's food waste is now recycled, saving over 30 tonnes of CO₂ each year. That's the equivalent carbon sequestered by 35 acres of forest a year, or 75,000 miles in an average car.

Onwards and Upwards in 2026

– ACT's community plant nursery is set to grow, with plans to expand propagation, improve signage and displays, and open more regularly. Volunteers aim to share their love of gardening widely, potentially offering accessible horticulture sessions for young people with disabilities, training opportunities for volunteers, and exploring plant sales to support local projects such as allotments and cafés. Rooted in inclusion and community spirit, the nursery hopes to bring the joy of plants to even more people across Bristol.

theardagh.com

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

Wishing you all a very happy new year! As Christmas drifts away, we are here for a restorative start to 2026.

Our community wellness retreat is now open 7 days a week – a thoughtfully designed space to relax, recharge, and restore both body and mind. Everyone is welcome.

At the heart of our retreat sits a beautiful 16-person wood-fired sauna, surrounded by cold showers, plunge pools, changing facilities, a calm relaxation area and a non-alcoholic bar.

We know you love a good sauna hat; whether your preference is understated, the traffic cone or the witch's hat, our hats are now available to buy at the sauna and online, double thickness and extra hardwearing, and starting at £20.

We also host an array of mindful and social events – from breathwork and yoga to live music – all alongside our sauna facilities. We love a gathering! Why not book your next celebration with us?

Christmas/New Year Holiday Opening times

Monday 15 December – Sunday 11 January: 10am – 9pm daily. (Closed 26 December)

2026 Opening times (from Monday 12 January)

Monday – Thursday, 3 – 9pm

Friday – Sunday, 10am – 9pm

Welcome to the Hot Box – Our new eight-person wood-fired sauna has landed. We will be running it for the duration of the Xmas/New Year holidays and, if you guys love it, it will be staying.

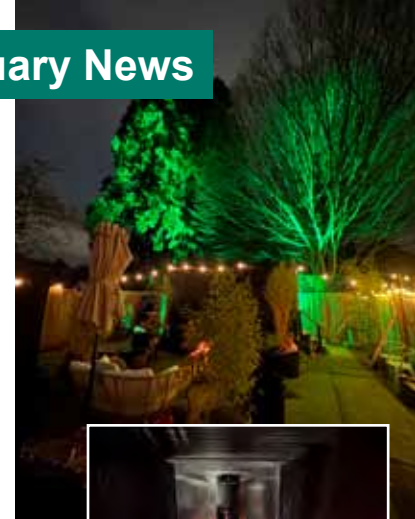
Finnish Sauna Workshop – Launched in December, with monthly instalments, we're hosting a special Sauna Culture Workshop with our local sauna expert, Felix, from Sauna Kallio.

Felix, the Finn, is on a mission to bring authentic Finnish sauna culture to the UK. Sharing his deep cultural knowledge, along with the core concepts of sauna bathing in Finland through a guided sauna session. Beyond the heat lies something deeper, a feeling every Finn knows, but few can put into words. Join us for a guided sauna experience and see if you can find it for yourself.



Sauna Medicine – Saturday 3 & 17 January, 10am, £15.

Enjoy heat, oil and breath in this deeply relaxing, hour-long, led sauna session. Yoga teachers, Lindsey and Rachel, will bring you into a softened and soothed state through breathwork, Indian self-massage and meditation. This unique combination of sensations and practices is designed to heal, restore and rejuvenate. Join us for a beautiful way to start your Saturday.



Steve Davis (Ambient DJ Set) – Saturday 31 January, 7 – 10pm.

Our evening with the legendary Steve Davis – the world-famous snooker champion turned acclaimed DJ and musical tastemaker – has sold out! We will be releasing a very limited number of tickets a few weeks before the event for those that have missed out. Keep an eye on our socials for news on how to grab yourself one.

Private Bookings & Celebrations – Planning a special occasion? Our sauna is available for private hire – starting at £100 per hour and suitable for up to 16 people. Celebrate birthdays, gatherings or small group events surrounded by nature at Horfield Common. We can help tailor your event with food, drinks, entertainment and more. Share your ideas and we'll make it happen.

Email: info@ardaghcommunitysauna.org

Book online: ardaghcommunitysauna.org

Walk-ups are always welcome, and we accept card and cash on site. Not sure if it's for you? Come by, have a look, and say hello.

You'll find us at The Ardagh, Off Kellaway Avenue, Horfield Common, BS6 7YL.



Could you volunteer with FFA this year?



Family Food Action is a volunteer run/led local charity which collects and distributes food and toiletries to Partner organisations in North and Central Bristol working with families in food

poverty. On Tuesday mornings throughout the year, we meet at our hub at The Ardagh Community Trust to sort and distribute donated items and deliver them to our Partners. We are always on the lookout for volunteers to help with:

- **Collecting donations from various locations (around 1 hour)**
- **Setting up our sorting hub (around 1 hour)**
- **Sorting the donated items (around 3 hours)**
- **Delivering to our Partners (around 1.5 hours)**

You can choose to volunteer as often as suits you, and for whichever role(s) you can manage. No special skills are required, and you will be working alongside other volunteers who will provide guidance and support. If you are interested, please contact us to arrange to come along to see us in action.

Other ways you could help (whether as a one-off or a regular contribution) are to:

- **Set up a collection in your street**
- **Put on a fundraising event**
- **Make a financial donation**

On the subject of supporting FFA, we must mention a truly impressive young entrepreneur, Nathan (pictured), who ran a stall alongside ours at The Ardagh Food and Craft Market in November. Nathan, who is 11 years old, runs a business making and selling affordable 3D-printed components so that the creative among us can make fidget toys and fantastical creatures and, for the rest of us, he also produces some ready-made ideas! What sets him apart is that he donates a significant proportion of the profits from his business to local charities, and FFA was delighted to be chosen as the beneficiary of proceeds from his November and December stalls at The Ardagh, all of which will go towards putting food on the tables of hungry families. This generosity brought the total of Nathan's donations in 2025 to more than £1,000 – an amazing achievement. To find out more about Nathan, his brilliant venture and the charities he has benefited, visit pocketprints3d.co.uk.

For further information on FFA, visit Familyfoodaction.org.uk or click on the QR code here.



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St Bonaventure's Pre-school is now accepting applications for September 2026

St Bonaventure's Pre-school is accepting applications from parents looking for pre-school places for their children, starting September 2026. Well-established in the local community, the sought-after pre-school provides high-quality care and education for 3 and 4-year olds, acting as the perfect stepping stone for children before they start school. Although the pre-school itself is non-denominational, it is based on the site of St Bonaventure's Primary School and so benefits from an excellent purpose-built setting which offers children a light, spacious and well-equipped environment with plenty of outdoor space in which they can explore, develop and thrive.

