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Matters



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issue 195, March 2026



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Dear Readers...

I think we are all ready for a change in seasons and the promise of brighter days ahead that spring brings. It is my favourite time of year with bursts of colour popping up across our neighbourhood as the gorgeous spring flowers emerge.

As I write this many households are preparing for the 2026 Bishopston Window Wanderland trail (27 Feb – 1 Mar 2026); this year's theme is Hope. Window Wanderland is such a hopeful event, families and neighbours come together to get creative and walk the local streets admiring windows and feeling inspired. The trail was launched by local resident Lucy Reeves Khan to break down social isolation and bring the community together. There is still time to get involved; read more inside – even if you don't consider yourself to be artistic!

The 1st Bishopston Scouts with some neighbouring troops put on a fantastic Gang Show earlier this

year. The young people had the most wonderful time taking part, sharing their performance talents with a packed audience. There were smiles all round and we are pleased to share some of the fun had!

March 15 is Mothering Sunday, a time to celebrate the fabulous people in your life and remember those special people who are sadly no longer with us. As always, our Gloucester Road traders have some fantastic gifts, treatments, vouchers, delicious food and drink, and places to celebrate locally. Share the love!

*We have some brilliant **Reader Offers** throughout the magazine; see page 68 for full info. Please do mention Bishopston Matters when you support the traders who feature within it – thank you.*

There is lots to look forward to this spring in our local area; we bring you updates from community groups throughout the magazine.

*Sending love and hope to you all, **Kerry x***

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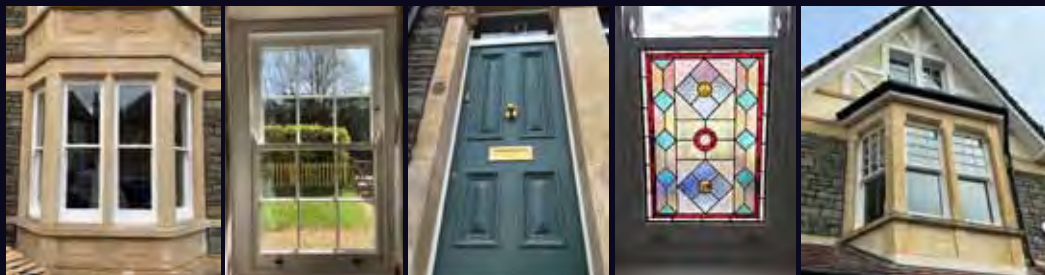
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News from the Goldenhill Community Garden

Hi folks,

Hey ho brighter grow the days and spring is here! March is a great month in the garden as (hopefully) the worst of the winter weather is over and the soil begins to warm up. The first bumble bees emerge along with more spring flowers, and birds are in full song and we've got a very territorial robin who is always very interested in the goings on in our new mud kitchen area. This week I spotted them collecting fluff for their nest from last year's cardoon seed heads, and the gold finches are often on the teazels. The urge to tidy up and chop down last year's dead growth in the garden used to be very strong but it doesn't take long to see how much the birds benefit from leaving it standing. I'm hoping the long tailed tits will nest in the juniper tree again; they've been bobbing about in the garden all winter keeping company with a goldcrest – the UK tiniest bird and such a treat to see!

This Easter we're running our usual fab adventure days for children ages 5–12. These often fill up very fast so get in touch if you'd like to go on the mailing list to find out when bookings

open. We're also running another **adventure day for children with SEN and their families on Thursday 9 April, 11am – 3pm.** It'll be a fun day of sensory play and silly games, pond dipping, crafting, chilling in the hammock, hammering and making and being all together. Thanks to the Nisbetts Trust it's just £5 per child and that includes a delicious lunch for everyone that the children will help harvest and cook, including pizzas from the clay frog oven and veg from the garden. Check our website for booking info.

AND finally please put our Big Spring Fair on your calendars! Saturday 9 May! We'll have lots of plants to buy, live music and loads to get involved in! Pop it in your diary and we'll see you then!

Lucy

thegoldenhillcommunitygarden.com

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

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





A celebratory Gang Show with the 1st Bishopston Scouts



At the end of January, the 1st Bishopston Scouts put on a spectacular Gang Show at St Bonaventure's school hall. One hundred local children from the Scouts, Cubs and Beavers sections came together to perform songs and sketches both old and new. The audiences were treated to showcase of young talent.

Each section performed on their own with wonderful renditions of *The Wide Mouthed Frog*, *We're Going on a Beaver Hunt*, *Dear Zoo*, and many more.

Neighbouring 63rd Scouts were invited to join in the fun and they chose to perform a rousing song from *Les Miserable* with French flags and banners flying!

The Gang Show was put on to celebrate the Scouting group changing their name to the 1st Bishopston Scouts just over twenty years ago. Prior to this the group was known as 61st/104th troop, after the two groups merged in the 1970s. After the merge there was still two different necker colours worn depending on which troop you came from. The 61st was white and the 104th was brown and yellow. In 2006 the united troop decided to change their name to 1st Bishopston Scouts and all wear the new blue and gold colours.

During the Gang Show there was a special section where a small group of talented children from 63rd and 1st performed a medley of dances and songs from the last twenty years as a celebration to mark the name change of 1st Bishopston Scouts from 61st/104th Scouts.



There was both a matinee and evening performance. All one hundred young people filled the stage in their uniforms for many ensemble numbers sang together accompanied by a live band!

It was a spectacular sight and a wonderful occasion to get the whole group together. The children had a fantastic time performing with broad smiles spreading from stage to audience. Those who took part will remember this special show for many years to come.



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Join this friendly local club and enjoy the benefits

Rooms for work, play and community available – The club has several 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. With a wide range of **catering options at affordable prices**, we are sure we can help you with any event you may wish to organise. **We've already got wedding parties booked for 2027!**

Our meeting and conference facilities include **audio and visual equipment**. Our 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 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.



If you are planning an event or are a local group and would like to find out more, please get in touch with some details and we'll be pleased to help you.

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** in a friendly, pleasant environment.

Sport and games facilities/viewing – 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. **Sky Sports and TNT Sports** are also shown on our many large screens.

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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Top financial tips



WITH

JULIAN MOBSBY

Tax year-end checklist

It's not too late to take full advantage of the reliefs and allowances available to you before the end of this tax year on 5 April. Here's a checklist of the key opportunities to consider before the deadline.

- ✓ Put as much money as you can into your ISAs – the allowance is still £20,000.
- ✓ Check your spouse or partner has also maximised their own ISA allowance. That could mean as much as £40,000 invested tax efficiently.
- ✓ Put up to £9,000 per child or grandchild into Junior ISAs. It's a great way to pass money to the next generation, tax efficiently. A parent or guardian will be required to set up the Junior ISA, but anyone can contribute to the investment.
- ✓ If you're at the point in your life where you're increasing your pension contributions, consider whether you can pay in the full annual allowance. You may also be able to carry unused allowances over from the last three tax years. It's worth checking whether you used your full allowances each year, from 2022/23 onwards.
- ✓ If you're coming up to retirement and thinking of making a large pension withdrawal, talk to us about spreading this over two or more tax years. This could help minimise your Income Tax liability.
- ✓ Take advantage of your Capital Gains Tax (CGT) annual exempt amount. Your CGT annual exempt amount is £3,000.
- ✓ Undertake a tax health check to ensure that you're taking full advantage of your tax reliefs and allowances.
- ✓ Use this tax year as an opportunity to make use of your annual IHT exemption of £3,000. The annual IHT exemption can be carried forward for one tax year so if you didn't use it in 2024/25, you could gift up to £6,000 before 6 April 2026 and the amount gifted will leave your estate immediately and so won't be liable for Inheritance Tax.
- ✓ If you're a high earner, you may be able to bring your taxable income down by putting more money into your pension or making charitable donations. These can:
 - ◆ Extend the threshold above which you start to pay additional rate tax, which starts at £125,140.
 - ◆ Help you preserve your Personal Allowance, which is gradually withdrawn once you earn over £100,000.
 - ◆ Help you hold on to your Child Benefit, which is gradually withdrawn if one parent in the household earns more than £60,000.

The value of an investment with St. James's Place will be directly linked to the performance of the funds selected and may fall as well as rise. You may get back less than the amount invested.

The levels and bases of taxation and reliefs from taxation can change at any time and are generally dependent on individual circumstances.



Contact Julian to arrange a no obligation consultation:

Call: 07852 583 241 Email: julian.mobsby@sjpp.co.uk
Scan the QR code or visit: www.julianmobsby.co.uk

Associate Partner

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The Partner is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sjp.co.uk/products. The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives.

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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 at Horfield prison.

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.



MBST: Supporting the body's natural cellular repair process



Helping patients return to sport and hobbies: Simon (62) was suffering from severe knee pain in both knees due to arthritis. I'd already successfully used MBST to address his shoulder arthritis and tendon damage so he was keen to have MBST to support the healing of his knee cartilage and

underlying bone. We're now 3 months post treatment and he's just got back from snowboarding which he certainly wouldn't have been able to do last year. He was able to board every day and "had a lot less pain than he's had in the last five years" on similar trips. We're still early days in terms of the end outcome of the MBST treatment. The recovery process continues +/- 12 months post MBST treatment, but needless to say at this point he is very happy as am I.

Hip and Knee Arthritis:

Phil (76) is a lovely longstanding patient of mine who came to me last May with moderate plus knee arthritis (7/10 Pain) limiting his walking and general movement. Things were going downhill. After an MRI scan we agreed to apply MBST Cartilage and Bone to the joints in order to improve the cellular function in those tissues and support a repair process. As I see in so many cases like this, Phil is now doing so well, able to fast walk routes that he was really struggling with 9 months ago. Had we not intervened, Phil would most probably be looking at total knee replacement. Fortunately we caught things in time. Great result so far.



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.



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New Plans for Nature on Horfield Common

Friends of Horfield Common is working with Bristol City Council to explore ways of making the Common even richer in wildlife, while also helping more people enjoy and connect with our lovely green space. We are proud to say that our work so far was recognised with an award, but that we still have a lot to do!

Several practical projects are beginning to take shape for 2026. Plans include installing bat boxes to support local bat populations, regenerating more of the Common's margins, and improving our original pond so that it provides better habitats for all sorts of wildlife.

