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Matters



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issue 196, April 2026



World Book Day 2026 fun!

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Dear Readers...

Spring has well and truly sprung – hurray!

As we plan our Easter celebrations, as always, our Gloucester Road traders are here to offer inspiration for fantastic gifts, delicious food and drink, and a wealth of places to celebrate locally. Please do share the love with our local traders!

There are seasonal services at all of the local churches and a fun Easter egg hunt at The Ardagh on Horfield Common for the little ones to enjoy.

Family Food Action is collecting Easter goodies to distribute to neighbouring families in need, as well as baking items for community clubs to create nutritious meals during the school holidays.

Spring is a wonderful time to explore the flora and fauna in our local parks and we are pleased to bring you news from the Friends of Horfield Common, The Pod edible garden, Goldenhill Community Garden and The Friends of St Andrew's Park.

Preparation is underway for many May Fairs; Glos Rd Central will once again be celebrating Mayfest, The Old Library invite you to their May Fun Day and the Goldenhill Community Garden's May Fair always offers entertainment for the whole family!

As you can see from the front cover, local schools enjoyed celebrating World Book Day; we are pleased to bring you news from Brunel Field, Sefton Park and Bishop Road who enjoyed an author visit from Alexander Armstrong!

We look back to the darker evenings, when Window Wanderland shone some creative cheer and light across the neighbourhood with their wonderful window trail, on the theme of hope.

Please do take advantage of the excellent **Reader Offers** (see page 34) and mention Bishopston Matters when you support the traders who feature within it – thank you.

Enjoy the chocolate!

Kerry x

Email: kerry@bishopstonmatters.co.uk | www.bishopstonmatters.co.uk Bishopston Matters
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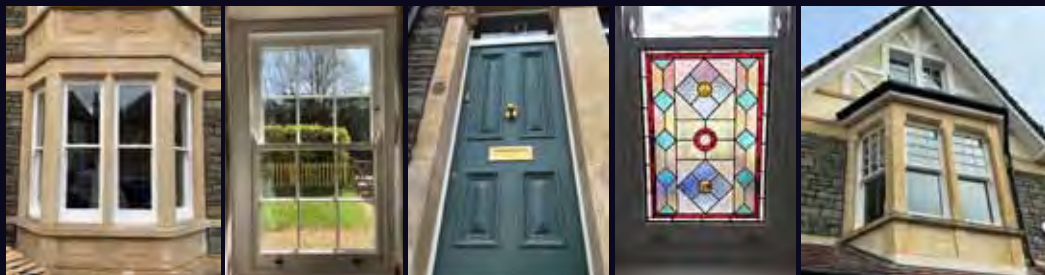
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News from the Goldenhill Community Garden

Hi folks,

A date for your calendars! **We'll be back on Saturday 9 May for another Big Spring Fair and plant sale and seed swap!** If you've been before you know what to expect at one of our fab little events and if you've not been before... come along! There'll be live music, lots of free kids' activities' including amazing tales from our storyteller, face-painting, May crown weaving, crafting, pond dipping, and loads more all in our beautiful garden. **We'll be selling heaps of lovingly grown heritage varieties as well as slug-proof, drought-proof perennials and masses of gorgeous flowers at bargain prices and there'll be plenty of free seeds to take home and do bring along any spares that you've got to share.**

This month in the garden we'll be busy sowing thousands of all kinds of flower, veg and herb seeds in pots in the polytunnels and then outside as the soil warms up. **Come and get involved any Wednesday for the usual chatting, weeding, planting, barrowing and drinking tea.** If it's your first time please aim to come along at 12 or 2.30pm so we can show you around. You're welcome to come for just a look around and a chat or bring

small folk along to explore the garden. You'll find us behind Horfield Prison through the second allotment gates at the end of Monk Rd. No need to come every week or stay all day, we've got jobs to suit all energy levels. No experience or tools necessary and we're a friendly bunch and you'll get some lovely harvests to take home every week.

This Easter we'll be running our usual **fab family adventure day for children with SEND and their siblings on Thursday 16 April, 11am – 3pm** – get in touch to find out more and book. It's just £5/£2/free and they'll be making, baking, crafting, climbing, exploring nature, tadpoles, playing, singing, harvesting and or just chilling in the garden. There's no need to have a formal diagnosis and grandparents/carers/supportive friends are all welcome along and everyone gets a delicious lunch of freshly made pizza and salads from the garden.

See you in the garden,

Lucy

hegoldenhillcommunitygarden.com

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As the weather improves, you may be thinking about how to make the most out of your home and in particular, how you could better link the inside and out. An extension along with internal reconfiguration can make a huge difference to your living areas, creating space for the family to socialise, relax, work and play, even all at once!

Cryer & Coe will work with you to prioritise what you want to achieve so that you can optimise your budget. They will explore the full potential of your home and bring ideas that you may not have thought of.



Cryer & Coe often work with clients to get their projects built under Permitted Development rights which can have a much quicker turnaround – you might be surprised at what you can achieve without needing full Planning Permission.

If you're feeling inspired to get started on your project, do get in touch with Cryer & Coe about setting up an initial, no obligation meeting.

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A croaking success!

Frogs, toads and newts have returned in force to the newly renovated wildlife pond in St Andrew's Park, report the Friends of St Andrew's Park (FOSAP). More than 50 amphibians have been counted recently, giving their new habitat the ribbit of approval.

Thanks to the generous support of many local people, as well as a substantial grant from the Veolia Environmental Trust, major works to completely overhaul the old pond began in January and have recently been completed with the installation of an accessible gate to the new pond-side walkway.

Volunteer sessions run by FOSAP to finish the project will continue through the spring, with plans underway to add further species of oxygenating plants into the pond, marginal plants and bulbs to the surrounding area and to build a 5* bug hotel nearby.

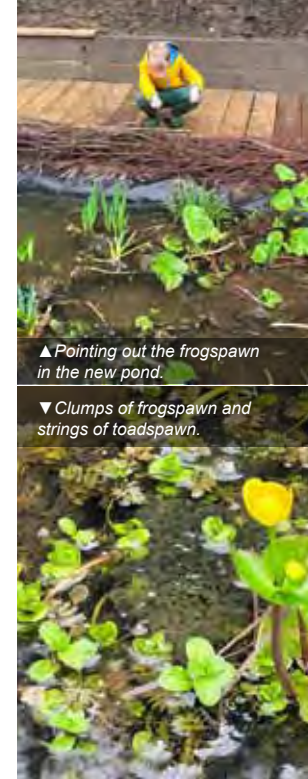
In celebration of all the hard work, the team aims to welcome everyone on Sunday 3 May to the re-opening event. There will also be a family-friendly workshop to construct the bug hotel.