As well as following the Early Years Framework, Birth to Five Matters, and completing the Bristol Standard, they offer a range of extra-curricular activities to provide further opportunity for enrichment; children enjoy tennis sessions, trips to the community gardens, drama, art and dance workshops, and forest school. Cooking is a regular activity and the children have the opportunity to grow plants and vegetables in the outdoor areas. Practitioners incorporate Makaton as a form of inclusive communication throughout the year and the children benefit from fluent Chinese and Italian speakers among the Practitioners, who share their interests in the language and culture with the children.

Marie Taylor, Manager of St Bonaventure's Pre-school, says: "As an early years setting we continually strive to further progress our practice in order to deliver the best possible care for the children and families within the community; we are passionate about providing the best start in life for your child in a fun and relaxed atmosphere."

High staff to children ratios means that every child is supported to feel happy and secure in developing their confidence, imagination and sense of achievement as well as perseverance and a greater understanding of the world around them.

The pre-school was awarded an 'Outstanding' achievement from Ofsted when they were inspected in July 2024, with Ofsted commenting on how the "children arrive at this exceptional pre-school smiling, motivated and happy...delighted to see staff and eager to walk in".

St Bonaventure's Pre-school is open Monday – Friday, 8.00am – 5.30pm during term time. The setting offers parents the opportunity to use any free early education entitlement up to 30 hours.

Do get in touch.

Email: admin.stbonaventures.ey@bristol-schools.uk or telephone: 0117 353 2887 for more information. To request an application form or see what past and present parents have to say about St Bon's pre-school, please visit: www.stbonaventuresearlyyears.co.uk | Instagram: @stbonspreschool



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Instrumental lessons in Bishopston and Horfield from a qualified teacher / performer with enhanced DBS clearance. Spaces available for Flute, Saxophone, Clarinet, Recorder, Piano, and Theory (GCSE/A Level) on all weekdays from 4pm.

All styles and levels catered for from beginners through to advanced learners.

"Music has the power to inspire, teach and transform lives and I strongly believe that every person of every age should have access to music education and a platform to express their musicality".

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

Lessons can be for fun or focused on passing graded exams. Lessons typically last half an hour and cost £24.

E-mail: katherine@kjdmusic.co.uk
www.kjdmusic.co.uk [kjdmusiclessons](https://www.instagram.com/kjdmusiclessons)

Are you... Tired? Exhausted? Running on empty?

Baby & Child

- New Born sleep
- Multiple night wakes
- Bedtime battles
- Early rising
- Fighting naps
- Nap transitions
- Cot-bed transitions
- Night feeds

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- Night wakings
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- Circadian rhythm disorder
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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 or email: helenpapworthcounselling@gmail.com.

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Santas on the Run success at local children's hospice

More than 300 participants joined Santas on the Run North Somerset to raise vital funds for Children's Hospice South West on Sunday 7 December.

This popular fundraising event saw over 300 supporters of all ages dressed in a range of Christmas costumes, take on the festive 2K route around the hospice's beautiful grounds and saw participants enjoying the event village with food vendors and festive activities based at The Downs Preparatory School.



Hollie Thorogood, Events Fundraiser at CHSW, said: "We are so delighted at what was a fantastic Santas on the Run event this year, and it was brilliant to see so many people dressed up and running around our wonderful Charlton Farm surroundings. We saw Santas, reindeers, elves and much more."

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 in Wraxall, Somerset.

The hospice supports children with life-limiting illnesses or conditions, and their families, providing short breaks, respite and palliative care, as well as end of life care and bereavement support. Charlton Farm's doors are open 365 days a year and will be a home from home for families over the festive period too.

Get involved in 2026! If you are interested in taking part or organising a fundraiser this year for the charity, we would love to hear from you. www.chsw.org.uk | 01275 866600



Having a post Christmas clear out? We'd love your stuff for our January Jumble sale!

Raising money for The Grand Appeal & Sefton Park Schools PTA

Something to look forward to in the new year, helping to clear our homes, provide for others and raise money for charity with a good old fashioned Jumble Sale! All welcome to donate: £2 per donor, why? This small fee will save you a trip to the tip and go directly to The Grand Appeal.

All welcome to attend: **FREE entry**
Saturday 24 January

9am – 12pm, donation drop off
2 – 4.30pm Jumble Sale & Cafe

Clean items in good condition only please.

Profits from jumble sale & cafe will go to Sefton Park School PTA

Contact: Zoe, at: zoe@la-casa-della-vita.com

Venue: Gloucestershire County Cricket Ground, BS7 9EJ

Details of services and activities happening at Horfield Methodist Church, Churchways Avenue, BS7 8SN.



We are a friendly church, with a congregation of all ages, backgrounds and nationalities. We are registered as an Inclusive Church and are registered for same-sex marriages.

We meet for morning worship each Sunday at 10am. Refreshments are served after the service.

Messy Church, 11am–1pm – a service for families and everyone. Meeting every second Saturday of the month. Join us for craft, fun and lunch.

Little Fishes Toddler Group, every Friday 10–11.30am, in term time. Ages 12 months to 3.5 years. Includes, crafts, toys, bikes, songs, books, refreshments and more!

More information available at horfieldmethodist.org.uk and on our Facebook page.

Have you discovered HappyMaps yet?

HappyMaps is an award-winning charity for parents – and it started right here in Bishopston! Founded by local GP, Dr Jasmin Krischer (pictured), with support from other health professionals, the charity was created in 2019 in response to the growing number of children and young people struggling with mental health challenges.



If you've ever tried searching for reliable advice, you'll know how difficult it can be to find the right support. That's where the HappyMaps website comes in: it brings together hundreds of trusted resources in one easy place. You'll find helplines, websites, books, apps and videos – all grouped by age and topic.

For example, if you're worried about your eight-year-old's anxiety, you can head straight to the Primary School / Anxiety section and find expert advice, practical tips and recommendations from charities and other parents. The site also includes:

- Pre-school resources on behaviour, sleep, separation anxiety and toileting
- Secondary school and student pages with guides and self-help for teens and young people
- Specialist sections for foster or adoptive families and for children with learning difficulties
- Wellbeing ideas for the whole family

HappyMaps is the only website of its kind for UK parents – and it's now being used across the country and even abroad.

Check it out on www.happymaps.co.uk – there is a South-West, UK-specific section for finding counselling for children and young people.

If you'd like posters to share at your school, nursery, library, workplace or community group, get in touch at happymapsuk@gmail.com.



Brunel Bantams FC are Encouraging Girls to Give Football a Go!

Are you looking for a fun new hobby, a way to make new friends or just a chance to burn off some energy on the weekend? The Brunel Bantams are inviting girls of all abilities to come along and discover the joy of grassroots football. We are hosting three special open sessions where girls in Reception to Year 3 can give football a try in a relaxed, supportive setting at our home ground, BAWA in Filton. No pressure, no cost, just lots of fun! Sign up using the QR code.