Alongside this environmental work, we are creating more opportunities for the community to experience nature on the Common. A programme of guided walks and talks is being planned, focusing on wildlife, trees, plant folklore and the changing seasons. These events will be relaxed and suitable for anyone with an interest in nature. Full details will be announced soon.



Friends of Horfield Common is entirely volunteer-run, and new faces are always welcome. We are currently looking for a Treasurer to join the group, a role that involves overseeing simple finances and supporting our ongoing activities. If you are interested, please email us at fohorfieldcommon@gmail.com.

If you enjoy spending time on Horfield Common and would like to be more involved, you can find out more at www.friendsofhorfieldcommon.co.uk.



Lucy collects the Horfield and Lockleaze Community Award on behalf of the Friends

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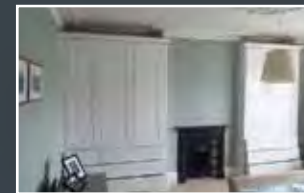
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News from Osna Therapy Centre



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Bridget has now taken on the admin role for Glos Rd Central's Facebook page, along with other traders. The Glos Rd Central businesses have begun preparation of their annual **Mayfest** that will take place on **Saturday 2 May**. As always, Osna will be offering taster treatments throughout the day.

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Share the love this Mothering Sunday

March 15 is Mothering Sunday, when we take time to celebrate and appreciate all the special women in our lives. If you are looking to purchase a gift – large or small, you need look no further than Gloucester Road and surrounding local businesses. We have a wonderful selection of shops that can provide a unique and special gift to suit all budgets.

Joe's Bakery is upholding the Bristol tradition of Mothering Sunday buns. Scrumptiously Sweet can make up a luxury box of chocolates, or perhaps a quality bottle of Bristol-distilled gin or a bottle of fizz would be preferred from Grape & Grind.

We have a wealth of independent gift shops; Nola Interiors has some gorgeous items in store assured to bring some spring cheer.

If you are looking to pamper your lovely mum, vouchers for Aura Beauty, Sadowski Hair, Icon or Osna Therapies would be an excellent choice. We also have some fantastic local businesses who can offer some time out with Pilates, life coaching, personal trainers, etc.

A session at the Ardagh Community Sauna followed by a thick slice of cake at the Cafe on the Common sounds like a blissful way to be treated. There are numerous local cafes, restaurants and pubs that make excellent venues to spoil that special someone.

Of course, a traditional bouquet of flowers is always welcome and The Flower Shop has a gorgeous selection.

Love to all of the hard-working ladies out there – you're doing a great job! I hope you get exactly what you want – start dropping hints now!



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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](https://www.instagram.com/refocushypno)

At Refocus Hypnotherapy, I now offer **Mindful Mamma Hypnobirthing**, designed to support pregnancy and birth. This six hour workshop can help expectant parents release fear and tension, replacing them with confidence, trust and calm.

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P.S. If you've been sitting on the fence, take this as your nudge. Future you will thank you!



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Clifton Down

Unit 1, Clifton Dn Shopping Centre,
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0117 3297005

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



A spring clean with Gloucester Road WI

After kicking off the year with live kombucha brewing and a deep dive into fermentation, Gloucester Road WI is now turning its attention from nurturing our insides to refreshing our homes. As the days grow longer and the

first signs of spring appear, many of us feel the urge to clear out clutter and start afresh. To help us do just that, we're welcoming Becky Purchas, a professional declutterer and organiser registered with the Association of Professional Declutterers and Organisers. Becky will share practical, methodical ways to approach decluttering, along with tips on how to stay motivated and avoid becoming overwhelmed. You can find out more about her at www.whitespacepod.co.uk.

Clutter isn't just about untidy rooms – it can have a real impact on our wellbeing. A cluttered environment can contribute to stress, low mood and even social withdrawal if we feel embarrassed about inviting others into our space. Becky's talk will explore the link between our surroundings and mental health, and offer realistic strategies for creating calmer, more functional homes. There will also be plenty of opportunity to ask questions about your own decluttering challenges. The talk takes place on **Tuesday 17 March** at **St Bonaventure's Parish Hall**, Friary Road, BS7 8AF. Visitors (women aged 18+) are very welcome for £7.50.

To book a place, email info@gloucesterroadwi.org Find out more about our activities at www.gloucesterroadwi.org and follow us on Instagram @glos.rd.wi.

EMBRACING PILATES

PILATES CLASSES FOR ALL LEVELS!

HORFIELD BAPTIST CHURCH
160a Gloucester Road, BS7 8NT

MONDAY

8:45 – 9:45am also 11:45am – 12:45pm

WEDNESDAY

9:30 – 10:30am also 10:30 – 11:30am

THE METHODIST CHURCH

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

MONDAY

7:00 – 8:00pm

NEW VENUE!

ST. BONAVENTURES CHURCH HALL

Ergeton Road, BS7 8HP

TUESDAY

9:30 to 10:30am also 10:30 to 11.30am

THURSDAY

9:30 to 10:30am

PAY-AS-YOU-GO **only £7** with the option of **cost-effective online block bookings** via www.embracingpilates.co.uk

For more information, please contact info@embracingpilates.co.uk

0117 903 0331 | 0784 732 2954



Spring news at Joe's Bakery

Mothering Sunday – Joe's is proud to carry on the Bristol tradition of Mothering buns – pretty, sweet white buns decorated with hundreds & thousands. These sweet treats will be available to buy on Saturday 14th March and can be pre-ordered now (recommended).

Easter goodies – As we approach this spring festival of Easter a huge range of seasonal favourites will appear on the trays in Joe's. Their special Easter biscuits and range of delicious hot cross buns will be the first to both stores – enjoy! Do get your orders in now!



NEW! Biscoff Croissant – Do treat yourself to this indulgent butter croissant filled with Biscoff cream, drizzled with Biscoff spread and topped with Biscoff crumb – utterly delicious!

Keep your eye on Joe's Instagram page for the launch of delicious new products and seasonal bakes.

Joe's Bakery, 240–242 Gloucester Rd, BS7 8NZ • 0117 9071852 • Joe's Bakery at The Bread Store, 45 Gloucester Rd, BS7 8AD • 0117 3303798 • joesbakery.co.uk [Joesbakery_glosrd](https://www.instagram.com/joesbakery_glosrd)

THOUSAND LEAVES CHINESE TAKEAWAY



A popular local Chinese takeaway offering a wide range of traditional and modern Chinese dishes

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Email: beaironing12@gmail.com

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)



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Tel: 07455 183309



Circle Dance Evenings

New venue for 2026: at Horfield Quaker Meeting, 300 Gloucester Rd, BS7 8PD

Tuesday 31 March
7.30 – 9.30pm

A warm, informal community dance evening for all abilities. Wear soft shoes or bare feet – beautiful wooden floor.

Tea and biscuits provided. £5 to £10 each.

Come and enjoy a friendly evening of gentle dancing. Bring friends and make new ones!

And save the date for afternoon of **Saturday 11 April** when the **Startouched Singers** will join us at Horfield Quaker Meeting to showcase songs they have learnt during their Voice Camp week and we will share circle dancing after the interval.



For more info, scan QR code to visit our website at circledanceinbristol.co.uk or email us at: circledance321@gmail.com



Boost your Aura this spring!

Aura, owner Prabjot (PJ) is loving life in her Holistic Therapies & Beauty centre on Kellaway Avenue. PJ is delighted with how her local business has grown over its first year and the wonderful response she has received from clients new and old with consistent 5-star reviews.

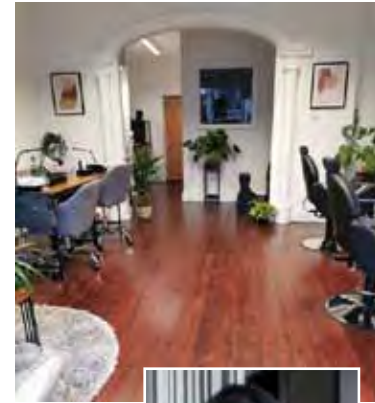
When I caught up with her recently, she shared, "I love having my own therapies space. We are growing each month due to client demand and I am pleased to be able to increase the treatments we can offer."

As Aura approaches its first birthday, PJ is pleased to announce a new **Loyalty Program** that will open up exclusive rewards and discounts to her clients. **Gift Vouchers** are now also available which make a thoughtful gift – perhaps for Mother's Day? Do check out the special offers below perfect for those special ladies in your life.

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

Aura is accredited to cover certain therapies under the 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.

Do book into Aura soon and take advantage of the excellent **READER OFFERS** below.



Aura

Therapies • Holistics • Beauty

Now offering Sports, Pregnancy & Lymphatic massages

Book in via the QR code

Aura Reader Offers!*

Mother's Day Exclusive Offer!
 Facial, Massage & Manicure
£45 (normally £82)

Pregnancy Massage £55 (normally £70)

Book a block of 5 Sports/Full Body Massage and get a sixth session FREE!

Gift vouchers now available

Join our exclusive loyalty program for rewards and discounts

* New Clients, one offer to be selected only, one use only. Valid until 31/03/2026.

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

SOUL PILATES

GROUP REFORMER CLASSES & PRIVATE SESSIONS

For over 10 years, Soul Pilates has helped people of all backgrounds build strength that lasts - inside and out. Scan the QR code to try one of our Introductory offers.

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

SEE
INTRO
OFFERS



A fresh start for your body and mind this Spring

As the days get lighter and we begin to shake off winter, many of us feel ready to move more, feel stronger and reconnect with our bodies. If you've ever wondered what Pilates is really about, Soul Pilates on Gloucester Road offers a welcoming place to begin – or deepen – your practice.

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 explored every medical route available. It wasn't until she discovered Pilates that she found lasting relief. That experience sparked a passion to share a practice that supports long-term strength, resilience and wellbeing.

At her Bishopston studio, all classes are taught on the Reformer – a Pilates machine that uses spring resistance to create a low-impact yet highly effective workout. The Reformer supports and challenges the body in equal measure, helping to build strength through the core, arms, legs and back, while improving posture, flexibility and balance. Many clients also notice a positive shift in mental wellbeing, thanks to the mindful, focused nature of the practice.