"Come along and enjoy the tadpoles – everyone is welcome!" says local mum Trucie Mitchell, who was part of the pond project team.

Some of the FOSAP team will be in the park by the coffee van every first Sunday of the month throughout the spring and summer, starting with Easter Sunday, 5 April, at 10am. If you have any suggestions or questions about the park, please come and say hello and join our informal park chat.

For more details, please email fosapsecretary@gmail.com.

Trucie Mitchell, Chair, FOSAP



▲ Pointing out the frogspawn in the new pond.

▼ Clumps of frogspawn and strings of toadspawn.

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Update from The Pod in St Andrew's Park

The Pod is a mini orchard and wild food garden in St Andrew's Park, near the playground. It's a community garden and everyone is welcome to harvest food from there and to help out if you want to!

It's always such a joy to watch it spring (excuse the pun) into life around this time of year. The top picture here is of the Honeyberry bush, part of our edible hedge. When they appear later in the year, the fruit are long, dusky charcoal-coloured, sweet and delicious. Everything else is slowly starting to show their buds, and inch their way up through the soil. The bottom picture is of the amazing comfrey, the plant that gives so much to the other plants in this garden, by fertilising the soil, and attracting tonnes of wildlife.

Our apple, pear, plum and greengage trees were pruned with the support of Tim Foster, the local organic gardening teacher and author. We're lucky to have his expertise and experience on hand – thank you, Tim!

We will soon be topping up the raised beds in time for new planting; the soil levels have gone right down. But please keep helping yourselves to the thyme and sage that's growing in the meantime.

We hope to be working with a children's nursery this year, so that we can grow together. We will also be extending the ground bed and putting some of the herbs that are currently in the beds, in the ground too. We transplanted lemon verbena and rocket to the ground last year so we'll see how they do this year.

If you would like to plant something in the pod, and help to nurture it, or if you'd simply like to come along to the monthly sessions, please do join us! No need to book or anything, just turn up, either on the **second Tuesday of the month (2pm)** or the **last Saturday (10am)**. We'd love to see you.

The Pod founders, Penny and Helen

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Spring plans for Horfield Common... what's next?

We are currently in discussion with Bristol City Council about several rewilding and biodiversity projects on the Common. In the meantime, we have some planned seasonal maintenance, including a staged clearance of the original wildlife pond, timed carefully to avoid disturbance to pond wildlife, bat box installation and work to remove invasive species in the Scots Pine Patch near the Community Orchard.

Book now: Spring bat walk – FoHC is launching this year's programme of guided nature walks with a family-friendly **Spring bat walk on Horfield Common on 21 April**. This evening walk, led by Steve England, will use bat detectors to identify the different species emerging after winter. We will explore how bats navigate and feed, where they roost during the warmer months and why North Bristol supports a variety of bat species. To book, go to: www.friendsofhorfieldcommon.co.uk/whats-on.

Other events, to be announced very soon, include **wildflower folklore**, a **pollinator safari** and a late-summer **Walk on the wild side** exploring the wildlife in the Common's different habitats. If you have ever wondered what is living in the trees above you, in the grass underfoot or around the water's edge, these walks will help you notice more and appreciate just how much nature is on our doorstep.

If you would like to get involved, make suggestions for future walks or share your views on the Common, please come and say hello at the **monthly market at The Ardagh on 11 April**, or at our **AGM on 16 May**. Alternatively, why not help to keep the Common clean and join the next **litter picks on 28 March or 25 April**. Further details will be shared at www.friendsofhorfieldcommon.co.uk/whats-on.

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.



Invasive plants have spread in the Scots Pine Patch. FoHC volunteers are removing them to protect native species and support biodiversity.

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Share the love this Easter

Easter weekend takes place early this year, from 3 to 6 April. This spring holiday is a time to gather with friends and family or perhaps enjoy a lazy, long weekend.

If you are preparing to host a special meal or gathering, our Gloucester Road traders have all you need to treat your loved ones to a delicious meal and accompanying tittle. A time where there is an abundance of food! Nothing beats a freshly baked hot cross bun from bakeries Hobbs House and Joe's Bakery – who stock a wealth of seasonal goodies from Easter bread to their delectable biscuits.

Grape and Grind will be able to advise you on the perfect wine or fizz for Sunday roast and family parties. Of course if you prefer to eat out our high street is lined with venues to suit all pallets.

If you are looking to purchase seasonal gifts – large or small, our local businesses can provide special gifts to suit all budgets that will be sure to bring some spring cheer.

The long weekend is a wonderful time to get out on a local walk and soak up the joys of spring. The kids will have great fun on The Ardagh's annual Easter Egg Hunt, that runs from Saturday 21 March to Saturday 4 April, featuring painted eggs hidden around the site.

A highlight in the Christian church calendar, all our local churches have a programme of services and events to mark this important weekend, to which all are invited to join them.

Whatever you get up to, enjoy a fabulous spring-time celebration and do share the seasonal love locally.



▲ Image from Nola interiors window display

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Mayfest 2026!

GLOS RD CENTRAL

Saturday 2 May sees the return of Glos Rd Central's Mayfest to our high street. Traders will spill out onto the pavements with stalls, crafts, biscuit decorating and more. The spring celebration coincides with Jack in the Green and his merry procession working their way up Gloucester Road to their final destination of Horfield Common.

Keep up to date with news via Facebook: Glos Rd Central or Instagram: @glosrdcentral.

News from Osna Therapy Centre

If you are in need of some self-care and healing this spring, Osna owner, Bridget, has dedicated her life to holistic practices and products. You couldn't be in safer hands to receive a restorative, holistic treatment. Continue your self-care at home with her hand-made Bareskin beauty range.

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.

Osna, 222 Gloucester Road, BS7 8NZ
info@osnatherapy.com | www.osnatherapy.com
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Easter goodies – A huge range of Easter favourites are now in both Gloucester Road stores. As well as their traditional Easter biscuits and range of delicious hot cross buns, there are some scrumptious alternatives on the menu. Do treat yourself to an **Easter Blondie**, made with butter, white chocolate and mini eggs! This seasonal bake is back for its second year due to popular demand.