Open Session Dates:

- **Saturday 24 January at 10.30am**
- **Saturday 28 February at 10.30am**
- **Saturday 21 March at 9.15am**

The sessions are designed especially for beginners and developing players. No experience is required, just a pair of trainers and a big smile. During training, we will play exciting games that help us get moving like footballers, fun challenges that introduce dribbling skills and mini matches where everyone gets to take part. It's all about learning, having a go and enjoying the game together.

Football is a brilliant way for girls to build confidence, stay active and make friends; our friendly and nurturing club is the perfect place to start. Here's what some of our current recruits have to say about their club:

"I like being in Bantams, it makes me happy. Sometimes I come home and think 'wow, I just scored a goal!' or 'I did a great save today'. I think I've improved a lot since I joined. It's really fun being part of a team with my friends." Nel, U9 squad teammate.

"I like playing in goal and I also like scoring lots of goals. I like learning about football and how to play it." Isla, U6 squad teammate.

Come along and join the Bantams team spirit. We can't wait to see you on the pitch!

For more information, reach out to brunelbantams@gmail.com

Sign up for an Open Day





Cotham School hosts the first Racial Equity Network Dinner (REND)

On Saturday 22 November, Cotham School proudly hosted the first Racial Equity Network Dinner (REND) in Bristol and the Southwest. 100 educators, leaders and organisations committed to racial equity and anti-racism from across the country came for a day of networking and to enjoy a delicious Caribbean lunch from Bristol's stalwart, Glen's Kitchen. The school was decorated beautifully and the tone for the day was set by Cotham School's former Deputy Headteacher, Domini Choudhury.

Throughout the event, the audience heard from a range of fantastic national and regional speakers: Sufian Sadiq, founder of the REND movement; Lilian Martin of Cardiff University asking the audience to reflect on who is 'allowed to belong' and who decides this; local headteacher of SMRT school, Del Planter, who spoke about what it takes for schools to become thriving places to attract global majority teachers and leaders; Dr Marie-Annick Gournet from the University of Bristol who spoke about how talent is universal but opportunity is not; Canon David Hermit from the Church of England talking about the racial justice work that the church has committed to and how church schools must be agents of justice for their communities; and, finally, the keynote speaker, Diana Osagie, inspiring everyone to be more courageous as leaders to work together because education is the way to change the narrative of young people's lives and who ended with 'Don't leave your potential in your grave!' as a call to action for everyone in the room. The organisers have communicated that the feedback from the day has been overwhelmingly positive and looks to be the beginning of a racial equity movement among schools in Bristol, spearheaded by Domini Choudhury, EDI expert Hannah Wilson and others, which Cotham School is very proud to be associated with.



Cotham School

Achievement - Diversity - Respect

We warmly invite parents and carers of Year 5 children to visit our open mornings.

Whilst Cotham School does have a designated area of responsibility for school admissions, in September 2025 the furthest place offered was actually 4.47 miles (direct line distance) from the school.



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News from St Bonaventure's

Our school drama cast are busy rehearsing for this year's show, which is *Peter Pan*. We have a cast of over 100 pupils aged 7–11 years and have two casts. This epic performance will take place over several matinee and evening performances.

Our amazing staff and pupils work tirelessly to make sure everything is ready for the opening night in March, with months of rehearsals and preparation going into these annual performances, providing our children with opportunities that will stay with them well after they leave us at St Bon's.

Our curriculum theme is currently 'Seek the truth'; this topic encourages our children to dig deeper and explore what is going on around them and around the world. The theme will be incorporated into all their lessons, in particular History and Science, looking at what is fair and thinking about justice; an example of this is learning about refugees and how and why people become refugees. Year 3 will be studying the Egyptians this term and will be having a dress-up day.

The PTFA is continually working hard behind the scenes thinking of ways to raise funds for the school; we have recently had an archaeological dig pit installed in our forest school area which will allow the children to excavate as part of lessons. Last year we added a greenhouse, and with spring on the not too distance horizon we will be starting to grow seeds to eventually add to our flower beds and vegetable patch. Past equipment that has been paid for by the PTFA include our trim trail, four square and stage area.



Little Lodgers Playgroup



Little Lodgers is an **intergenerational** pop-up playgroup that runs **every Monday, 10.30am–12pm**, at **Horfield Lodge, Kellaway Avenue, BS7 8SU**.

Aimed at the under 5s (older siblings are welcome during school holidays).

Free fruit and drinks are provided for children, and there is a coffee shop with a range of drinks and light snacks should you wish to stay to lunch.



There is a good range of play equipment from dolls houses and forts to play kitchens and baby activity sets to building blocks, jigsaws etc. Most sessions start with a 'Hello' song, include free play and towards the end a story

and singing. Interaction is encouraged between the families and residents, many of whom are far from their grandchildren and enjoy the company of some younger visitors. The group runs every week unless staff are away due to annual leave in which case this is always announced at sessions and on their Facebook group: Little Lodgers. Do visit soon!

Primary tutor for children aged 6–11

Qualified teacher Liz Romero



Until December 2025, I was a primary school teacher for over 15 years, working in many Bristol schools including St Bonaventure's, Westbury Park Primary School, St Mary's in Bradley Stoke and most recently, Our Lady of the Rosary. I have been tutoring since 2020.

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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BARCAN+KIRBY WINS LEGAL CATEGORY AT BRISTOL PROPERTY AWARDS

Barcan+Kirby were recognised for their exceptional property expertise at the Bristol Property Awards on 28 November, picking up an award for the Legal sector category. The firm’s property know-how covers an expansive area for individuals and businesses which includes residential conveyancing including new build, commercial property and property disputes.



*L–R: Cara Cyrus, Abi Harrison and Taran-Jade Walton
Image thanks to Narrated Frames.*

The last year has been extremely successful across the departments with the Commercial Property team almost doubling in size and Property Dispute Legal Director, Sharlie Sollars, being recognised in legal directories, Chambers and Partners UK and Legal 500, as well as her team also receiving rankings in Chambers and Partners UK.

Representing Barcan+Kirby at the ceremony was Graduate Solicitor Apprentice, Cara Cyrus, New Build Team Leader, Abi Harrison, and Property Disputes Chartered Legal Executive, Taran-Jade Walton.

barcankirby.co.uk

News from the Friends of Bishopston Library

The friends of the library (all volunteers) have been busy planning events for 2026 with several dates for your diary. We are delighted to welcome back Dr Sam Morgan (pictured right) for two Women's Health events in the New Year.

Non-Hormonal Support for Perimenopause and Beyond: Tuesday 20 January, 6.30 – 7.30pm.

Join Sam for an empowering session designed to help you navigate every stage of menopause with confidence. Discover evidence-based strategies for perimenopause through to postmenopause, focusing on nutrition, supplements, exercise, sleep, rest and meaningful connections.

Understanding Hormone Replacement Therapy: Tuesday 24 February, 6.30 – 7.30pm.

Join Sam for a practical overview of HRT – from the different types available and how to get the best from each product, to recognising when testosterone may be helpful. We'll explore benefits and risks, address common myths, discuss how long HRT can be used, and I'll share tips on how to navigate shortages of your usual prescription.