Housed within the beautifully restored Bristol North Baths, the studio is easy to reach whether you're coming from work, walking along Gloucester Road, or cycling nearby. Recently refreshed, the space feels calm, energising and thoughtfully designed – somewhere you can switch off from the outside world and focus on yourself.

A quick look at their Google reviews shows just how much local residents love the studio. One member writes: "A little slice of calm at the end of a hectic day. I feel better as soon as I walk in and stronger after the class." Another adds: "All of the classes at Soul are of the highest quality – I love being a member and recommend the studio to everyone"

This spring, Soul Pilates is launching the 5th edition of its much-loved Spring Programme – a structured way to build strength, consistency and confidence over the season. The programme is designed to help you feel motivated and supported, whether you're new to Pilates or looking to recommit to your practice.



The programme is designed to fit real life. While research shows that practising Pilates three times a week brings the greatest benefits, busy schedules can make that challenging. To make it easier, over the course of 6 weeks, you'll get 10 classes (Mat, Reformer or Equipment) plus a private session, along with unlimited access to the online studio, Soul at Home, featuring a selection of classes under 30 minutes so you can practice anywhere, anytime.

This Spring Programme goes on sale from 27 February to 13 March, and the first 15 people to sign up will receive a Goodie Bag including a tote bag, Soul t-shirt, grippy socks, a free class pass to bring a friend and £10 studio credit!

To get priority access and be among the first to secure a spot, subscribe to the Soul Pilates newsletter at www.soulpilates.co.uk. Or if you have any questions, feel free to contact their friendly team on 0117 214 1655 or hello@soulpilates.co.uk.

smile.

[smaɪl] noun

a curve that sets everything straight

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Sally & Matt, Chairpersons at The Nev

Have you visited The Nev Community Club yet?

If not then I would encourage you to take a look! This inclusive local venue is run by Chairperson, Matt, and vice chair, Sally, who 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 gentleman 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 and themed kids' parties open to the community. 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.

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

Blaise Plant Nursery

Where quality is grown in...

Our nursery is bursting back into life, ready to reopen on Sunday 1st March. From garden favourites to houseplants, there's plenty to inspire your spring plans & we've expanded our range of products to give you more choice than ever before



Visit us

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 @Blaise_Plants

Spring/Summer opening times

1st March - 30th Sept
Mon-Sat 9am-5pm, Sun 10am-4pm

An Exciting Month of Change at Animal Health Centre

It has been an incredibly exciting month at Animal Health Centre as we proudly unveil a series of long-awaited improvements that mark a new chapter for our practice, our team, and the clients and pets we care for every day.

After months of planning and hard work, we are delighted to share that the practice has recently undergone a full renovation. The transformation includes a bright, welcoming new reception area designed to create a calmer and more comfortable first impression for both pets and their owners. We have also refurbished one of our consultation rooms, ensuring a modern, practical space where our veterinary team can continue to deliver high-quality, compassionate care.

In addition to these visible changes, we have made significant behind-the-scenes investments in our clinical facilities. Our new operating facilities enhance our ability to carry out procedures safely and efficiently, while the addition of a dental X-ray system represents a major step forward in our diagnostic



capabilities. Dental disease is one of the most common health issues we see in pets, and this new equipment allows us to diagnose and treat problems earlier and more accurately, improving long-term health outcomes.

Alongside the refurbishment, we are also excited to introduce our new branding. The rebrand reflects who we are today: a modern, forward-thinking practice that remains firmly rooted in the local community. While our look may have changed, our values and commitment to excellent animal care remain exactly the same.

Animal Health Centre has been part of CVS for over five years, and during that time we have gained invaluable support, training opportunities, and access to advanced equipment and expertise. Being part of a wider veterinary group has enabled us to continually improve the services we offer locally while retaining the friendly, personal approach our clients know and trust.

Another recent development has been the trial of wellness home visits for some of our clients. These visits are designed to support pets who find travel stressful, as well as owners who may face mobility or transport challenges. While we are still ironing out the finer details, the feedback so far has been extremely positive, and we are keen to continue and develop this service further.

We are proud of how far Animal Health Centre has come and would like to thank our clients for their patience, support and loyalty throughout this exciting period of change. We look forward to welcoming both familiar faces and new clients into our refreshed practice very soon.

0117 924 7832

358 Gloucester Road, BS7 8TP

www.animalhealthcentre.org

Small changes that can make a BIG difference to your dog



Paulina, a North Bristol resident, qualified canine nutritionist and founder of Dog's Lounge, often heard the same concern from dog owners: they want to feed their pets fresh food but are unsure how to do it properly.

Fresh feeding can improve digestion, stool quality, skin and coat health, immune system, and appetite in dogs. However, many owners find it difficult to put it into practice. Online advice is inconsistent, recipes are often nutritionally incomplete and supplementation can be complex.

As a result, dog guardians return to commercial ultra-processed food despite their doubts. After seeing improvements in her own dog on a fresh diet, Paulina completed an Ofqual-certified diploma in canine nutrition and continued her professional training to better understand diet formulation. Through her work with clients and their dogs, she identified a clear need for greater structure around fresh feeding.

She went on to develop **Drooli**, a free app with complete cooked and raw recipes that calculates how much food a dog should eat based on their individual energy needs. With new recipes added

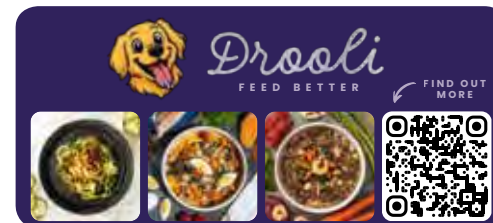
each month, owners have access to an expanding set of nutritionally balanced options.

Paulina also developed **Olli**, a whole-food topper designed to complete fresh meals in one step.

Instead of using multiple supplements, owners can prepare meals with everyday ingredients and add Olli to make them nutritionally complete. Olli is laboratory tested so owners can clearly see which nutrients fresh meals would lack without supplementation.

Together, Drooli and Olli are designed to reduce the practical barriers to fresh feeding. They offer a straightforward starting point for owners who want to move away from highly processed foods without taking on unnecessary complexity.

Drooli is free to download on Google Play and App Store. Olli can be purchased directly from the app or on www.dogslounge.co.uk.



CVS Vets Animal Health Centre

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www.animalhealthcentre.org

Your local, friendly veterinary practice

Really Wild Wednesdays welcomes you

Join a roving community volunteer group creating and maintaining ponds, meadow and woodland across Lockleaze.

Every session we'll be out working in nature on different housing greens and public space across Lockleaze. You'll get some exercise, meet friendly faces, learn outdoor skills and get outside!

When: Regular session every other Wednesday, 1.30–5.00pm. Sessions February 25, March 11 & 25, April 22, May 6 & 20, June 3 & 17.

Where: Different location across Lockleaze.

You can contact reallywild@lockleazent.co.uk / **07708 471787** to join the Whatsapp group or be notified before each session. Location will also be updated at www.lockleazent.co.uk/series/really-wild-wednesdays/.

All ages and abilities are welcome, with tasks for all. All tools and training are provided. No need to come to every session or attend the whole session.



Please dress appropriately for the weather and bring water. For access information please get in touch. See you soon!

Find out more about Really Wild Lockleaze, a community-led rewilding project, and subscribe to our newsletter at www.lockleazent.co.uk/project/really-wild-lockleaze/.



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.

Feb 25th, Q & A with Maria Kane OBE

Joint Chief Executive, North Bristol NHS Trust and University Hospitals Bristol and Weston NHS Foundation Trust.

March 4, Q & A with Dave Kingswood

Church and Community Relationships Coordinator for, Home For Good Charity.

March 11, Q & A with Brunel Field School

Pupils visit their neighbouring Cricket Ground.

March 18, Q & A with Simon Martin

Ex Bristol Rugby Club player.

March 25, Q & A with Sean Williams

Head Groundsman for Gloucestershire County Cricket Club.

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

www.walkersandtalkers.org



Keep it simple when it comes to Keeping Fit! by Polly Turnill Fitness

Make it easy for yourself is the advice I am always giving to clients. Are you really, going to get up at 6am every day to run or do your exercises? Is walking 10,000 steps realistic when you only do 4,000 right now? What's going to change in your life that will make that achievable?

Keep it simple. Instead of thinking 60 minutes to exercise, think 10 minutes. It's much more doable. When we set our goals too big, it's harder to reach and we set ourselves up to fail. We feel bad and then even less likely to try.

Tilly is 73 years old. She's healthy and active. However, when she came to see us last year, she



was starting to feel a lack of strength and stamina. She wanted to carry on doing all the activities she enjoys for as long as possible. She wanted to feel more confident on her feet.

A year later and she doesn't hesitate to go for a walk with friends or about carrying heavy shopping home.

She's been able to focus on what she can do at home and her daily exercises have become just part of her routine. Her family don't believe what she's lifting in the gym; I think she can hardly believe it herself! And her balance has massively improved; recently she was notified by her app that her stability had gone from 'unsteady' on her feet to 'good'!

Keeping things simple and realistic makes it much more sustainable in the long run.

Some tips for getting started:

1. Slowly increase more movement in your day: Could you drive half way and walk the rest of the way? Get off the bus a stop earlier?
2. Have a prompt; kettle goes on; do 10 squats. Porridge cooking; stand on one leg.
3. Arrange to walk with friends instead of coffee (or both!).

Remove as many barriers as possible; be real with yourself and make it as easy!

If you'd like some guidance on where to start, I'm always happy to chat!

Whatsapp: 07954381845

Visit: www.pollyturnillfitness.com

Polly Turnill Fitness, 22 Kellaway Ave, BS6 7XR





**Breathe Stretch Talk
Relax (BSTR)**

New Topic Each Week

BSTR Class – designed to help you unwind, stretch/strengthen your body and talk through life's challenges in a supportive environment.

This class is led by Mrs Keon Williams (Personal Trainer, Sports Massage Specialist, Health Wellbeing & Life Coach).