NEW! Biscoff Croissant & Lamington – You must try Joe's Biscoff delights. You can select from an indulgent butter croissant filled with Biscoff cream, drizzled with Biscoff spread and topped with Biscoff crumb or, their Biscoff Lamington – a moist sponge covered in white chocolate and biscoff ganache, rolled in biscoff crumb, topped with vanilla buttercream and a drizzle of biscoff – utterly delicious! Keep your eyes peeled for a **new Chocolate Lamington** hitting both shops soon!

Muffins & Scones – As we move through the seasons Joe's will be regularly updating their muffin and scone flavours. You may have already got your hands on their **Victoria sponge inspired muffin** or one of their **Cherry scones!** New in the shop now, is a savoury **Cheese & Rosemary Scone!** Keep your eye on Joe's Instagram page for the launch of new muffin flavours.

Mayfest – Joe's is pleased to be a part of this Glos Rd Central tradition of welcoming in the summer season. Do join them on **Saturday 2nd May** for some much-loved, complementary gingerbread decorating.

We're Hiring! We're looking for a shop manager to join our team! Must have previous retail and management experience. Please email your CV to – jenny.joesbakery@outlook.com.



Biscoff Lamington



Easter Blondie



Cheese & Rosemary Scone

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

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Helping patients feel better, increase activity and heal faster



Longstanding Arthritic Back and knee pain: John is a lovely chap referred to me for treatment in July 25 by a previous patient. In great shape for an 88-year-old, he was however suffering from long-term low back pain related to spinal degeneration and spondylolisthesis. He'd

also had a half knee replacement 17 years previously and was now suffering with pain on the outside of his joint. His walking, sitting and general activity were painful and getting more and more restrictive. He chose to do a combination of programmes of MBST to address several areas of tissue damage. On our most recent follow up in February 26, both spine and knee are much improved. Activity/walking and travelling is much less painful and no high levels of pain reported for some time. All this 7 months post MBST. I look forward to seeing where he is at 12 months.

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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MONDAY

7:30am Align (level 1)
8:30am Evolve (level 2)
9:30am Evolve (level 2)
10:45am Align (level 1)
12:00pm Align (level 1)
1:00pm Evolve (level 2)
5:30pm Beginner (level 0)
6:45pm Empower (level 3)
8:00pm Align (level 1)

THURSDAY

7:30am Evolve (level 2)
9:30am Align (level 1)
10:45am Evolve (level 2)
12:05pm Align (level 1)
1:15pm Evolve (level 2)
4:30pm Evolve (level 2)
5:30pm Align (level 1)
6:45pm Evolve (level 2)
8:00pm Beginner (Level 0)

TUESDAY

7:30am Evolve (level 2)
8:30am Align (level 1)
9:45am Evolve (level 2)
1:15pm Align (level 1)
4:30pm Align (level 1)
5:45pm Evolve (level 2)
7:00pm Evolve (level 2)
8:15pm Uplift (level 2)

FRIDAY

7:30am Align (level 1)
8:30am Evolve (level 2)
9:45am Align (level 1)
12:05pm Evolve (level 2)
1:15pm Align (level 1)
4:30pm Align (level 1)
5:30pm Evolve (level 2)
6:45pm Align (level 1)

WEDNESDAY

6:00am Evolve (level 2)
7:30am Align (level 1)
10:45am Evolve (level 2)
12:00pm Align (level 1)
1:15pm Uplift (level 2)
5:30pm Evolve (level 2)
6:45pm Evolve (level 2)
8:00pm Evolve (level 2)

SATURDAY

8:15am Uplift (level 2)
9:30am Align (level 1)
10:45am Evolve (level 2)
12:00pm Align (level 1)
5:00pm Align (level 1)
6:15pm Evolve (level 2)

SUNDAY

9:30am Align (level 1)
10:45am Evolve (level 2)
12:00pm Empower (level 3)
4:15pm Uplift (level 2)
5:30pm Align (level 1)
6:45pm Evolve (level 2)

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The Old Library
May Fun Day 2026



The Old Library on Muller Road, is hosting a May Fun Day on Saturday 16 May, 11am – 3pm.

The fundraising event will include games, bouncy castle, ice cream, BBQ, bar, plus music and entertainment from Jazzy Jim (pictured above)! Everyone is welcome for a day of family fun.

It's been ten years since a group of local residents came together and formed a CIC to run the building on Muller Rd as a volunteer-led community space. There will be several events in 2026 to celebrate this milestone!

Watch this space – and follow The Old Library to keep up to date with what's on.

theoldlibrary.org.uk

Facebook – The Old Library Eastville
The Old Library, Muller Road, BS5 6XP

Counselling for Adults and Young People

Helen Papworth



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.

I provide clients with a confidential, safe, warm empathic space in my private counselling room where you 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.

If you are interested in counselling either for yourself or for a young person, please contact me either through my website or at helenpapworth.counselling@gmail.com.

I offer a free 30-minute session either in person, online or by telephone so that you can decide whether I am the right counsellor for you.

For further information, please visit my website helenpapworthcounselling.co.uk

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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



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



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.

smile.

[smaɪl] noun

a curve that sets everything straight



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MOVEMENT ♥ WELLNESS ♥ COMMUNITY

Life can be busy, and it's easy for our own wellbeing to slip to the bottom of the list.

At Bloom Yoga Bristol, we've created a calm and welcoming space where you can move your body, take a breath and reconnect with yourself – without pressure or expectations about how you should move or be.

Our Ashley Down studio offers a range of classes designed to support real bodies and busy lives. Whether you're completely new to yoga or returning after a break, you'll find classes that help you build strength, release tension and leave feeling more grounded.

Classes include:

- Yoga • Pilates • Barre • Strength & Flow

We also offer classes for Parents and Families, including:

- Pregnancy Yoga • Parent & Baby classes
- Children's Yoga & Mindfulness

Alongside the studio, our peaceful Treatment Room offers Physio, Massage and Holistic Therapies, creating space to slow down and care for your wellbeing.

Bloom has grown alongside its community, with regular gatherings such as Menopause and POI socials, and Bumps and Babies meet-ups, offering space to connect and feel supported.

Every size, shape, age, ability and background is genuinely welcome here.

You don't need to be flexible.

You don't need experience.

You just need to come as you are.

"I've never tried yoga before, and I did a session with Sunny. She was so lovely and there was such a welcoming atmosphere from everyone! I was nervous beforehand but had no need. I really enjoyed it!"