Both events are free, and refreshments will be provided (donations welcome), but it is essential to book by via Eventbrite. Sam is a menopause specialist doctor accredited by the British Menopause Society, with over 20 years of experience as an NHS GP. She founded Rethink Menopause to provide reliable, evidence-based information to individuals and businesses, and other healthcare professionals. You can find out more at www.rethinkmenopause.com.

In the spring, we will host another health event for men and women on 'Overcoming Sleepless Nights and Anxiety' led by solution-focused therapist, Debs Penrice.

Window Wanderland Workshop – To support the neighbourhood event and help people get their ideas underway, we're hosting a Window Wanderland in-person workshop on **Tuesday 17 February, 7–9pm**.



Get ready to unleash your creativity at our super fun workshop. Whether you're a crafty newbie or a seasoned pro, this event is perfect for making amazing window displays that light up the neighbourhood. Bring your ideas, your smiles, and a splash of imagination. Let's make some magic together and turn ordinary windows into spectacular views!

Materials and drinks included in the price of £7.50 + £1.33 Eventbrite booking fee.

Booking – Search for Friends of Bishopston Library events on Eventbrite.co.uk. The links are also on the Bristol Libraries Events page: bristol.events.mylibrary.digital/ and our Facebook page: Friends Of Bishopston Library.

Telling Tales: bringing your family history to life.

In April and May, we will host Alison Boulton for an interesting session on 'Telling Tales: bringing your family history to life', and her talk which explores the hidden history of the talented 'Women in the Music Hall'.

Join us – Please join our mailing list or check our Facebook page for more information. We would love a few more people to join in the Friends of Bishopston Library group. If you'd like to get involved planning and running events, you will get a warm welcome.

Email: friends@bishopstonlibrary.org.uk

Library open hours: Monday, 1–7pm; Wednesday, Thursday, Friday, Saturday – 11am–5pm; Tuesday & Sunday, closed.

Bishopston Library, Gloucester Road, BS7 8BN

Hope to see you or hear from you soon.



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How Much Should You Expect to Pay for Later Life Care?

Paying for care can feel like a daunting prospect. The recent scrapping of the proposed £86,000 lifetime cap on care costs has added even more uncertainty for families trying to plan ahead.

The cost of care continues to rise. Prices have outpaced inflation for decades, driven by higher energy costs, recruitment challenges, and increasing property and compliance expenses.

How Much Does Care Cost?

Care costs vary across the country and tend to mirror local property prices. In North West Bristol, for example, care is among the most expensive in the region. If your assets are below **£23,250**, the Local Authority may help with funding, though this will be within their budget and standards.

Above this threshold, you're considered a **self-funder**. In this area, good-quality care homes typically cost between **£70,000** and **£100,000** per year, depending on the level of service and comfort you want. Of course, many people prefer to stay at home for as long as possible. Care can cost around **£32 per hour**, and live-in care can cost in the region of **£1,500 – £2,000** per week. The costs will vary depending on individual needs.

Your Home and Care Costs

Your home isn't always counted as an asset for care purposes. For example, for the first 12 weeks in a care home, or if a spouse, partner, or elderly relative still lives there.

If you prefer to remain at home, the **Care Act 2014** supports this under the 'well-being principle.' There is the option of equity release to fund home care, helping them stay in familiar surroundings and maintain their independence.

If you have a property and savings/investments, there will be planning opportunities and some consideration around the order in which you use your assets to pay for care.

Avoiding the Risk of Running Out of Money

Care fees can quickly erode savings if they exceed your income. An **Immediate Care Plan** may offer a solution. You pay a lump sum to an insurer in exchange for a guaranteed income for life to cover care fees with options to increase in line with inflation or defer when the payments start for example.

The lump sum amount is based on your specific situation and quotes will be provided based on your



health. In our experience, the lump sum amount has averaged at around £250k so a significant number but with the costs of care as high as they are, this option may suit those looking for peace of mind, knowing your care is paid for no matter how long you live.

Gifting and Inheritance

Gifting can reduce inheritance tax, but when care costs are a factor, it becomes complex. If the Local Authority believes assets were given away to avoid paying for care, they may treat this as deliberate deprivation. Always take professional advice before making significant gifts or transfers.

Planning Ahead with Confidence

Care planning doesn't have to be overwhelming. Taking time to understand your options – and getting the right advice – can help you make confident, informed decisions that protect both your wellbeing and your financial security.

At Harold Stephens, we believe that peace of mind in later life starts with clear information and careful planning. If you'd like to talk through your options for paying for care for yourself or a loved one, we're always here to help. Our advisers are Solla (Society of Later Life Advisers) Accredited – the gold standard in later life financial advice.

Call **0117 3636 212** or email office@haroldstephens.co.uk for a relaxed chat about your circumstances.



www.haroldstephens.co.uk | 50 High Street, Westbury on Trym, Bristol BS9 3DZ

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



Waking up the trees and renewing the orchard

Join us for Wassail on Saturday 17 January, 2-4pm. It's Old Twelfth Night, when communities in orchard growing areas traditionally gathered together to give thanks for the apple harvest, and to raise the spirits for a fruitful new year. The Apple Tree Lady begins the ceremony at 2.45pm. Pigsty Morris follow on with their fleet footwork and good vibrations.

Horfield Organic Community Orchard (HOCO) has been connecting people with nature and celebrating seasonal cycles for 28 years. We are delighted that our Wassail has taken root in the community calendar and is supported by hundreds of people every year. We have given careful thought to the numbers of

folk we can comfortably welcome to the orchard. This year we are experimenting with selling tickets (by donation) in advance and limiting the numbers of tickets available on the day.

Getting your tickets in advance will help our volunteers and planning. It also helps raise funds for the orchard. See the website for advance booking information. Mulled juice and homemade cakes for sale – please bring cash!

Orchards – and community groups – need renewal to keep them in good heart. HOCO is going through a period of change. We hope to emerge recharged with energy for strong and healthy new growth, and inspiration to kindle practical projects for climate mitigation and adaptation, community resilience and wellbeing. Watch this space! Information about pruning courses and hands-on activities is coming soon. Join our mailing list for regular updates.

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.

community-orchard.org.uk | 0117 373 1587

Words by Shannon Smith aka The Apple Tree Lady

Photograph by Jamie Carstairs

Planting a Native Hedge A Brilliant Boost for Bristol's Gardens



If you're looking for a simple, wildlife-friendly way to improve your garden this winter, planting a native hedge is one of the best things you can do. Whether you have a small front garden, long border or allotment plot, native hedging brings colour, structure and a huge ecological boost – all without demanding much maintenance.