**Venue: Bristol Natural Health Service
407 Gloucester Road, BS7 8TS**

Every Saturday, 9–10am

Cost £10 per session

**To book contact Keon on 07786 772673
www.kwhealthandwellbeingcoach.com**

Click on QR code here →



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 INDEPENDENT



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177 Gloucester Road

'Trinity Loves' at the Bristol Beacon

On Monday 26 January, Trinity Academy students entertained over 1000 spectators at the world-class Bristol Beacon. The 'Trinity Loves' concert featured a spectacle of music and dance performances. Over 450 students, including all students from years 7 and 8, participated in a range of performances from orchestras and choirs to dance pieces, rock bands, steel pans and vocal solos. The night culminated in two massive numbers involving over 350 students on stage: an arrangement of *Teardrop* by Bristol band, Massive Attack, and a reworking of Handel's *Hallelujah Chorus*.

Trinity is a music and performing arts specialist school, offering all students the opportunity to develop their musical, dance and drama skills in specialist studios/performance spaces. Singing is a particular strength, and all year 7 and 8 students sing in a choir once a week. The evening showcased the extraordinary talent of Trinity students that is being nurtured in the school. Although Trinity has its own 550-seater concert hall, performing at the Bristol Beacon provided a unique opportunity to perform to an even larger audience in the fabulous setting of the refurbished Beacon. The school is passionate about providing a world-class education for all its students. Consequently, all year 7 and 8 students were required to attend. All 350 students performed in either the girls' or boys' choir and an epic ensemble dance piece, *Murmuration*, one of the highlights of the evening. The school's aspiration is that performing at the Beacon will have developed the students' confidence and resilience well beyond the sphere of performing arts.

Head of Music and Performing Arts, Naomi Charatan, said, "It was an absolute privilege for our students to perform in such a fantastic space. The students rose to the occasion and the experience will have developed them as performers, musicians and dancers. We are so proud of what they have achieved, and we were particularly pleased to see students from all backgrounds represented on stage."

The evening also provided the opportunity for the Trinity community of families and supporters to come together and celebrate the success of its students. Headteacher, Eiron Bailey, said, "The school is blessed to be surrounded by a large supportive community of families and community advocates. The concert allowed us all to come together and celebrate the continued growth and maturity of this relatively new school."



This was Trinity's second concert at the newly refurbished Beacon and the aspiration is that these concerts continue to be held every two years. The school would like to thank the Bristol Beacon for its close relationship and fantastic support of this event.

Facebook: Trinity Academy

Instagram: cst_trinity

X: cst_trinity



Pasitos
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Saturdays 9-9.30am, online lessons for children.
Saturday 10.30-11.15am, classes in Horfield for the whole family. Spanish A-level & GCSE preparation, adult & family lessons during the week available.

spanishforyourchildren.co.uk
07958 309828 | spanishforyourchildren@gmail.com



The LEGO Club
at Bishopston Library

11.30am – 1pm
Every 1st & 3rd Saturday of the month at Bishopston Library
Glos Rd, BS7 8BN

FREE club just rock up and play with a load of Lego.
Building advice and encouragement also available!

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
WWW.HAPPYMAPS.CO.UK

WORRIED ABOUT YOUR CHILD'S BEHAVIOUR OR MENTAL HEALTH?

A ONE-STOP HUB FOR RELIABLE ADVICE AND INFORMATION

AWARD-WINNING WEBSITE

FOR PARENTS

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.



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15 hours of subject-specific tuition spread across five days, focusing on the revision of key concepts, examination technique and building confidence.

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Maximum group size of 5-8 students, with individual assessments and coaching

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Free 'study-wise' nutritional lunch included with every booking

For further information or to book your place, scan QR code or email:
revisioncourses@cliftoncollege.com



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.

Overcome sleep issues to tackle stress and anxiety – Tuesday 21 April, 6.45–8.00pm. Doors open 6.30pm. See booking info below.



Do your thoughts keep you awake? Does the worrying about the list of unfinished things start as soon as your head hits the pillow? What if you could quieten your mind, feel safer in your body and allow sleep to come naturally again?

When sleep improves, everything feels easier. You'll have more focus, feel steadier in your emotions, and gain more confidence and energy for the life you want to enjoy. This session will help with:

What's actually effective beyond standard sleep hygiene? Why can't I switch off my mind? Is this insomnia or something I just have to put up with? How do I handle not getting enough sleep?

We'll look at how to settle your mind at night and which small, consistent changes can gently reset your nervous system and support deeper, more refreshing sleep.

Debs Penrice (pictured) is a solution-focused hypnotherapist specialising in helping overcome insomnia and symptoms of anxiety. She can help people release the blocks which are holding them back from making changes and building better habits.

Telling tales: bringing your family history to life – Thursday 30 April, 7.15–8.45pm. Doors open 7.00pm. See booking info below.

Margaret Atwood said, "In the end we'll all become stories." But many of our ancestors' stories remain untold. This talk by Alison Boulton will explore the range of sources and resources available beyond the births, marriages and deaths which make up the family tree. How can you make the best use of the online records, and ensure your searches are fruitful and accurate? Where else can you find information that will enhance your knowledge? And how can the information be used to tell their stories?

Come along to hear some tales which show that our families may not be so ordinary after all.

Alison Boulton is an experienced genealogist whose main interest in family history is in pursuing some of the more fascinating, but untold stories of her ancestors' lives. A lively evening for anyone with an interest in family history.



▲ A very young Alison Boulton

Women in the Music Hall talk – Thursday 21 May, 7.15–8.45pm. Doors open 7.00pm. See booking info below.

Alison Boulton presents, "I had no interest in the Music Hall until my family history research revealed that one of my ancestors was a music hall performer. Tracking her career quickly drew me into further exploration and some fascinating stories."

This session will explore:

What would it be like for a woman to perform on stage at a time when most women were confined to the domestic sphere? Who were these women and what did their stage acts comprise? Why do we know about so few of them?

Come along to find out more about some talented and amazing women in history.

Talk booking info – The price of tickets for all of these fantastic talks is £4 + booking fee and includes refreshments. Book via Eventbrite – search for 'Friends of Bishopston Library.'

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.

Talking Therapy matters with SB Counselling

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How do we know when we need counselling? If you have something holding you back and feel that life would be better dealing with it, then counselling can help.

How long does counselling last for? Some clients like to work week by week and see how it goes, while others like to set a fixed time and work towards it. It's up to you.



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Join the Red Dragon's family

Wow! What a start to 2026 we have had at Red Dragons Martial Arts – we have welcomed so many new members and had so much fun in classes!

We have been focusing on developing our fitness and developing our padwork. At time of writing, we are having fun preparing for the first grading event of the year in March. Our last grading, back in December saw five Red Dragon members endure a gruelling weekend of pushing themselves to the limit. Their years of dedicated training paid off, with four members becoming black belts and one earning their second Dan. I was beyond proud!

Martial arts is such a positive activity for both children and adults, so book a free trial today and become part of the Red Dragons family.

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**

Reco Testimonial

Read how the local spinal centre has supported an athlete to achieve gold!

“I wouldn't have been able to do it without Reco, they have really changed my life and my training around.”

Annie, National gold medalist in Fin swimming



My name is Annie and I am a Fin swimmer and swimming athlete. Because of this I train nine times a week and compete most weekends.

I came to Reco as my back was really affecting my training; I couldn't do more than a few lengths without getting out of the pool. Since going to Reco and getting the treatment, I have received the best support and care. I started with two sessions a week and since then I have dropped it down to one session a fortnight and one massage a fortnight.

The huge improvement in my back enabled me to really focus on my training, so much so, I went to Fin Swimming National and won 7 golds! This was a very surreal experience as I didn't think that a few months ago I would have been able to compete.

Overall I got top female in the UK and broke a national and age group record. I also then qualified for the World Championships in March. I wouldn't have been able to do it without Reco, they have really changed my life and my training around.



Reader Offer! Book your initial consultation at a **50% discount**, normally **£67, now only £33.50**. Valid until 31/03/2026

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The KING

14 - 18 APRIL 2026



BY DONALD BARTHELME
ADAPTED FOR THE STAGE BY
CHRIS THOMAS

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Divine Ceremony

The celebration of a lifetime

As undertakers, we know we're not always the people you want to speak to. Divine Ceremony at the Sanctuary (in the former Lloyds Bank on Zetland Road) is often the building on the high street that people know of but don't go in. We're working hard to change that. We believe in engaging openly with our community and building relationships long before anyone needs our services. When the time comes, we want you to know us, trust us, and feel comfortable placing your person in our care.

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

Undertakers changing perceptions

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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Successful start for Ashley Ward Food Club

Family Food Action began the year on a positive note with the exciting development that St Paul's Food Club, after a brief hiatus due to the lack of suitable premises, has successfully relocated. The club now operates from St Werburgh's Family Hub and has been rebranded as Ashley Ward Food Club. The reopening took place on 21 January, marking a new chapter for the initiative.



In preparation for welcoming families back, the club was equipped with a brand new fridge for fresh produce, thanks to generous financial contributions from the Family Food Action community. This fridge is kept well stocked with dairy products, ensuring that families have access to nutritious choices. Alongside fresh produce, the larder is filled with donated grocery items, ready to support families from both the St Paul's and St Werburgh's areas. Family Food Action is delighted to continue its support for these communities.

Food: fuel for play and community

It is easy to overlook the vital role food plays beyond basic sustenance. Felix Road Adventure Playground in Easton, one of Family Food Action's valued partners, has highlighted this through their recently produced leaflet.* The publication emphasises that food acts as fuel for play and is instrumental in energising children and fostering community bonds.

Felix Road Adventure Playground is committed to providing nutritious, culturally appropriate and delicious meals to children, both after school and during school holidays. In 2024, they estimated distributing 17,000 free meals, and the numbers for 2025 are similarly impressive, especially given the challenge of rising food prices. Their leaflet details research undertaken with children at the playground to identify which meals and snacks contributed most to their energy and mood, helping them enjoy their time to the fullest. The children were highly engaged in the process, even conducting a 'cheeky chip survey' of their own design, revealing their keen understanding of nutrition.

Family Food Action is proud to support Felix Road by providing healthy and sustaining fresh and store-cupboard ingredients, all sourced from the many generous supporters within the community.