Ellie



201 Ashley Down Rd, BS7 9DD
hello@bloomyogabristol.co.uk
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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

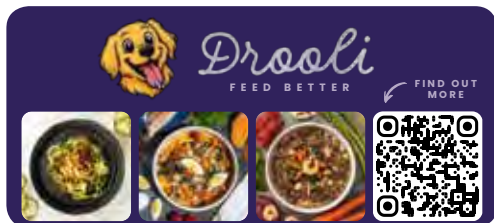
each month, owners have access to an expanding set of nutritionally balanced options.

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.



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 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/.

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.

CVS Vets Animal Health Centre

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Join the Red Dragon's family

Our Tiny Titans classes are so much fun; they help younger children develop their listening skills, while increasing their self-confidence and self-discipline. The classes are a mixture of high-energy fun and games with a focus on developing martial arts basics. I have witnessed over the years how beneficial these classes are for younger children of all temperaments. Whether the child is shy and reserved or energetic and boisterous we have seen all our members blossom into strong and confident children who can meet head on the challenges that life can present.



This month we have been focusing on developing our fitness and our padwork. At time of writing, we are having fun preparing for the first grading event of the year later 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 Dragon's 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**

Excalibur's Battle of the Bands rocks Bristol Beacon

Students from three Excalibur Academies Trust's secondary schools – Ashton Park School, Fairfield High School and Redland Green School – took to the stage for an electrifying night of live music at the iconic Bristol Beacon, as the Trust hosted its first ever 'Battle of the Bands'.

The evening featured a wide range of performances, from energetic rock sets to powerful vocal performances, delivering an impressive show for the packed audience and highlighting the talent of performers from Year 8 and above. Following the event's success, there are hopes next year's competition will grow even bigger, with all six of Excalibur's secondaries taking part.

Performing on the renowned Bristol Beacon stage was a real privilege for the students, who benefited from professional sound, lighting and staging, giving them a true live music experience.

After careful deliberation, the judges crowned the brilliant 'Turbo Island' from Redland Green School as the winning band. Their performance not only secured them the top prize and the opportunity to perform again, but six hours of rehearsal time in a professional studio space.



Richard Uffendell, Headteacher of Ashton Park School, who also served on the panel of judges, comments: "Judging the Battle of the Bands was an exciting and challenging experience. With a representative from each school, we carefully followed our judging criteria while being amazed by the incredible talent and creativity of the students."

Tim Roderick, Music Teacher at Fairfield High School and co-organiser of the event, concludes: "The first Battle of the Bands was a resounding success, celebrating the incredible musical talent of students across the Trust. With such an unforgettable atmosphere, we hope this event will become an annual highlight."



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Friday 24th April

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Earth Day Heroes awards in Sept 25

Cheque presentation at Glos County Cricket Club

News from Brunel Field Primary School

Brunel Field's carbon footprint success!

Since joining Green Schools Project's Zero Carbon Schools programme, pupils at Brunel Field Primary have been learning about climate change, investigating their school's environmental impact and taking action to reduce it. Today, the results are in, and they highlight the power of a truly whole-school commitment to sustainability.

Through their partnership with Green Schools Project, Brunel Field hasn't just talked about change; they've measured it. Their latest carbon footprint calculation revealed an impressive 43-tonne reduction in CO2e (CO2 equivalent), bringing the school's footprint from 132 to 89 tonnes – a 32.8% decrease in just one year.

Commitment from across the school community helped achieve this impressive milestone, but it's the knowledge, skills and infectious energy of the pupils that provide the heartbeat for this success.

Reflecting on the achievement, headteacher Nic Bailey said; "We are incredibly proud of the whole-school commitment to sustainability at Brunel Field. The partnership with Green Schools Project provided the spark, but it was our pupils and staff who turned that spark into a 43-tonne reduction in our carbon footprint. The ideas and projects from the children were inspiring, and the changes made at all levels of the organisation have led to such an impressive reduction already. The programme is equipping our children with vital problem-solving skills and a sense of positive agency. Sustainability is no longer just a topic we teach; it is a value we live every day."

The journey continues as a new cohort of Year 5 pupils takes up the mantle. Armed with last year's success, they are now deciding which projects to design and lead next. Their goal is to continue to ensure that care for our planet remains at the heart of school life.

For more information, visit www.greenschoolsproject.org.uk.

Brunel Field delighted to work with Gloucestershire County Cricket Ground

Each November, the Fireworks display at The Seat Unique Stadium (Glos County Cricket Ground) dazzles visitors and raises money for both Brunel Field Primary School and Ashley Down Primary School who work together as part of the Ashley Down Schools Federation. The Fireworks display is a joint venture between the Parent and Staff Associations for each school and the cricket ground.

Last month, children from both schools, the headteachers and representatives from each PSA committee came together for a special presentation, where representatives from the Cricket Ground presented a cheque for £7,004.28. This amazing total will be shared between both schools. It reflects the community spirit that surrounds these schools and our community. The funds will support opportunities that enrich pupil learning and bring enhanced joy to their school experience.

Brunel Field supporting Solar Aid

Year 4 have been taking part in a fundraising challenge to raise money for Solar Aid. The challenge involved experiencing a 'No Electricity Day' both at home and school; pupils then wrote a newsletter report about it. We are delighted to share with you two of these accounts.

BF Team Hits a Record with a Full Day in Pitch Blackness! By Lucia, 4B

Year 4 completed the challenge of a full day using no electricity to see what it was like for people in countries who have no access to electricity and energy. They used torches and some solar lights.

Some children chose to use candles as an alternative to electric lights during the evening. They also used as much sunlight as possible by going outdoors or opening curtains instead of watching TV and playing video games.

All students completed this exciting challenge either at home or at school. The idea began on 18th January 2026. During this challenge, the Year 4

pupils at Brunel Field Primary raised hundreds of pounds for Solar Aid to help provide solar lights for families with no access to electricity.

The children who completed this challenge thought more deeply about how people in some parts of the world live without electricity and how lucky we are to have it.

One pupil said: "It was very interesting. It made me understand how people with no electricity would feel and what they do. I tried some new things that I probably wouldn't have done with electricity, like playing with magnets, kinetic sand and doing experiments."