Native hedges are wonderfully diverse and can be tailored to your space. Some of the best species for Bristol gardens include hawthorn, blackthorn, field maple, hazel, dogwood and spindle. If you'd like winter berries for birds, consider adding guelder rose or rowan, and for spring blossom, wild or bird cherry is a lovely choice. These species have evolved alongside local wildlife, which makes them invaluable: they provide nectar for early pollinators, food for birds, and habitat for countless beneficial insects and small mammals.

One of the most appealing things about native hedges is how flexible they are. You don't need a large garden – even a single boundary line, a narrow side return, or a front-garden edge can accommodate a mixed hedge. Many people assume hedges require lots of upkeep, but native varieties are surprisingly undemanding. Once established, they typically only need trimming every two to three

years, keeping them healthy while allowing wildlife to benefit from flowers and berries.

Beyond their ecological value, native hedges offer practical benefits too: they create privacy, reduce noise, filter pollution and provide seasonal interest throughout the year.

Young trees, known as whips, are planted during the winter, while in their dormancy. They are small, easy to plant and provide a cost-effective way to create part of your garden. They are fast-growing, and although they might not look like much at first, within two years they will have grown into a beautiful hedge.

With Bristol's increasing focus on biodiversity and greener neighbourhoods, planting a native hedge is a simple way that we can all contribute.

So, whether you're refreshing your borders or starting from scratch, consider going native – your garden, and local wildlife, will thank you.

 [secret_garden_web](https://www.instagram.com/secret_garden_web)

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A review of North Bristol Art Trail 2025

By local resident and recent graduate, Emily Gunn



The North Bristol Art Trail 2025 had a glorious return over the last weekend of November. Blessed with brilliant winter sunshine, the streets of Bishopston,

Horfield, Redland and beyond were filled with people holding trail booklets and stamp cards, soaking up the creative atmosphere of one of North Bristol's most cherished annual events.

As a first timer on the trail, I wasn't quite prepared for just how much talent we have right here on our doorstep! For anyone new to it, the North Bristol Art Trail is a free, volunteer-led celebration of local creativity. More than 100 artists open their homes, studios and community venues, offering everything from paintings and ceramics to jewellery, textiles and prints. Visitors can meet artists, browse unique pieces and even get creative themselves – all with the added fun of completing the Art Collector Stamp Card for the prize draw!

From Albery Wong's delicate Chinese calligraphy and ink paintings on traditional rice paper, to Charlotte Saville's stained-glass pieces inspired by nature, wild walks and her love of wild swimming, each artist offered something unique! Tatiana Voronina's vibrant impressionist watercolours particularly caught my eye. Her paintings of Bristol landmarks like the Clifton Suspension Bridge and Peros Bridge resonated deeply with visitors seeking nostalgic connections to our city.

At another venue, needle-felt artist Allison Johnston welcomed visitors into her home for workshops where they could make their own felt sketches, a unique hands-on experience that everyone seemed to love. It's that personal touch that I think makes the trail so special.

This year brought exciting developments, with the Somerville Club on Somerville Road joining as a new group venue. Artists I spoke to were delighted with its success, with it quickly becoming one of the busiest hotspots on the trail, hosting multiple creatives under one roof. It's brilliant to see the event growing and finding new community spaces like this.

The community spirit was wonderful to see. Families, couples, art enthusiasts of all ages came together to celebrate local art. It was great to learn that 2025 smashed records too with most visitors, highest sales and the most entries ever for the Art Collector Prize Draw! What really struck me was how passionate everyone was about their work; chatting to artists about their techniques and inspirations made the whole experience so much more memorable. I'm already looking forward to this year's trail – it's a brilliant way to discover the creative community thriving right here in North Bristol.

northbristolartists.org.uk/trail

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 meetings – **Saturday 10 January and 7 February, 10.30am to 12pm** (then every second Saturday of month).

30 years of Niche

Local framer and printers Niche is proud to be celebrating 30 years in business – originally their home was in Stokes Croft with the framing, photograph/scanning and printing all under one roof. When the business had to move from this location in 2020, the shop came to Zetland Road and the framing moved to a purpose-built location in Brislington. The business has been happy in both its locations but the large Zetland Road space is perfect for meeting customers and discussing their framing projects, as well providing a gallery area.

At the end of November, while being a venue on the 2025 North Bristol Arts Trail, Niche enjoyed celebrating with clients new and old with birthday cake and fizz! The business is also excited to share the fantastic graphic you see on this page, produced locally by Turbo Island designers to perfectly mark their three decades in business.

To the next 30 years! Niche's success is down to endless hard work, a great, skilful team, their expert knowledge, and willingness to move with technology and invest in the future. Local residents, husband and wife team, Pete and Jane, launched Niche in 1995. On their retirement in 2016 their son, Joe (who heads up the framing side) and director, Rupert (who leads on print and scanning), took ownership. In these talented hands, Niche continues to thrive and enjoys being part of Bristol's creative scene.

01179 422213 | nicheframes.co.uk | @nicheframes @NicheFrames

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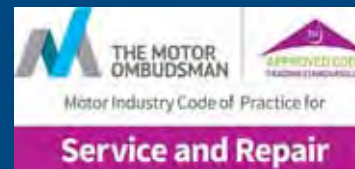
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www.windsorroad.co.uk



Get your bike serviced or buy a new one for a good cause!

Life Cycle is a Bristol-based charity who transform lives through cycling. They run multiple charitable projects, including the award-winning Bikes Beyond Bars project – their prisoner rehabilitation programme.

You can also donate an unwanted bike to be recycled and used to teach prisoners the skills to turn their lives around. Prisoners earn a Cytech bike mechanic qualification, building their self-belief and improving their chances of employability upon release – the keys to a crime-free future.

“This time in prison has made me grow up. I'm not coming back!” – Simon, Life Cycle participant and ex-prisoner.

All profits at Life Cycle's bike shop go towards helping change someone's life.

To support Life Cycle you can:

- **Get your free bike safety check:** by visiting the Life Cycle Hub for a Dr Bike check-up.
- **Buy a refurbished bike:** for yourself or a family member.
- **Donate your old bike:** drop it off at the Life Cycle Hub or at the Create Centre on Spike Island.

Visit the **Life Cycle Hub** in the HMP Bristol carpark, 19 Cambridge Rd, Bishopston, BS7 8PS, call **07884 990 920**, or visit www.lifecycle.org.uk to find out more.



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New Year's Resolutions for Your Pets

As we settle into the new year, many of us set health-focused resolutions, so why not do the same for your pets?

Weight Management and Exercise – Focusing on maintaining a healthy weight and ensuring regular exercise has significant benefits to your pets' emotional and physical wellbeing. Simple steps like daily walks, interactive play and portion control will support your dog's joint and muscle health, cardiovascular function and reduce long term health risks.

Walking Together – Walking is a simple way to keep both you and your dog healthy. Daily walks will help to maintain a healthy weight for your pets, support joint and heart health, while also giving them mental stimulation, reducing the risk of behavioural issues. For owners, walks are a way of reducing stress and boosting fitness.