Challenges of food inequality

Despite these positive efforts, food inequality remains a persistent challenge. While data between 2018 and 2021 suggested a decline or stabilisation in food insecurity and emergency food receipt in Bristol, more recent figures from the 2022 to 2024 Quality of Life surveys show a significant rise in households experiencing moderate to severe food insecurity. The use of food banks has increased compared with previous years and has now reached its highest recorded level, a trend echoed by Family Food Action's partners who report growing demand for their services.

Getting involved: support and volunteering opportunities

Everyone can make a difference, no matter how small. There are plenty of ways to support Family Food Action, whether through a one-off contribution or more regular involvement. For more information, please visit our website.

We are especially seeking volunteers to assist at our Hub at The Ardagh on Tuesday mornings. If you have time to spare and would like to join a friendly team, please come along to see us in action and learn more about the volunteering opportunities available.

We look forward to welcoming you and continuing to make a positive impact together.

For further information on FFA, visit Familyfoodaction.org.uk

or click on the QR code here.

*eastsidecommunitytrust.org.uk/wp-content/uploads/Food-is-the-fuel-to-play.pdf



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Spring is around the corner and this means lots of new growth, both in the gardens and in our plans!

In last month's edition, we talked about the work of the gardening team and highlighted some of their ideas for development. We're now pleased to be able to share that from **Saturday 14 March our community plant nursery will be open from 10am to 2pm every Saturday**. As well as having more opportunity to browse the range of plants available to buy, it will also be possible to attend workshops, talks and community garden tours. **Our first workshop will be on Saturday 4 April**, led by our fabulous Head Gardener, Sol Harmsworth. Sol also works as the Horticulture Program Manager at the Heart of BS13 charity (www.heartofbs13.org.uk/what-we-do/flowers/) and she will bring her expertise to the workshop on **Sowing for Cut Flowers**. Details for this and for future events will be on social media and posters on site.

During autumn and winter, we have been nurturing a fortnightly **Board Games Evening at the Café on the Common on Tuesdays, 6–8pm**. It is a relaxed and cosy evening of friendly competition,

great company and plenty of laughs. These sessions are becoming a real local favourite, so why not come with friends, family or come on your own – you'll be made to feel very welcome. It's all about community, connection and a bit of friendly fun.



There's **delicious hot food** served (Roz's chorizo and bean stew is awesome!) and the bar is open. **Come for the games, stay for the chat and warm hospitality**. And as the evenings begin to get lighter, we plan to extend this event into the garden too! Warm summer evenings...remember those?

Foodie Fridays proved to be a great success last year so we have already booked pop-ups for this year starting on **Friday 27 March**. Toff's Pasta (www.toffspasta.co.uk) will be here from 4.15pm serving up hearty bowls of delicious pasta. **The café will be open for drinks** and if you have room for **cake too** that's no problem! We will continue with a food event every Friday until September, welcoming back familiar favourites and introducing some new faces. Mark it on the calendar – Friday dinner sorted!

Another **Friday event starting on 6 March is Saplings parent and toddler group**. It's a nature-inspired activity group for pre-school children and their parents, including bug hunts, mud painting and natural art. Run by the amazing Outdoors Project, this will take place in the Wild Play from 10am. For full details, go to www.theoutdoorsproject.co.uk/bristol/saplings-details/.

Saturday 14 March sees the return of the **Ardagh Food & Craft Market from 10am to 3pm**. Expect the familiar bustle of food, craft, plants and music with local artisans offering a range of handmade and unique ceramics, textiles, metalcraft and woodwork. Hot street food will be available, our café serving hot drinks and cake, and the plant nursery will be open. Come and have a mooch around the site and soak up the atmosphere.

A big thank you to all those who took the time to complete our **annual site users' survey**. This really helps us shape plans and priorities for the future of The Ardagh. ACT trustees are currently working on a new membership scheme to be introduced in the coming months. More details on this to follow.

And another **big thank you to Vistry Bristol** who have **supplied** our volunteers with **waterproof workwear** to help them when they're out in all winds and weathers doing gardening and maintenance. We really appreciate your support.

theardagh.com

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Steve Davis with ACT Sauna team

And finally, spring is within arm's reach!

Firstly a big thank you to all of you for supporting the sauna and the wider Ardagh site. Also a massive thanks to the mighty Steve Davis and all of you smiley folk who headed on down for a hyper chilled evening of music, sauna and plunging. It was a very special gathering – more of that this spring. You can register through our website, check our socials or cast your eyes on the notice boards onsite for more info on upcoming music and wellbeing specials.

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

If you've visited the sauna in the last month, you'll have noticed our extension. We're building individual changing facilities, along with hammocks, day beds and a new social area ready for springtime sauna sessions, plunging and sunbathing with friends and family. As always, you'll notice small weekly changes to the space throughout spring and summer.

The sessions cost £10 for 75 minutes including changing time. You can also buy monthly memberships starting from £35 a month.

Opening hours: Monday – Thursday: 3pm–9pm, Friday – Sunday: 10am–9pm.

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 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?

Sophie's Sound Garden – Unwind body and mind with our sell-out sound bath, sauna and cold-plunge sessions. 75 minutes – £15.

Wednesday 11 March – mixed session

Thursday 26 March – mixed session

Sophie has returned from her six-week voyage of discovery to India, deepening her passion for all things wellbeing. Before her departure, her in-demand sessions were selling out days in advance, so be sure to book your space early.

What is a sauna sound bath? These hour-long sessions blend sauna heat and cold plunging with immersive sound-bath elements designed to deepen relaxation. Soothing soundscapes flow through the warmth of the sauna and the cool of the plunge, creating a unique space to release stress, reconnect with yourself and share calm moments with like-minded people.

Sophie also runs woman-only sessions, inviting you to unwind to the sounds of crystal and Himalayan singing bowls while enjoying the sauna and plunge pools.

Sauna Medicine – Enjoy heat, oil and breath in this deeply relaxing, hour-long guided sauna experience.

Saturday 14 & 28 March – 10am – £15

Yoga teachers, Lindsey and Rachel, will gently lead you into a softened, soothed state using a thoughtfully curated blend of breathwork, traditional Indian self-massage techniques and calming meditation.

This unique combination of heat, tactile sensation and contemplative practice is designed not only to relax, but to heal, restore and rejuvenate from the inside out. Step into the weekend feeling clear, replenished and gently energised. Join us for a beautiful, grounding way to begin your Saturday.

Private Bookings & Celebrations – Planning a special occasion? Our sauna is available for private hire – priced at £160 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.

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Sophie in India





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Barcan+Kirby

Barcan+Kirby continues partnership with Gloucestershire County Cricket Club

Long-term partner, Barcan+Kirby will continue their partnership with Gloucestershire County Cricket Club for a further three years. A partner since 2020, Barcan+Kirby will sponsor a Gloucestershire Women's player for the first time in 2026 as the team continue their journey within the Tier 2 structure.



Image: James Healey ©

(L-R): Neil Priscott, James Bell, Anna Wilson, Samantha Castle and Joe Kaniecki.

Anna Wilson, Managing Partner at Barcan+Kirby, commented:

"We're delighted to continue our partnership with Gloucestershire County Cricket Club. Together, we share a strong commitment to putting people first, reflecting our mutual values. We're excited about the year ahead and proud to work alongside GCCC to champion our local community."

Joe Kaniecki, Head of Commercial at Gloucestershire Cricket, added:

"We are delighted to be renewing our partnership with Barcan+Kirby. Their continued support and shared values have played an important role in the success of our work, and we are proud to continue building on what has already been a fantastic relationship."

Barcan+Kirby have always had a strong presence around the ground, from their branding on match days to their use of the Bristol Pavilion for meetings and events. The team are a joy to work with, and we very much look forward to continuing our partnership over the next three years."

As part of the partnership, Barcan+Kirby's branded banners will continue to feature prominently on the Mound Stand, the largest seating stand at Seat Unique Stadium.

Alongside sponsorship, Barcan+Kirby's Commercial Services division also provides the Club with advice and support across a range of legal matters.

barcankirby.co.uk

News from Fairfield High School

A Year 10 student at Fairfield High School (FHS) has published a powerful and thought-provoking poetry collection titled *Standards, Shadows and Strengths*, showcasing both literary talent and a strong personal voice.

Throughout the process, Project Zazi provided significant support and encouragement. Inspiration for Aleem's writing often comes from specific moments, places and people – whether it's individuals on social media or those around him. Conversations about hobbies and interests sparked a poem exploring how different passions such as sport, art, music or writing help shape who we are, for example.

A key aim of the collection is connection. Rather than writing solely about Aleem's own experiences, he hopes his poems resonate with others. He describes poetry as "the easiest way to express myself to the world and the easiest way to understand myself," adding that his work is written "from the depth of my heart" and reflects his life experiences.

Each poem is carefully structured, consisting of five verses and 20 lines, with the collection already receiving an enthusiastic response. Copies are being sold for £5, with sales already made to Aleem's rugby team, friends and family – all of whom have been very supportive.

Aleem's parents have expressed how proud they are of his achievement and are encouraging him to continue writing.

The seven-poem book was inspired by work completed last year while working with Project Zazi as part of an intervention programme, in which Aleem chose to express himself through poetry.

Having always enjoyed writing poetry, Aleem explains that this form of expression feels especially important to him: "People of colour are often told to be quiet," he reflected, "but poetry gives me an opportunity to speak out." Over the course of just a couple of months, Aleem wrote the seven poems that now make up *Standards, Shadows and Strengths*, rising impressively to the challenge within a short timeframe.

Cashan Campbell, Vice Principal and Aleem's English Teacher, comments: "As a passionate Black educator, I am incredibly proud to see Aleem's talent being produced in a way which will challenge, cultivate and connect with others."

Copies of *Standards, Shadows and Strengths* are available on request. Please contact enquiries@fairfield.excalibur.org.uk.

Fairfield High School proud to continue its alliance with Integrate UK

Fairfield High School is once again proud to have worked with Integrate UK, an organisation that 'plays a leading role in shaping powerful, creative responses to complex issues such as gender-based violence, racism, hate, and inequality'. As part of this partnership, Fairfield students collaborated with young people from other Bristol secondary Integrate schools to create an educational short film tackling xenophobia. The film, titled *Flagged*, aims to raise awareness, spark discussion and challenge prejudice among young people and wider communities.