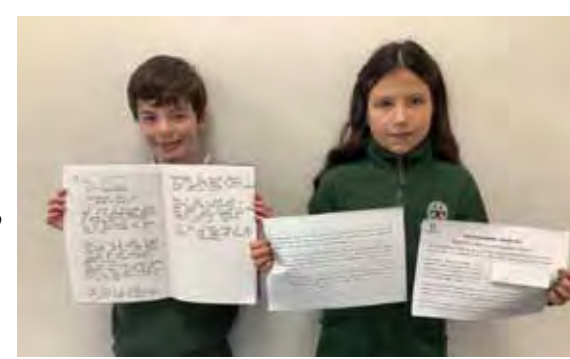
Solar Aid was founded in 2006. Since then, it has helped over 12 million people across Zambia, Uganda and Senegal. They aim to bring solar lights to every home, school and clinic by 2030. Nearly 600 million people in sub-Saharan Africa live without electricity. Kerosene lamps can be harmful so solar energy is a much safer solution.

This year, the children have raised over £8,000 to help others and to explore more science ideas, such as using solar panels and batteries.

Please join us next time for more Solar Aid fun!

Electricity Goes on Strike in Year 4! By Jasper, 4PL

In Year 4, the pupils took on an extraordinary challenge of going without electricity on the 30th of



January 2026. It was at school and at home to raise money for Solar Aid.

Year 4 had to fight through not being able to use lights, computers or the whiteboard. "It was fun not using the computers to change books," said Ahmed. "It was hard not using lights!" explained Chloe, "I had to use candles!" They also couldn't use timers for times tables and 35 and 75 club.

Solar Aid is a charity that wants to bring electricity to places with no access to power. The charity started in 2006 and aims to bring solar light to every home, school and clinic by 2030.

Year 4 did a brilliant job raising money and awareness for Solar Aid! They hope it makes you think more about places without electricity. How could you help?



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BE YOURSELF BE AMAZING

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 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.

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.



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.

1 April, Q & A with Danielle Cox

Singer and entertainer.

8 April, Q & A with Rob Newman

Former Bristol City Player.

15 April, Q & A with Gloucestershire Cricket Foundation

Gloucestershire Cricket Foundation aims to improve people's lives through the power of cricket. Growing the sport through communities, clubs and schools.

22 April, Q & A with Simon Martin

Former Olympic Gold Medallist.

29 April, Q & A with Sean Williams

Former Glamorgan CCC Player.

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

www.walkersandtalkers.org

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



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 11 April and Saturday 9 May, 10.30am to 12pm (then every second Saturday of month).

Keep fit with Dance Moves

At Horfield Methodist Church, BS7 8SN, Tuesday mornings, from 10.15–11.15 am (registration from 10am), & St Peter's Church, Filton, BS34 7BQ, Tuesday afternoons, 2–3 pm.

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

For further information contact Eileen Scott on, **07969 929733** or **scottyartois@hotmail.com**

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



T: 01179 252886 | E: info@recospinalcentre.com
recospinalcentre.com | Reco, 175 Southmead Rd, BS10 5DT

Counselling with Dawn Daly



If you are looking for support with anxiety, you are in the right place. I am an **Anxiety Counsellor** working with people aged 13 to 113.

Anxiety can really get in the way. It can appear anywhere, at any time: at school, at work, in relationships, during pregnancy or alongside ill health. It can show up after a loss or bereavement, or following a traumatic event. Sometimes it appears for no clear reason at all.

Anxiety can range from mildly unsettling to completely overwhelming, and it can take the joy out of everyday life. Well, I want to let you know that it doesn't have to be like this.

With the support of counselling, it is possible to feel more at ease in both your mind and your body. It is possible to find freedom from the way anxiety has been holding you back.

How does counselling work? Rather than risk losing you in counselling theory, I'd like to share a quote from a previous client (shared with permission):

"The space I found in counselling sessions with Dawn was like the patch of soil you carefully choose for planting a bulb – open, uncluttered and full of potential. The conditions we created together were the nutrients, supporting something new to grow and bloom. It was wonderful! I found freedom; fear no longer holds me back."

If you feel ready and would like to explore counselling with me, I offer a 15–20-minute phone or video consultation as a first step.

This consultation gives us time to talk, ask a few questions, and get a sense of whether we'd like to work together before any decisions are made. You can work with me in person, via video call, or by telephone.

If you like to find out more about me, please visit, dawndalytherapies.com
Email: dawndalytherapies@gmail.com
Text: 07824 903760, click on the QR code



I am insured, DBS checked, and a member of the governing body BACP. I am a dyslexic and a neurodiverse-affirming therapist.

Sakya Buddhist Centre Bristol

Tuesday 7.30pm - 8.30pm
Buddhist thought and meditation

Wednesday 10.30am - 11.30am
Simply meditation

Saturday 10.30am - 11.30am
Buddhist thought and meditation

Sundays 10.30am - 11.30am
Family meditation
All sessions free, donations welcome.

121 Sommerville Rd
BS6 5BX
www.sakya Bristol.org

Bishopston Matters Reader Offers

Page 9, WoodStock – £100 off a new Kitchen, £50 off a Woodburning Stove, £25 off Bespoke furniture

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

Page 17, Olivit Physio – 25% off initial consultation with code NEW25

Page 20, Soul Pilates – See intro offers

Page 34, Reco Spinal Centre – 50% discount on initial consultation

Page 65, Alpine Landscaping – 25% Off services

Please see adverts on pages for full offer details. Please mention *Bishopston Matters* when booking, thank you!

senseofselfbristol.co.uk @senseofselfbristol

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Spring has sprung!

Spring is finally in the air at The Ardagh and, at FFA, we are once again appreciating the fine weather which makes our Tuesday mornings at the Hub so much more enjoyable. We have been kept very busy over the last few weeks with amazing levels of donations of food and toiletries and it has been wonderful to have been able to share out such generous amounts among our partners.

Sainsbury's Clifton Down

At the beginning of March we held a very successful event at Sainsbury's at Clifton Down. A group of FFA volunteers went along to the store to engage with customers and let them know about the work we do and encourage them to add a few extra items to their shopping trolleys to donate to FFA. We were amazed by the generosity shown and by how many customers were prepared to take a bit of extra time and thought to make a donation despite their own busy schedules. It was clear that they share the same concerns about food inequality, and many of them expressed a real interest in the work that FFA does and what they could do to help.

In all, we collected around 78 shopping bags full of store-cupboard items and toiletries – a fantastic result which will make a massive difference to the families our partners support.

The event also gave us a chance to thank all the donors in person, which is not something we often get to do and it turned it into a real 'feel-good' experience. Coincidentally, we also met several customers who already donate to FFA via street collections and, again, it was a fantastic opportunity to let them know how grateful we are.