Interactive Play – Incorporating more interactive play into your pet's day is a great resolution to support their health and fitness. Both cats and dogs can enjoy playtime, and this is a great way to get them moving and support their weight control. Pet owners can also feel that their bond with their pet strengthens.



Dogs usually like games of fetch and tug of war to keep them mentally stimulated. These games are great to keep them moving and complement their daily walks.

Cats can gain weight due to low activity levels; interactive toys such as laser pointers and feather wands encourage movement leading to calorie burn and reduce boredom.

You can book in for a free weight check with one of our nurses who will provide tailored advice on nutrition and exercise plans suited to your pet's age and lifestyle.

Improving Dental Hygiene – Dental hygiene is another very important focus for your pet's health. The build-up of plaque and tartar can lead to gum disease and tooth loss. Dental diseases can affect other organs such as the heart and kidneys. Regular brushing and using plaque off can help to prevent the build-up of plaque and tartar. Toothbrushes, plaque off and dental friendly treats can be purchased in our practice.

If you have any concerns about your pets' teeth or would like to learn more about how to best maintain your pet's dental hygiene, then book in with one of our vets, who are always happy to help.

Consider joining The Healthy Pet Club –

If you would like to keep your pet in top condition and save money, why not join The Healthy Pet Club? The scheme allows you to pay annually or spread the cost monthly. As a member, included in the price is your pet's annual vaccinations, worm and flea treatments, fixed price dental work, discounts on vets bills and prescribed medications, six-monthly check-ups and more! Ask in our surgery or visit our website to sign up or for more information.

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Oh yes it is – a date you'll want to keep!



Following our sell-out shows last year, we're well into rehearsals and making waves for our next panto, **The Little Mermaid**, so get ready to be hooked – line, tale and sinker!

Our performances will be dropping anchor at Horfield Methodist Church, Churchways Avenue, BS7 8SN.

Thursday 19 February, 7.30pm

Friday 20 February, 7.30pm

Saturday 21 February, 2pm (relaxed performance)

Saturday 21 February, 7.30pm

Buy tickets online at www.ticketsource.co.uk/the-bartholomites before they swim away, or contact us directly.

Email us at thebartholomites@gmail.com

The Bartholomites the.bartholomites

Stan Drews Folk Nights



Our first year has been a huge success – our November and December evenings have had no less than 14 performers at each!

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 **Wednesday 14 January, 11 February, 11 March** 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!

Email: StanDrewsFolkClub@outlook.com

Attendees shared, "Keep up the good work – much needed in the world at this time."

"....you should be very proud of what you've done, it's really appreciated."

The Yeomen of the Guard

Gilbert and Sullivan's dark masterpiece



Bristol Gilbert & Sullivan Operatic Society (BGSOS) returns with The Yeomen of the Guard, the show that nearly made it to the stage in 2020 before the world shut down.

Under the direction of Sarah Nash, and with John Pitts conducting a professional orchestra, this darkly dramatic tale finally comes to life at our new home, the Olympus Theatre. Widely regarded as Sullivan's finest score, Yeomen blends grandeur, melancholy and wit in a uniquely powerful masterpiece.

BGSOS will be performing The Yeomen of the Guard from 19 to 21 March at The Olympus Theatre, Filton, BS34 8LP.

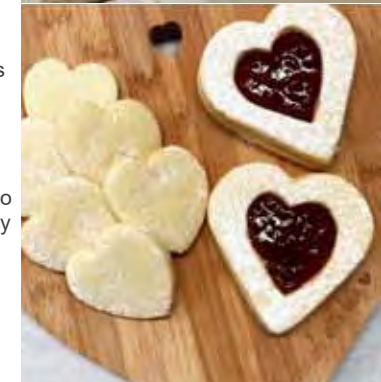
Tickets available at www.ticketsource.co.uk/bgsos



Gloucester Road legends – Joe's Bakery!

Award winning! – Joe's latest award is not for the best white loaf or sour dough but for their business as a whole. At the end of November, Joe's Bakery had their legendary status officially recognised when winning the Shop Local Gloucester Road Awards, 'Legends' category, as voted for by hundreds of local customers. Owners, Jenny and Wayne, would like to say a huge thank you to everyone who voted for them, to all their loyal customers who have supported them for another year and a special thanks to Alice Darley who set up the supportive Facebook page: Shop Local Gloucester Road.

Joe's wishes all of the local community a very happy new year and looks forward to serving you scrumptious bakes throughout 2026. As always, new bakes are being worked on to complement their classics. Looking ahead to February there will be some lovely sweet treats available.



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Companion Voices Bristol – singing for people nearing the end of life

A local resident and regular reader of *Bishopston Matters* got in touch to share information about the special choir she sings with and to make people aware of what they do.

About eight years ago, Valerie Russell Emmott of St Andrews first heard about Companion Voices, a national community interest organisation founded in Hertfordshire by Judith Silver. When Silver began exploring whether there might be interest in forming a Bristol group, Valerie was immediately drawn to the idea. As a lifelong singer, she felt the concept of using song to bring compassion and support to people who are dying was 'very beautiful'. That sense of purpose remains, and Valerie now serves as leader of the Bristol group. Re-formed after the pandemic in May 2022, they are now in their fourth year. The group is currently full and operates a waiting list for future Companions.

Companion Voices sing for people nearing the end of life, wherever they may be: at home, in hospital, in a care home or in hospice. Their songs are gentle, soothing and drawn from traditions around the world. All Companion Voices groups share a core repertoire, with regional variations. The meaning of the words is not essential; the songs create a soundscape for the person to rest in. Singers do not need to be professional – they sing like loving friends or family, in small groups of three or four around the bedside.

Companions arrive humming, introduce themselves to the person and any loved ones present, and then offer uplifting, meditative or energising songs, adapting to each situation. They make no charge and have no religious affiliation. Alongside learning repertoire, members practise deep listening, attunement and bedside role-play at rehearsals so they can serve with sensitivity. "We prepare for many months so that we only bring ease and



Valerie is third in from the left, with fellow Companions in the foyer of St Peter's Hospice in Brentry. The group had just sung for Hospice staff so that they could experience the power of being sung to in a chair on their own or with one other person.

comfort to the people we sing for," Valerie said.

People who have been sung for often report feelings of peace, relaxation, reduced pain and greater ability to let go. The group hopes to offer this comfort to more people in Bristol in 2026 and invites readers to raise awareness.

To request bedside singing, email bristol@companionvoices.org. More information, including audio examples, is available at www.companionvoices.org, and on Facebook at Companion Voices Bristol.

Final rehearsal for Duruffé Requiem at All Saints church, Clifton.



Redland Green Choir is a friendly, non-auditioned ensemble singing varied musical styles in four parts but with an emphasis on classical repertoire. New members are always welcome: come for a session or two for free to see if you'd like to join us. We meet from 7pm to 9pm, on Mondays in term-time, at Redland Green School, BS6 7EH.