Flagged follows three friends as they navigate the day after anti-immigrant riots. When they encounter someone unexpected, tensions rise and difficult questions emerge around trust, identity and

community. The film powerfully explores how fear and division impact relationships, while highlighting the importance of empathy and understanding.

Edel Cronin, Principal of Fairfield High School, comments: "The power of video has once again communicated a powerful message, and we are incredibly proud of the creativity, courage and commitment to social justice our students have shown as part of this journey."

Integrate UK, through film, education, mentoring and national outreach, continues to build confidence, challenge injustice and create meaningful, lasting change in schools, communities and beyond.

Previous films created by Fairfield students in collaboration with Integrate UK, demonstrating the power of youth-led storytelling, include those on knife crime, racism, coercive control and toxic relationships.





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Parent

www.fairfield.excalibur.org.uk








Is your home cold, draughty or mouldy?

Are you looking to make your home warmer, healthier and more efficient?

Or are you wanting to cut energy bills and make your home greener?

St Werburgh's Community Association has teamed up with Retrofit West to support residents to stay warm at home while reducing their energy bills and their impact on the environment. Retrofit West, a Community Interest Company and impartial advice service, is funded by the West of England Mayoral Combined Authority.

You don't have to put up with a cold home. Retrofit West offers free advice to help you keep the

warmth in and the cold out. Simple measures like blocking draughts are cheap and can make a huge difference. They also provide advice on insulation, heating upgrades and renewable energy. And the bonus is that this all helps the planet too!

Everyone is invited to come along to one of the following **FREE sessions** at **St Werburgh's Community Centre** to meet with Retrofit West experts and to learn from others in the community about what measures they're taking. Hot drinks and refreshments will be provided.

- **Mon 2 March, 5.30–7pm** (room 9)
- **Tues 3 March, 11am–12.30pm** (room 7)
- **Mon 16 March, 11am–12.30pm** (room 7)
- **Tues 17 March, 6–7.30pm** (room 10)
- **Thurs 26 March, 6–7.30pm** (room 10)
- **Friday 27 March, 11am–12.30pm** (room 7)

For more information, please contact Sophie via sophie@stwerburghs.org.uk or visit our website at www.stwerburghs.org.uk/services/warm-home-cool-planet.

St Werburgh's Community Centre, Horley Road, St Werburgh's, Bristol, BS2 9TJ
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One Team to One in Ten Homes – The Window Hub's Bristol Success Story

Every great local business starts somewhere. For The Window Hub, it began in Bristol with a single team, a simple belief in doing things properly, and a promise to treat every customer like the only customer. Fast forward to today, and that same family-run, independent business now completes one in every ten domestic window and door installations across the South West and South Wales – without ever losing sight of what made them successful in the first place.

2025 was a landmark year. The Window Hub was proudly crowned **UK Installation Company of the Year** at the prestigious national G-Awards, placing this Bristol-born business firmly on the national stage. As if that wasn't enough, two outstanding members of the team were also recognised with National Fenestration



Awards, proving that behind every great company is an even greater team.

Despite the national recognition, The Window Hub remains rooted in the local community. Being named finalists for Retailer of the Year at the Bristol Life Awards is a reminder that supporting local businesses really does matter. When you choose local, you're investing in local jobs, local families, and local success stories – and sometimes, those stories go on to achieve incredible things.

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Cotham School

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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.



Scan to book

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News from Cotham School



HOLOCAUST
MEMORIAL
DAY 27/1

Holocaust Memorial Day

Students at Cotham School recently came together for a series of special assemblies to mark Holocaust Memorial Day, led by Miss Madge. The assemblies provided

an important opportunity for reflection, learning and discussion about the Holocaust and other genocides, as well as the continued importance of challenging prejudice in today's society.

During the assembly, students learned about the Holocaust, the systematic persecution and murder of six million Jewish people by the Nazi regime during the Second World War. The assembly also recognised that other groups were targeted, including Roma people, disabled people, LGBTQ+ individuals, and those who opposed the Nazis. Miss Madge emphasised that these events were driven by hatred, discrimination and the dangerous idea that some people are worth less than others.

Students were also introduced to the wider meaning of Holocaust Memorial Day, which is marked each year on 27 January, the anniversary of the liberation of Auschwitz-Birkenau in 1945. The assembly highlighted that, sadly, the Holocaust was not an isolated event, and that other genocides have taken place in countries such as Rwanda, Bosnia, Cambodia and Darfur.

A key focus of the assembly was the importance of remembrance and its relevance today. Miss Madge encouraged students to think about how genocide often begins not with violence, but with words, stereotypes and discrimination. The message was clear: by recognising these warning signs early, individuals and communities can help prevent hatred from escalating.

Through learning about the past, students were encouraged to reflect about their actions in the present and help build a fairer future for all.

Girlhood Reclaimed

Girlhood Reclaimed is a community interest company working to challenge the rise of

misogynistic narratives in young people's lives. We recently partnered with Cotham School on a whole-school approach to understanding and disrupting misogyny. Our work began with focus groups with girls from every year group and female staff, gathering insight that shaped a report for senior leaders and informed whole-staff training. By centring the voices of women and girls, we gain a deeper understanding of the harm misogyny causes and how it affects young people's sense of safety and freedom, especially for girls and marginalised genders. We went on to deliver assemblies for all year groups, exploring misogyny, gender inequality and their impact on daily life. Finally, we led creative workshops with girls across the school, producing zines that amplified their experiences and ideas for change. The openness of Cotham's leadership, staff and students gives us great hope that this important work will continue.

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Phone: 0117 353 2830

News from St Bonaventure's



March is a wonderful month at St Bonaventure's; as we head into spring we have lots of fun to look forward to in the lead up to Easter.

Seeking truth and building sanctuary: life at St Bonaventure's

At St Bonaventure's, education goes far beyond the four walls of the classroom. This term, our school community has been immersed in our latest Gospel value, Seek the Truth. This value serves as a compass for our pupils, encouraging them to look deeper into the world around them, question what they see and reflect on how they treat others.

Across every year group, the curriculum has been transformed into a journey of discovery, linking History, Science and Geography to the fundamental concepts of truth, justice and equality.

History through a new lens

Our students are not just learning dates; they are exploring the human stories that shape our world.

Year 6 have been researching the experiences of the Windrush generation. By looking at the reality of their arrival and their contributions to British society, the children have wrestled with the complexities of justice and the importance of recognising the truth of our shared history.

Year 5 are currently exploring the journey of a refugee child. Through literature and geography, they are developing a profound sense of empathy, considering what it truly means to seek safety and the truth behind the global refugee crisis.

Year 3 have turned into historical detectives, examining Ancient Egypt. They are questioning different historical accounts of those first accredited with the discovery of the tombs, learning that 'truth' in history often depends on who is telling the story.

Our path to becoming a School of Sanctuary

Inspired by their studies, the children have expressed a powerful desire to take action. We are proud to announce that St Bonaventure's is officially working towards becoming a School of Sanctuary.

A School of Sanctuary is a place that fosters a culture of welcome and safety for everyone, especially those seeking sanctuary – including refugees and children travelling from other countries. Our pupils want to ensure that any child

who joins our school community, regardless of where they come from, feels a sense of belonging and peace.

Easter at St Bon's

Our Easter festival is a huge highlight of the school calendar and the children are busy planning what they will take part in. They are invited to take part in as many events as they wish including dance, singing and art projects such as Easter bonnets, painted eggs and Easter gardens. We start the day with an Easter bonnet parade which we invite parents to watch. They will also be writing poems in class which they can recite. For every event they enter they earn house points for their school house and the winning house will win a trophy.



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.

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



The Bristol Home Library Service

The Bristol Home Library Service (BHLS) is available for anyone over 18, living in Bristol, who is unable to get to their local library for reasons of age, disability or responsibility.

There are BHLS DBS-checked volunteers in most parts of the city, who will be happy to come around to your house and keep your book pile topped up. They will fetch you a specific book you want or bring suggestions for your pleasure (librarians are very helpful with this).

The free service is offered monthly and most of our volunteers have time to stop for a chat when they visit.

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Sharpening up pruning skills at Horfield Organic Community Orchard

A big Huzza! to all the Wassailers who joined us in January. The fruit trees at Horfield Organic Community Orchard (HOCO) are stirring into life – buds beginning to swell before breaking into spring blossom. We are warming up to a new year of orchard care activities. Dormant season pruning keeps us busy from mid-February to mid-April. Dodging heavy rain has been a challenge this winter! The wet weather has given us plenty of time to check, sharpen and oil our tools – and plan new pruning workshops.

Pruning fruit trees is an art, a skill, and a life-long learning and practice. It's never too late to learn! I have been working with the 100 trees at HOCO for 18 years. They have been my teachers. Pruning is a process for renewal created by the relationship between two living beings. Time is the third ingredient. Observing a tree, its environment, and knowing the age, variety and fruiting habits, informs the chosen actions. Trees respond to winter pruning by growing new shoots, leading to another phase of pruning in the late summer months.

HOCO provides hands-on learning and seasonal training opportunities in the orchard – everything from taster sessions at events, to courses for gardeners and community growers.



Dormant season pruning courses: Beginners – Saturday 7 March | Improvers – Sunday 8 March

To complement these popular and highly praised courses, we are delighted to announce a series of new workshops. Ideal for those with some previous training and experience who are keen to sharpen their pruning skills.

Dormant season pruning workshops:

Pears – Sunday 1 March

Apples – Saturday 14 March & Sunday 22 March

Places are limited and must be booked in advance.

More information: www.community-orchard.org.uk | 0117 373 1587

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

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Common Misunderstandings About Pensions and Inheritance Tax

Inheritance tax (IHT) and pensions are widely misunderstood. With major rule changes coming – including pensions being included in estates from 6 April 2027 – it's more important than ever to separate myth from fact. Misconceptions can lead to poor planning, unexpected tax bills and missed opportunities to protect your wealth.

Here are some of the most common misunderstandings explained.