Sainsbury's managers at Clifton Down have been so supportive of FFA over the last few years: not only do they make regular donations from their in-store customer donation point but, by hosting events like this, they enable us to raise awareness of FFA and what we do, which is invaluable. We really appreciate the extra work they put in to make it possible.



Festivities and holidays

Following on from our special collection for Eid, Easter is approaching fast and donations of mini-eggs and



non-chocolate sweet treats (such as fresh or dried fruit) would be appreciated – the healthier and more easy to share, the better! Vegan and gluten-free items would also be very welcome so that no-one misses out.



FFA volunteers at Sainsbury's Clifton Down

We are at the stage in the year when our partners are gearing up for the school holidays. To help them, in addition to the usual store-cupboard fare we are seeking donations of healthy sweet and savoury snacks; fresh fruit and vegetables for children's snacks and lunches; breadsticks; pitta breads; wraps; crackers. We would also appreciate donations of baking ingredients (flour, sugar, dried fruit, chocolate chips) for some of the holiday club activities. Our final collection for Easter treats will be Tuesday 31 March, but school holiday collections will continue throughout the holiday.

Volunteering opportunities

We are always on the lookout for volunteers to help on Tuesday mornings: if you have some free time and are interested in finding out more, please get in touch so that we can arrange for you to come and see us in action.

Date for your diary

We will be holding a stall at The Ardagh Food and Craft Market on Saturday 9 May, 10am to 3pm. Please come and see us if you would like to find out more about what we do.

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



Divine Ceremony

The celebration of a lifetime

How we talk about death

Language shapes how we think, feel and behave. When someone dies, something subtle yet significant often happens through the words that are used – the person can become reduced to a category. The deceased. The body. The remains. In that shift, they risk losing their name and their identity. And yet they are still a person, still someone's mother, brother, partner, friend.

Even well-intentioned language can miss its mark. Terms like 'loved one' assume that every relationship is close and uncomplicated. Grief rarely is. Words that imply harmony can unintentionally silence more complex truths.



At Divine Ceremony we use their name.

We will ask you what you would like us to call them – a shortened name, a nickname, or perhaps the formality of Mrs or Mr. How we address someone still matters after they have died. As our society has grown more distant from the reality of death, we have developed euphemisms to soften it. These are offered with kindness, and they are not wrong. But they can create distance – and sometimes confusion, particularly for children. We've lost Mum. Grandad has passed. What does it mean to be 'lost'? Are we meant to search?

At Divine Ceremony we say that someone has died.

At Divine Ceremony we will refer to your person.

Rather than reaching for euphemisms, we use language that is gentle but clear. When a family needs to know that their person's appearance has changed, it is kinder to say so plainly and steadily than to let imagination fill the gap. We understand our work as collaborative: we walk alongside families rather than directing them. Language will never remove the pain of death. But it can either distance us from it or help us meet it honestly.

Divine Ceremony hosts the North Bristol Death Café where we talk openly about death and dying. See our website for upcoming dates.

Divine Ceremony at The Sanctuary, 2 Zetland Road, BS6 7AE | 0117 9049786 | divineceremony.co.uk



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Barcan+Kirby

Barcan+Kirby launches new 'Return to Law' Programme to support women re-entering the legal profession

Bristol law firm Barcan+Kirby has announced the launch of its new 'Return to Law – Giving Opportunity, Gaining Talent' programme, an initiative designed to support women who have left the legal profession and want to return but are unsure where to begin. The launch coincided with International Women's Day.

Addressing the talent gap in law

Although women make up 62% of solicitors, they remain significantly under-represented in senior positions, with only 32% progressing to Full Equity Partner roles. Research shows that women often step away from the legal profession due to challenges such as insufficient work-life balance after having children, a lack of flexible working options, excessive workloads and caring responsibilities.

Managing Partner, Anna Wilson, who has personally experienced many of these barriers, has played a key role in shaping the firm's commitment to gender equity. Under her leadership, Barcan+Kirby has become an example of how women can thrive, progress and balance career ambitions with family life.

Anna commented, "We are so excited to be launching this programme, which we hope will give talented women the confidence, support and practical insight they need to return to a career they once loved. Having navigated many of these challenges myself, I know how daunting it can feel to step back into the profession and I also know how much value returning women bring to our teams and our clients. This initiative is about opening doors, rebuilding confidence, and showing that there is absolutely a place for them in today's legal world."

A tailored Programme to support women back into the profession

The five-day, in-person programme will run from June 15 – 19, 10am to 2.30pm, at the firm's Bishopston office on Gloucester Road.



Image: Morag McDonald ©
▲ Barcan+Kirby's Managing Partner, Anna Wilson

Through a series of practical, cultural and confidence building workshops, participants will gain up-to-date insights into working in today's legal landscape. Sessions cover topics including:

- What working as a lawyer looks like in 2026
- How work-life flexibility can be a game changer
- Tackling imposter syndrome
- Commercial awareness and professional visibility
- The aim is to equip returning women with the skills, confidence and understanding they need to re-enter the legal profession successfully.

Who can apply?

Barcan+Kirby welcomes applications from lawyers who have stepped away from the profession for any reason, whether to raise children, care for relatives or support a partner's career. Applicants must be able to travel to the Gloucester Road office during the programme dates and attend between 10am and 2.30pm.

How to apply

Individuals interested in returning to the legal profession are encouraged to complete the firm's online application form, which can be found at: barcankirby.co.uk/join-us/return-to-law-programme/.

barcankirby.co.uk

Happy Easter everybody! Projects have been springing into action here at The Ardagh over the past month, and you may have noticed some changes on site.

Thanks to our successful crowdfunder – and to everyone who contributed – we can now start reseeded the green ready for a busy summer. We'll need to take extra care while the new grass establishes, so sections of the green will be closed to the public at times. Please keep off the newly seeded areas until they're ready for footfall.

We also have a beautiful new addition to The Ardagh. If you've visited during March, you may have seen the construction of our new wildlife pond. **Alice's Pond** (pictured) is dedicated to the memory of the daughter of Peter and Linda Walker. Thanks to a generous donation, our gardeners have created a stunning space with the pond at its heart, surrounded by new planting. To help keep it safe and comfortable for all, please remember that children must be accompanied by an adult if you'd like to explore beyond the fenced area, and dogs aren't permitted there.

On that note, we love welcoming dogs to the site. To ensure all visitors are comfortable – and to help protect our gardens and planted areas – please keep your dog on a lead during your visit. Thank you for helping us care for this special space.