There is a **free Christmas mini-concert on 15 December** at 8pm at the school. Then, in February, we give a Candlemas 'into the light' concert, and in the summer we shall be singing Mozart's *Requiem* accompanied by Long Ashton orchestra.

For more information, please visit: redlandgreenchoir.org.uk

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.



Why choose Gecko Solar?

We are pleased to share the below, glowing review from Bristol resident Pete, of Windmill Hill, on local business Gecko Solar.

I began my solar journey by approaching the larger installers provided to us by the major utility companies. Frustratingly, we found it to be a one size fits all approach, with little or any movement in specification or the aesthetics of the installation. Choosing Gecko Solar was the best decision on many levels. Their professionalism with their initial site visit and subsequent communication. Their polite etiquette while working at our home, always on time and never disturbing us, which is great when both of us work from home. Their care and attention to the detail, rare these days to see this level of pride and desire to over-deliver on customer expectation. Even after the installation, they have been happy to field queries. You would have thought choosing a bespoke installation with a local solar installer would be the more costly option, but in the end, we got more kWhs on our roof and a bigger battery, more aesthetically pleasing installation and we still saved money – it was a no brainer!

The one major issue I have since the installation, is the addiction to the monitoring app! The app that monitors our house's energy consumption is so

well designed as it depicts in one dynamic image the flows of energy in/out of your house and which energy sources, grid/solar/battery are providing it. In the centre is this indicator which summarises how 'Green' your house is as a percentage. Since March, while the sun has been out, our house has been running at 100% most days, meaning we are using nothing from the grid and getting all our energy day and night from the solar and battery storage. We are a family of four, so this gives us great feeling that we have reduced our reliance on the grid for our energy needs. It's also helped change our living habits and how we use our energy in our home.

If you are ready to begin your Solar journey, contact Gecko Solar today to arrange your free design consultation and be on the road to grid independence! Email: info@geckosolar.co.uk, call 07967 563928 or 01179 557227.



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Ashley ward

Happy new year to all *Bishopston Matters* readers. Thanks to everyone who turned up to our councillor surgery at the Somerville Club. We will be planning to do it again. While most people contact us by email it still is clearly helpful for some people. St Paul's is less digitally connected and Abdul continues to run weekly drop-in surgeries at the Green Melon, 128 Ashley Road, every Saturday, 2–5pm. Open to all Ashley residents.

We are pleased to see the Kernow Building on Mina Road be demolished, after a decade of campaigning. This has been due to the power of community persistence, and Tim's and resident's relentlessness! It goes to show that it is worth carrying on.

We will be keeping an eye on what happens to the Tesco on Gloucester Road. We know it is something that residents have asked. There are no plans we are aware of, but if you hear anything, do let us know.

Very importantly for St Andrew's, the council's transport department has a plan to embed Residents' Parking Zones across Bristol over the next few years, and that includes St Andrew's from 2026 to 2027. Although not universally popular, this is something that many residents have been asking for, and we look forward to the benefits it will bring to the area. Look out for the consultations.

We were pleased to support the Friends of St Andrew's Park bid for CIL money (the money developers pay for community good) to refurbish the pond, and pleased this was awarded. Unfortunately, this has to be managed by the council with all the legal requirements on them so it is not as quick as we may like but, it looks like the friends have another solution. So, complicated, but good news for the pond.

Upcoming litter picks with Izzy:

Wednesday 14 January, 5pm, Montpelier Park
Tuesday 3 February, 6pm, St Agnes Park

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



Abdul, Izzy & Tim

Bishopston & Ashley Down ward

It's been a busy 2025 in Bishopston and Ashley Down, and as always we want to thank residents for all their engagement, emails, chats and projects. In 2026 we are hoping to start up our surgeries again once we have secured a new venue, so watch this space. We want to wish everyone all the best for 2026.

Electric Vehicle Chargers Coming Soon

— After a few enquiries, we're pleased to share that the installation of new EV charging points is scheduled for mid-February 2026. This rollout is part of the Bristol City Leap partnership, which aims to expand sustainable transport options across the city. While there have been some delays due to contract signing, the project is now firmly on track.

New Artwork for Ashley Down Station

— After the unfortunate vandalism of the Progression artwork, plans are underway to replace it with a more robust installation. Thanks to collaboration between Severnside Community Rail Partnership, GWR and local stakeholders, funding has been secured for a reprint and installation. The new piece will celebrate our community's creativity and resilience. We're also exploring additional sponsorship opportunities to ensure the artwork remains a vibrant feature of the station.

Wildlife Group – Growing Together

— A massive thank you to all who have been in touch about the new wildlife group. The new Urban Nature Reserves – Ashley Down (UNRAD) initiative is gaining momentum! Volunteers have started clearing spaces, creating signage, and planning biodiversity projects such as tree planting and dead hedges. Avon Wildlife Trust is providing guidance, and interest from residents continues to grow. If you'd like to get involved, keep an eye out for updates in the new year when we'll look to arrange a community meeting.

'Improve My Street' tool – A huge thank you to everyone who used the new street improvement tool to share ideas for safer and better streets. This tool,



James & Emma

similar to Fix My Street, allowed residents to highlight areas needing attention. Officers are now reviewing submissions to prioritise projects when funding becomes available. Your input has been invaluable in shaping future transport and safety improvements.

Wildlife Pond at Horfield Common – Exciting news for nature lovers! The new wildlife pond at Horfield Common has now been completed. This project, supported by Friends of Horfield Common, aims to boost biodiversity and help manage flooding on the common. A huge thank you to the officers, and volunteers who have helped make this happen. We soon hope to get the bat boxes installed on the common as well, to allow this space to become as thriving for nature as it is for local residents.

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

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

Redland ward

Bristol schools outperform the national average for the first time

— Bristol's secondary schools have achieved promising results in this year's Key Stage 4 (KS4) GCSE results, according to provisional data released by the Department for Education (DfE). Bristol's score has risen from 45.2 to 46.3, meaning the city has moved above the national average for the first time. While the national average remained steady at 45.9 between 2024 and 2025, Bristol's improvement marks a new high. We know there's more to do but we're delighted that improvements are being recognised.

Parking news – A report was passed in autumn approving a new series of parking management schemes (permit parking and pay and display spaces, also called RPS) in response to long requested action to deal with unmanaged streets and rogue parking affecting road safety and access by services around this city. This would apply to some parts of our ward. Areas just outside zones where parking is controlled by permits tend to suffer the most from other vehicles being stored in their street including blocked corners without double yellow lines.

The areas of Redland ward which got a scheme in 2014 rarely have any problems with parking safety but it can be chaotic elsewhere with vehicles being left and competition for spaces. The consideration of future schemes in our ward that would be consulted on includes parts of Bishopston south of the prison and streets in Westbury Park. This process is not immediate and there will be time to make your views



Martin & Fi

known when anything concrete emerges over the next couple of years. We know there can be strong views either way and we shall of course be making sure any details are looked at very carefully and residents and businesses get their say if this goes forward in future.