1. "Only the wealthy pay inheritance tax"

IHT is no longer limited to the super-rich. With the £325,000 nil-rate band frozen and property values rising, many more estates now fall within scope. If you own a home or have savings and investments, your estate could be affected.

2. "Gifting assets automatically reduces IHT"

Most gifts are classed as Potentially Exempt Transfers (PETs). They only fall outside your estate if you survive for seven years after making the gift.

If you die within that period, the value of the gift is added back into your estate and uses up your nil-rate band first. Taper relief may reduce the tax due but only on amounts above the allowance, not the full gift.

3. "My spouse automatically inherits everything"

Without a Will, intestacy rules apply and may not pass your entire estate to your spouse, potentially creating an IHT liability on first death.

Transfers between married couples or civil partners are usually IHT-free, but your estate must be structured correctly to benefit fully.

4. "Giving my house away removes it from my estate"

If you gift your home but continue living in it without paying a full market rent, it's treated as a gift with reservation of benefit. The property remains part of your estate for IHT purposes.

5. "Inheritance tax is paid automatically"

IHT is the executor's responsibility and is often payable before probate is granted. This can cause cash-flow problems if most of the estate is tied up in property or other illiquid assets.

6. "Assets held abroad aren't subject to UK IHT"

If you are UK-domiciled, your worldwide assets may be subject to IHT. Relief may be available where tax has already been paid overseas, but this requires careful planning.

7. "You can pass on £1 million IHT-free"

Married couples or civil partners may be able to pass on up to £1 million by combining the standard and residence nil-rate bands but this is not automatic.



The residence nil-rate band tapers for estates over £2 million, so proactive planning is essential.

8. "Pensions are always exempt from IHT"

At present, most defined contribution pensions sit outside your estate. From 6 April 2027, unused pension funds and death benefits will generally be included for IHT purposes. Even modest pension pots could push estates over the thresholds when combined with property and savings.

9. "My Will controls who gets my pension"

Pensions are often written under trust and sit outside your Will. Beneficiaries are determined by your expression of wishes, not your Will – making regular reviews vital.

10. Business Property Relief & AIM investments

Reliefs such as Business Property Relief (BPR) can reduce IHT on qualifying assets, but they are not guaranteed. Conditions apply, including minimum holding periods and business eligibility.

Why understanding the truth matters

With significant changes ahead, relying on outdated assumptions could be costly. Reviewing your position with an independent financial adviser can help you:

- Understand your full estate, including pensions
- Review gifting strategies
- Align your Will and pension nominations
- Explore legitimate ways to reduce IHT exposure

Next steps – Inheritance tax and pensions are complex, but early, structured planning brings clarity and control.

At Harold Stephens, we help families in Bristol and beyond review their inheritance tax and pension planning. Call **0117 3636 212** or email **office@haroldstephens.co.uk** to arrange a complimentary financial review and start planning with confidence.

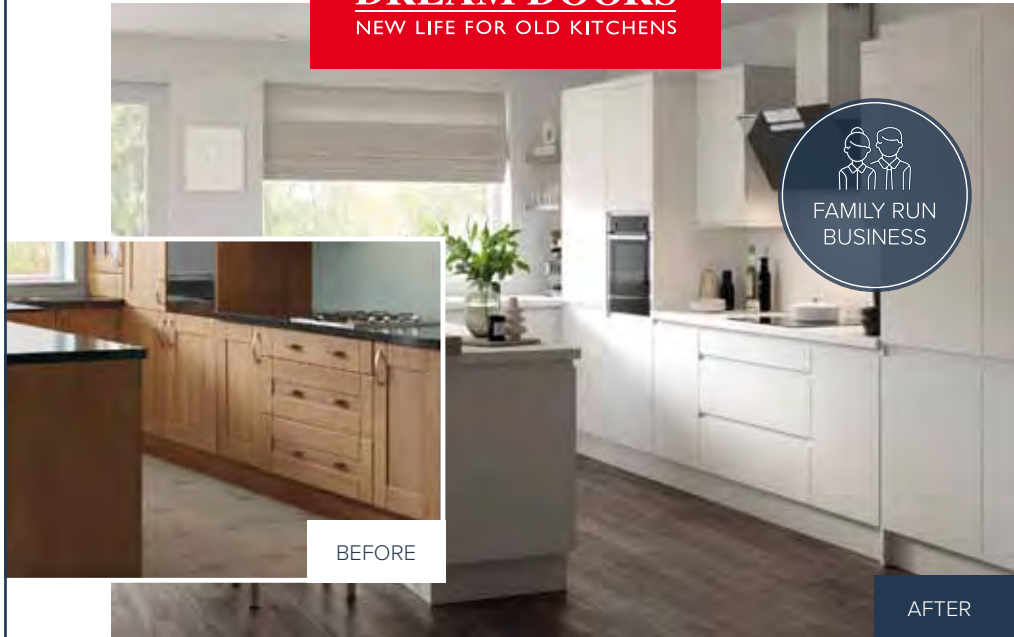
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Planting a Native Hedge

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.

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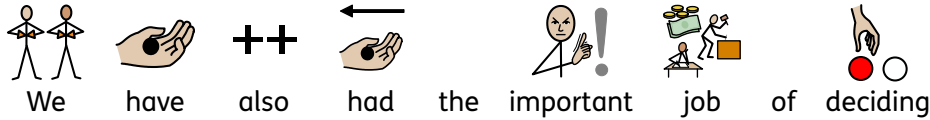
News from Claremont School



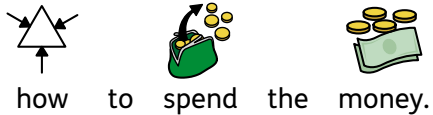
Claremont school council have been busy making thank you



cards for those who donated prizes to the christmas raffle.



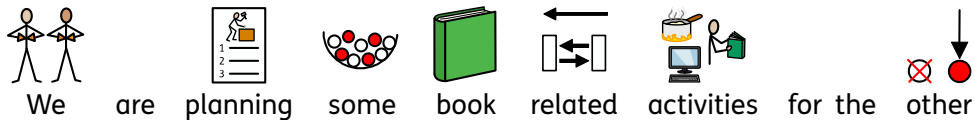
We have also had the important job of deciding



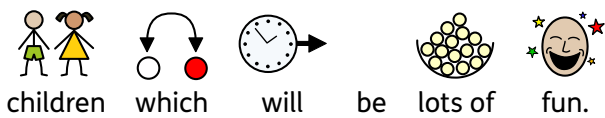
how to spend the money.



We are now busy preparing for world book day.



We are planning some book related activities for the other



children which will be lots of fun.

Running for CHSW in memory of Emily

In April, local mum, Emily Marsden, will run the London Marathon for Children's Hospice South West (CHSW), carrying the memory of her daughter, Daisy, with her every step of the way.

Emily's daughter, Daisy, died in April 2024 at the age of 9. Daisy lived with Rett Syndrome, a rare neurological condition that caused severe disabilities, including loss of speech and hand control, recurrent chest infections and difficult to treat epilepsy. Despite her declining health and repeated infections, Daisy was known for her peaceful, loving nature and deep joy in music.

Introduced to palliative care at the age of 7, Daisy continued to fight and share precious years at home. After an unexpected deterioration, she was transferred to Charlton Farm, one of CHSW's local hospices, where she died peacefully, surrounded by love and compassionate care.

"Daisy died at Charlton Farm in 2024," Emily says. "The care Daisy and our family received when she died, and following her death, was exceptional and made the pain of losing her that little bit more bearable. I am a firm believer that everyone should have access to good quality end of life care when that time comes. CHSW are a shining example of

how to provide the highest level of care at the most difficult of times."



Following Daisy's death, Emily faced an overwhelming sense of loss and emptiness after years devoted to Daisy's care. Meeting another bereaved mum through Charlton Farm, who ran the London Marathon in memory of her own daughter, planted a seed. Emily realised that a challenge like the marathon could offer focus, purpose and a way to move forward while still honouring Daisy. Training now fits around a busy life. Emily is juggling a new job, two young children and grief that still comes in waves.

Running for CHSW was an easy decision for Emily. "I am eternally grateful to CHSW for how wonderfully they cared for Daisy and our family," Emily says. "Children's hospices like Charlton Farm are special places and I am incredibly proud to be running for them." **If you would like to support Emily, please visit her Just Giving page at: <https://2026tcsiondonmarathon.enthusie.com/pf/emily-marsden>**

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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 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



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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.helenapworthcounselling.co.uk or email: helenapworthcounselling@gmail.com.



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



We are a friendly, inclusive church. We meet for 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!

Please get in touch for more info or just turn up.

Email: little-fishes@hotmail.com

Visit: horfieldmethodist.org.uk and on our Facebook page.



Coffee & Craft

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at Horfield Baptist Church,
160A Gloucester Road, BS7 8NT

Friday 27 February, 13 and 20 March
YOU are invited to attend with your latest creative project.

There is time for talk and discussion and just having a comfortable place to meet like minded people. We are not a large group at present and there is level access to the room we meet in.

For further info please contact the Church office,

0117 9243608 or

e-mail office@horfieldbaptist.net

www.office@horfieldbaptist.net

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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!

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."

One of the touchstones of the organisation is that Anyone Can Be a Maker. To facilitate this, artist Tracey English has designed a simple template, which even people who are not confident art makers can use to create something really beautiful, take part in the festival, and feel part of its community and message. Sign up to Bishopston Wanderland and you'll be able to download a free Bird of Hope template from the website. Make one, put it in your window and become part of this year's Hope Trail. People can then head out to the streets to spot the image in each other's windows during the festivals.

Visit the website below where you can sign up to get your house on the map and you'll find lots of ideas and inspiration there too. 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

Instagram: [windowwanderland_bishopston](https://www.instagram.com/windowwanderland_bishopston)
Facebook: Bishopston Window Wanderland



Making something creative together helps break down isolation – even small moments of connection can really matter. A light in a window, a smile from across the street, a shared wander after dark.
This year's theme is **HOPE**. Because when we do something together, hope feels a little closer – and a little brighter.