We're also delighted to announce that, thanks to a very generous pro bono offer from local design company **Stuff Creative Studio** (wearestuff.studio), The Ardagh logo and brand will soon be getting a fresh new look. Same Ardagh values and aims, but a very new visual identity. Keep an eye out as we roll out the new designs over the coming months. Special thanks to Richard and Morwenna, who



have worked on this project with great enthusiasm and a huge amount of expertise.

April events and activities

Easter egg hunt:

Our Easter egg hunt runs from **Saturday 21 March to Saturday 4 April** and features our usual painted eggs hidden around the site.



Children (and parents!) can buy a trail map from the café for £3, complete the hunt to solve the puzzle, and return to the café for your sweet treat. Good luck everyone!

Foodie Fridays: Foodie Fridays are now taking place every **Friday, 4–8pm**, and April's line-up includes Street Taverna, Boigers, Jim's Pizza and Hummusapiens. Join us for a relaxed evening of superb food, drinks from the café bar and plenty of friendly chat. It's a great way to start your weekend.

Tuesday workshops & activities: Every Tuesday we host a weekly drop-in craft afternoon, **2–4pm**. You can make something with guidance from our amazing volunteers or bring your own project – knitting, papercraft, art, anything goes. It's all about friendly conversation while keeping your hands busy. No booking required, though we do ask for a small donation to cover materials.

Also on Tuesdays, we run our **fortnightly board game night** in the café and our **creative writing workshop** in the Garden Room (**7 and 21 April**).

More details on these can be found on our website events page: theardagh.com/events or on posters around the site.

Gardening workshops: Following the launch of our community plant nursery in March, we'll be running gardening workshops on the **first Saturday of every month**. If you'd like to book for the session on 4 April, visit: tickettailor.com/events/ardaghcommunitytrust/2110463 or scan the QR code on posters around the site.

theardagh.com

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

Growth, reconnection & exploration

Our community wellness retreat is open seven days a week – a thoughtfully designed space where you can relax, recharge, and restore both body and mind. Everyone is welcome. Sauna sessions cost £10 for 75 minutes (including changing time). Monthly memberships are also available for £40 per month.

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

At the heart of the 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.

Alongside our sauna sessions, we host a range of mindful and social events including breathwork, yoga and live music. We love bringing people together – so why not consider booking your next celebration with us?

Sauna Sounds Bristol

Blissed-out sonic adventures for those that sauna (and those that don't).

Good Friday – 3 April, 6 – 10pm – Queen Bee (Bristol HiFi) plus residents Kaos Theory and Jonny Sav.

Food by The Street Taverna (Cypriot street food)

Welcome to the fourth instalment of Sauna Sounds, our chill-out music and sauna gathering. With spring arriving, these events will now run fortnightly from 3 April. Previous guests have included Steve Davis, Kayla Painter and Firewood Island.

Queen Bee needs little introduction. When underground dance music collided with Jamaican sound system culture in the late 1980s, she was already behind the decks. Starting out on St Paul's pirate radio stations, she soon moved into warehouses and basement parties across the city. Over the decades she has become a hugely respected figure on the dancefloor, forming female DJ collectives and talent agencies while also touring as Massive Attack's regular DJ.

- Groove-led sunset DJ sets from Queen Bee & residents
- An audio & visual immersive community sauna experience
- Fire pits, loungers and hammocks
- Sunset social to unwind, connect and recharge

Tickets & schedule

Music-only ticket: £2.50 + booking fee via Headfirst, walk-ups welcome. Access to the performance space 6pm–10pm without sauna use.

Sauna + Music ticket: £10 via the Ardagh Community Sauna booking system. Includes event access 6 – 10pm, plus one sauna session:

Session 1: 18:00–18:55 | **Session 2:** 19:00–19:55 | **Session 3:** 20:00–20:55 | **Session 4:** 21:00–21:55

A licensed bar will be available. Alcohol will only be served to sauna guests after their session, and we reserve the right to refuse service based on health considerations.

Sophie's Sound Garden

Sound bath, sauna & cold plunge – 75 minutes (£15)



Wednesday 8 April – mixed session

Thursday 23 April – mixed session

What is a sauna sound bath? These immersive sessions combine sauna heat, cold plunging, and sound-bath elements to deepen relaxation. Carefully layered soundscapes flow through the warmth of the sauna and the cool of the plunge pools, creating a space to release stress, reconnect with yourself, and share calm moments with others.

Sauna Medicine – Saturday 11 & 25 April – 10am (£15) –

Enjoy a deeply relaxing, hour-long guided sauna experience led by yoga teachers Lindsey and Rachel. Through a combination of breathwork, traditional Indian self-massage techniques and gentle meditation, participants are guided into a calm and restorative state. The blend of heat, tactile sensation, and contemplative practice is designed to relax, restore and rejuvenate from the inside out.

Private Bookings & Celebrations – Planning a special occasion? Our sauna is available for private hire at £160 per hour, accommodating up to 16 people.

Celebrate birthdays, gatherings or small group events surrounded by nature on Horfield Common. We can help tailor your event with food, drinks, entertainment and more – just share your ideas and we'll help make them happen.

Email: info@ardaghcommunitysauna.org
Book online: ardaghcommunitysauna.org

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

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

Talking Therapy matters with SB Counselling

Hello, my name is Steve and I am an experienced, Bishopston based Counsellor and Psychotherapist, registered with the National Counselling & Psychotherapy Society. I offer one-to-one counselling for adults, in-person or online. I am a good listener, non-judgmental, and provide a comfortable, safe space to talk, at a pace you are comfortable with to help you explore and navigate your reason for wanting counselling. I offer a **FREE 30-minute consultation** in person, online or by telephone, with no obligation, as I believe finding a counsellor you feel comfortable to work with can determine the effectiveness of therapy.

What are the benefits of counselling? The benefits can be wide ranging and liberating, from feeling more able to cope, to life changing.

What can counselling help with? Counselling can help with the things that are making it harder to live the life you want. For example:

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

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.



Get in touch: Scan the QR Code or visit

www.sb-counselling.co.uk

Email: steve@sb-counselling.co.uk

Tel: **07729 798017**



"Thank you Steve, you've really opened my eyes to the benefits of counselling. I feel lighter, more able to cope, and happier than I've been in a long time."