Supporting for cleaner vehicles goes citywide

— The Clean Air Zone in place since late 2022 has helped reduce toxic pollution from nitrogen oxides, both inside and outside the zone. The figures from 2024 have been agreed with government and now published. But six monitoring sites still have illegal levels of pollution in the city centre, around Rupert Street, Bond Street and Colston Avenue/Zed Alley. In fact, two sites saw raised levels of pollution. No safe level of air pollution is recognised and legal compliance is the basic step to reducing illnesses and early death from respiratory causes.

The council is required by government to get these legal as soon as possible. It's therefore been agreed that the support scheme for replacing non-compliant vehicles with newer ones has been extended citywide and the income threshold for grants or loans is raised from £30,000 to £35,000. There will also be extra support for fleet vehicles used by public bodies to be updated, and the scheme to trial buses, cycling and e-mobility has been extended. The council is not raising the charge for non-compliant vehicles to enter the zone at this stage. The income can only be used to pay for running the zone and any surplus is used for transport projects.

More action taken for the Downs

— As part of the ongoing work to manage van dwelling and caravan living it's recently been agreed that antisocial behaviour and high impacts are occurring on the Downs. Several vehicles have already been moved. There is a strong emphasis on welfare checks and advice for residents without housing, many of whom need additional support. There are now several sites being developed where van dwellers can rent a pitch with water, waste facilities, sanitation and security. As this has been a long-term issue we appreciate that new facilities are taking time to develop but there's now a concerted strategy by all the relevant services across the council to tackle these issues, led by our Housing Committee.

Safety in parks – In November the city council unanimously passed a motion to support better facilities or safety features to support women and girls using parks and green spaces. We know resources for managing parks have been cut in recent years and the service has to raise funds from events but the motion ensures future decisions will always prioritise issues that affect women and girls.

Postal vote changes – New rules from the Elections Act 2022 mean that if electors applied for a postal vote on or before 30 January 2024, they need to re-apply by 31 January 2026. Otherwise, their postal vote will expire.

This is because the law now requires voters to prove their identity when applying for a postal vote. Most new applicants are using the government's online portal, which checks their national insurance number, date of birth and signature. Paper applications are still allowed but take much longer to process. In Bristol, around 28,000 postal voters need to re-apply and we know use of postal votes is high in this ward.

Fi Hance, Green Party

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Martin Fodor, Green Party

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

North Bristol History Society

Are you interested in the history of your area?

The North Bristol History Society, previously called the Bishopston, Horfield & Ashley Down Local History Society, is for anyone interested in the history of the area, not only about buildings, but also about the people, their lives, their work etc.

We are a small local group, who have talks most months, at **Horfield Quaker Meeting House** on Gloucester Road (opposite the new Co-op) at **7.30pm**. These are on a very wide range of topics, some local and some about other parts of the city, and occasionally we do a walk in the summer. A recent popular walk looked at Horfield Common and how it had been used and changed over the centuries. Some members carry out research about a local history subject that interests them. Please come along to meet us, hear a talk and decide if you would like to join. Please bring the magazine with you.

These are the talks for the first part of 2026

Tuesday 17 February

A Look Back at Old Market & Castle Street
Mike Hooper

Tuesday 17 March

Life in a local Post Office
Vera Seaman

Tuesday 21 April

Garden Suburbs of Bristol
Dr Stephen Hunt

Tuesday 19 May

Ladies' Mile (a journal from 1930s to 1950s)
Kerris Harrop

Old, local cinemas

local history research by Andy Buchan ©

The cameras used to take 'moving pictures' were invented by a Bristol-born inventor and photographer, William Friese-Greene; he devised various different cameras for taking motion pictures between c1888 and 1891, and shot moving pictures with them in London. He was also involved in other aspects of moving picture's development including the film used. Bristol was home to many cinemas, and between 1908 and 1921, 32 cinemas opened across the city. Some flourished while others failed, either because of competition or they failed to modify as sound pictures became the norm and/or other changes came in.

Coming up from Broadmead to Gloucester Road were the following cinemas –

The Cheltenham Cinema, located on the western side of Cheltenham Road. The cinema opened in 1914 and had a capacity of 650–700. It closed in 1955. The cinema is reported to have been built for S. C. Cox of Cheltenham and Zetland Halls Ltd in 1914 to a design by William Henry Watkins.

Pringles Picture House, also called **The Scala**, was located on the north-east side of Cromwell Road; it opened in 1910 and had a capacity of 1400; it closed in 1974. The cinema was built by R. Wilkins and Sons, Bristol for Ralph Pringle to a design by W. H. Watkins. Pringle already had several cinemas in Bristol, but this was his finest and boasted a luxurious furnished lounge and a grand circle reached by a marble staircase.

Bristol North Baths – The building was commissioned in 1912 but did not open as a swimming bath until 1922. The early bath was not heated and during the winter months it was boarded over and used as a cinema, this continued until 1936.



The Cheltenham Cinema

Premier Cinema was located on the east side of Gloucester Road, opposite the Horfield Quaker Meeting House. The cinema opened in 1914 with 550 seats in the stalls and 100 seats on the balcony. In 1927, it was enlarged to give it a total seating capacity of 980 and in 1930 it was equipped with a sound system.

The cinema was built by W. Porter for S.H. Justin and designed by W. H. Watkins. It is reported that during the time of silent films, the cinema made its own sound effects to accompany the film.

In 1964 it closed and it was converted to be used as a builders' merchant and then later a supermarket – it is now boarded up and it is not known what is to happen to it.

Cabot Cinema was located in Filton, at the corner of Gloucester Road North and Braemar Avenue; it opened in 1935 and had a capacity of 1,114; it closed in 1961. This became a Fine Fare supermarket after it closed before the building was demolished.

Architecturally, some of these were fine buildings, but only two survive in their original form: the Cheltenham Road Cinema is now the Assahaba Mosque and Islamic Centre, and the former baths have been converted to business units. The Scala and The Cabot were demolished and the fate of the Premier cinema building remains unknown.



Bristol North Baths



Scala



Premier



Cabot

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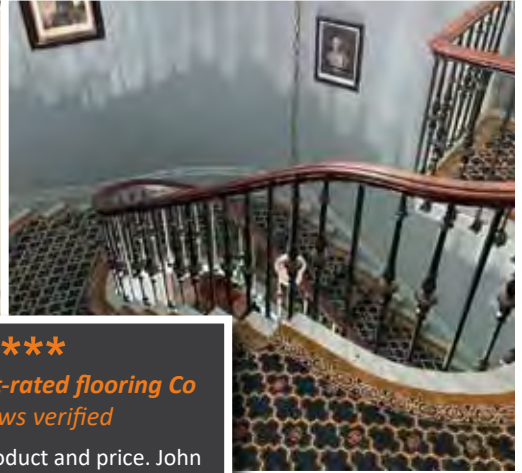
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