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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!
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News from Filtones Choir

During 2025, The Filtones Choir raised money from its two annual concerts for the charity 'inHope'. At the start of February the choir were delighted to present a cheque for £832 to Mr David Pritchard, Income Team Leader of this charity (pictured). He informed the choir members of how grateful the charity is for this money and how it will be put to very good use for the benefit of those who need it most in our communities.

The choir's members have chosen their new 'Charity for 2026' as BRACE (Research into Alzheimer's and all forms of dementia) and we hope that we shall have the support of our audiences to help us raise as much as we can during the coming year.

Join us! We are always looking for new members for the choir to join us so if you would like to try us out, please drop in to see us at the Community Rooms of St Teresa's church, Filton, every Wednesday, 1.45–3.45pm. You will be assured of a warm welcome. Please note that we shall not, however, be there on 18 March as we shall be singing at the Ebenezer Church, Filton Avenue that afternoon but you may like to join us there at 2.00pm to hear us perform.

For further information about our choir please see our website www.thefiltones.co.uk or ring Dot on 07870 984760.

Stan Drews Folk Nights



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 11 March, 8 April and 13 May 2026.**

There will then be a break until meetings commence in the autumn.

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."



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 14 March and Saturday 11 April, 10.30am to 12pm** (then every second Saturday of month).

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 Durufle 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.





Bishopston & Ashley Down ward

Electric Vehicle Charging & Infrastructure

We can confirm that, after some delays, installations for new lamppost EV chargers in the ward are now imminent. All relevant lighting columns have been upgraded, and installation of the charge points themselves will begin shortly. These come after a positive consultation and feedback from residents on need and location. Several are planned for the ward, and a map of the current planned installations can be found by visiting <https://portal.bcc.lan/portal/apps/webappviewer/>

Once the chargers are installed, they will be available for public use. Instructions on how to use them and the tariff will be clearly displayed on the Fuuse app, with simple instructions next to the charge point. We will notify residents again once chargers are fully installed and operational.

Area 2 Committee Workshop

Preparations are underway for the **Area Committee 2 Community Workshop on 25 February** (5–7pm at City Hall). This will allow residents to discuss funding priorities directly with councillors and officers, and share ideas they have about future projects in the ward. If you would like to attend, please contact Emma or James.

Concorde Way – Lighting & Safety

We have continued to hear feedback about lighting and safety concerns along Concorde Way – particularly near Ashley Down Station. Officers are now exploring practical and policy improvements, with commitments to push for progress over the next six months. We have also contacted Network rail about better access through the station gates. We were delighted to see that the Progression artwork has been restored, after we reported it to the Severnside Partnership when it was vandalised a few months ago.

Crossing refresh

We are delighted to inform you that the crossing by the Sainsbury's on Gloucester Road has been repainted. Many of you have contacted us about this and we have been chasing for this maintenance to be done. This should create a safer experience of crossing the road at this spot. We are still looking into ways of securing extra crossings on Gloucester Road, and James has written to MP Darren Jones for his support in this matter.

New Post Office Service on Muller Road

We are pleased to let you know that in collaboration with Payzone, a new Post Office service has opened at Stop & Shop, 154–156 Muller Road, BS7 9RE. The service is a Drop & Collect branch, which is a lighter, flexible branch. The new Drop & Collect at Stop & Shop, offers Post Office services from a handheld device, providing convenient access for customers to make bill payments and prepaid parcel collections and returns. We know people in the area have been asking for an additional post office service and we hope they will find this one to be convenient.

Cllr Emma Edwards, Green Party

cldr.emma.edwards@bristol.gov.uk

Councillor James Crawford, Green Party

cldr.james.crawford@bristol.gov.uk

Redland ward

Parks licences

You may recall that under the previous Labour administration, a decision was made to charge people operating businesses in our parks. Following resistance from the public and councillors alike, these were quietly shelved but were recently relaunched by officers after scant consultation with local councillors. Members of the Public Health and Communities committee, which has responsibility for parks halted the process and have managed to have the fees revised. There is now a 50% reduction in fees for smaller businesses, lower charges for dog walkers, and a sliding scale of fees depending on how many parks are being used. This is a separate system from the fees being introduced for the Downs, which sits under the Downs Committee.

We realise that some people will still be unhappy with the situation. It's worth noting, however, that these fees are not intended to make money for the council, but rather to cover administration costs and to ensure that businesses operating in parks are reputable and properly insured. The scheme will also be reviewed in the future to make sure that it is fit for purpose.

Vape shops

A number of residents have been in touch with concerns over the growth in the number of brightly lit shops selling vapes, especially on Gloucester Road. Martin and Fi have been looking into the situation with colleagues and currently it appears that no specific planning application is needed for an existing retail premises to sell vapes or associated products. However, we have asked planning enforcement to look into whether the proper planning applications have been made for some of the rather eye-catching shop fronts and lighting signage that has been installed on shops that sit within a designated conservation area. We also suggested that trading standards check the products and indeed at least two shops in the area that were checked had counterfeit or illegal vapes and cigarettes that were seized. At the moment there are no licensing controls over who can sell tobacco and vapes and where, but legislation is currently underway which will introduce regulation similar to alcohol licensing which will hopefully control the sale of such products more tightly. We will keep you posted.

Lamppost chargers

We're often asked when there will be better charging facilities for electric vehicles for people with no driveway. After work to coordinate different charging systems there will be more availability. This includes the planned installation of lamppost electric vehicle chargers across Bristol at some suitable lampposts selected based on likely need (locations with few driveways), adequate power supply and being by the road side (not the property wall).

After some delays, installations are now imminent, including many in the area with terraced streets in the Bishopston part of our ward. All relevant lighting columns have been upgraded, and installation of the charge points themselves will begin shortly. Once each charger is installed, it will be available for public use and shown on a public map of locations. Instructions on how to use it and the tariff will be clearly displayed on the Fuuse app with simple instructions next to the charge point.

We know there are some concerns about how these will work at different times of day between people using roadside parking with non-electric cars and we shall be keeping a close look at how the use of spaces next to charger columns is managed. The council will notify residents once chargers are fully installed and operational.



Planning out of special measures

We've reported many times on the backlog of planning applications after vacant posts were frozen by the last administration. The council was put into special measures by government after severe delays built up a few years ago. This meant larger projects were able to apply directly to the Planning Inspectorate, by-passing the council. The good news is this has now ended and once again the council planners are managing applications.

We're conscious that there's also a backlog in enforcement cases where permission isn't in place or conditions are not being met and we are pressing for this to be improved as well.

Crossing repainted

We've both been concerned about the worn-out road markings for some time and thank residents who've asked about the pedestrian crossing close to Bishopston Library. We've both chased this on various occasions as we know how well used it is. Repainting road markings fell behind when budgets shrank from austerity. The good news is that Fi has now been notified there's a contract let and this crossing and its zig zag lines will be repainted soon – it's now in the hands of the contractor so they will have it scheduled along with other sites. We hope once it's refreshed this will be safer and left unobstructed by parked vehicles.

New digital assistant

Briz, a new 24/7 digital assistant designed to make it quicker and easier to access council services, became available across council phone lines and website, bristol.gov.uk, from late January. It provides instant answers to a wide range of everyday queries from bills to bins at any time, day or night. Briz is simple to use, requires no technical know-how and complies with all data protection laws. It should handle most common queries instantly, but you'll still have the option to speak to a human advisor during standard opening times.

Continued on next page ►

The advisers can focus on queries that need a personal touch, more complex queries, and help people needing more support to use technology (due to a disability or other factors) or those who don't have English as their first language.

If Briz does not understand the question, it will transfer you to the main switchboard to speak to an adviser, where you can access appropriate help, as previously. We're assured no one will be left without support during standard hours. Users can feed back to share their ideas for how Briz can be improved, so that it can better serve people's needs.

Changes to visitor permit scheme paused after residents' parking feedback

After many concerns were raised about a proposal to reduce the free allocation of visitor permits and the overall number of visitor permits available, the council has responded by pausing proposed changes to visitor permits. After review, other options will be considered which may result in another round of statutory consultation.

The other proposals – to make business e-car permits chargeable and to remove the option to claim the free half hour on pay and display machines – are still being considered and a further announcement on this will follow once we have analysed the responses to the statutory consultation.

Feedback on the proposals is now being reviewed and will be considered during future plans for the scheme.

Fi Hance, Green Party

cllr.fi.hance@bristol.gov.uk / 0117 3534720

Martin Fodor, Green Party

cllr.martin.fodor@bristol.gov.uk / 07884 736101

[Facebook.com/cllrmartin.fodor](https://www.facebook.com/cllrmartin.fodor) or [cllrfi.hance](https://www.facebook.com/cllrfi.hance)

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.

You are welcome to join us for the following talks

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

Bishopston Matters Reader Offers

Page 15, Modarasi – Interior design & Soft furnishing – 10% off first order for new clients

Page 17, Beauty Box – No needle facelift £85 (usually £170)

Page 21, Aura Therapy & Beauty – See advert for excellent treatment offers

Page 35, Reco Spinal Centre – 50% discount on initial consultation

Page 52, Alpine Landscaping – 25% Off services

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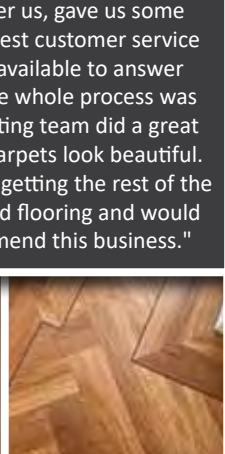
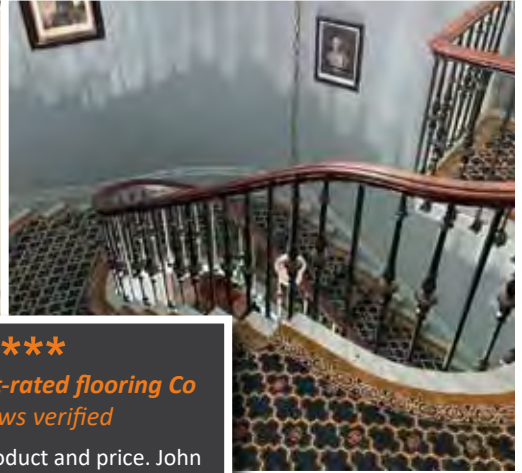
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