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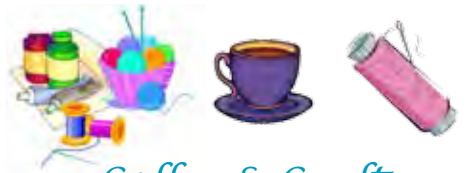


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Friday 10 and 17 April, 8 and 15 May

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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Baby Bank Network Bristol and Southmead Hospital's maternity unit launch emergency newborn bundles

New collaboration ensures no parent has to leave hospital without essentials for their baby



Baby Bank Network Bristol has introduced emergency newborn bundles at Southmead Hospital for families welcoming a child without the essentials to take them home, in partnership with North Bristol NHS

Trust (NBT) Maternity Services.

Healthcare professionals at the maternity unit are now able to provide immediate support to new parents experiencing poverty, crisis or other challenges – ensuring every baby can be safely discharged with clothing, nappies and toiletries.

This is the first initiative of its kind from Baby Bank Network and has been developed thanks to conversations with NBT maternity colleagues that revealed how many families passing through the unit are struggling for newborn essentials.

Each carefully assembled 'grab bag' contains everything a new baby needs for their first few days, including sleepsuits, nappies, muslins and a blanket, alongside toiletries and a few treats for mum. The bundles are presented as gifts and include a card signposting families to further support.

Healthcare professionals will identify families in their care who would benefit from this immediate support bundle, which might include young parents, those experiencing homelessness, refugees, asylum seekers and families facing mental health challenges.

NBT is already part of Baby Bank Network's team of referral partners, which supports between 30 and 40 families every week, and this new programme builds on the existing partnership.

CEO and Co-founder of Baby Bank Network Bristol, Becky Gilbert, said: "We're really pleased to be able to provide these emergency newborn bundles, which will make it easier for midwives and healthcare staff to provide



vital support to families at the point of need. We like to think it's a small act of kindness at what can be an overwhelming time. And once they're back home, families can be referred back to Baby Bank through their health visitor or children's centre for further support and other essential items."

NBT Director of Midwifery and Nursing for the Women and Children's Division, Julie Northrop, said: "Our partnership with Baby Bank Network Bristol is a powerful example of how health services and community organisations can work together to reduce inequalities from the very start of a child's life.

"This initiative allows our midwives to respond immediately and compassionately when we identify families facing hardship, ensuring every newborn has a safe and supported start in life. It reflects our shared commitment to equity, dignity and personalised care at one of the most important moments for families."

The collaboration comes at a time when demand for baby bank support is increasing. With 4.5 million children living in poverty in the UK, the network of more than 400 baby banks – including Baby Bank Network Bristol, plays a crucial role in ensuring families can welcome their babies with dignity.

www.babybanknetwork.com

Join our Great Bristol Run Team

Saturday 9th May 2026
Mini & Junior Runs

Sunday 10th May 2026
10k and Half Marathon

Fuss Free Foodie Joins Freelance Mum at The Glos Old Spot

Award-winning community Freelance Mum continues to grow in North Bristol, with local food writer and cook Lisa Cadd, also known as The Fuss Free Foodie – joining the monthly meet-ups at The Gloucester Old Spot on Kellaway Ave, BS6 7YQ.

Freelance Mum was founded by broadcaster and voiceover artist, Faye Dicker, to support mums in business who are balancing work and family life. Designed as a network in the truest sense of the word, it creates space for women to connect, share experiences and grow their businesses together.

The North Bristol hub meets once a month at The Glos Old Spot and brings together local mums running a wide range of businesses – from creatives and consultants to wellbeing practitioners, coaches and makers. The relaxed gatherings offer the chance to talk business, exchange ideas and build genuine connections in a supportive environment.

Lisa Cadd, who runs The Fuss Free Foodie, will join Faye running the North Bristol Hub. Through her work she shares simple, approachable recipes designed to help busy families cook great food without stress – making her a natural fit for a network built around supporting busy mums.

Freelance Mum has been running for more than a decade and now connects thousands of women

through its growing network of local Walks and weekly online coffee mornings. The community was created to ensure that mums running businesses don't have to do it alone.

Founder Faye says: "Freelance Mum is about creating a supportive network where mums in business can connect, collaborate and grow. It's wonderful to see new members like Lisa joining the North Bristol hub and becoming part of the community."

The Glos Old Spot recently hosted the Freelance Mum IWD day event, Brave, Bold & Bonkers – which saw members from across the network, share the celebration together. **The next North Bristol Freelance Mum meetings take place on Thursday 23 April, Tuesday 19 May and 16 June**, at The Glos Old Spot. Local mums in business are welcome to try Freelance Mum free for 30 days, click on the QR code to activate.

www.freelancemum.co.uk



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Cotham School

Achievement - Diversity - Respect

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

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



Scan to book

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Celebrating the Success of the Cotham Grand Iftar



On Thursday, 26 February, Cotham School hosted its largest-ever **Grand Iftar** as a celebration of all faiths, welcoming over **300 guests** for an evening of unity, reflection and shared celebration.

The event brought together people of all backgrounds, with inspiring speeches from **leaders of all major faiths**, as well as a guest from the **Humanist Organisation**, all speaking on the theme of faith. Their powerful messages reinforced the importance of **compassion, generosity and understanding** – values that transcend religious and cultural differences.

This incredible gathering would not have been possible without the generosity of our local businesses. A heartfelt thank you to **Bristol Sweet Mart** for providing dates and fruit, **Pak Butchers** for supplying meat and desserts, **Localz Store** for donating water, and **Autoinfusion and Brunel Associates** for their monetary contributions. Your support made it possible to host such a large and welcoming event, and we are truly grateful.

It was inspiring to see so many people come together, breaking bread and building connections, strengthening the spirit of **tolerance and respect** in our community. A huge thank you to everyone who attended, contributed and helped make this **Grand Iftar** such a resounding success. Here's to more opportunities for unity, dialogue and shared celebration in the future!



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News from St Bonaventure's



At St Bonaventure's we are busy preparing for our Easter Festival, our busiest day of the school year. We begin the day with an Easter bonnet parade with

the playground awash with colours as the children showcase their creations. We are always amazed by the creativity of the children! As well as Easter bonnets the children are invited to create pictures, Easter gardens and eggs. The highlight of the day is the talent show where the children perform songs, dances and recited poems. They all represent their school house and earn points for entering, with the winning house receiving a trophy at the end of the day.

Our gospel theme this term is 'Care for our common home'; we are looking at how it is our responsibility to care for God's creation.

Our learning in history, geography, and science explores themes of sustainability, environmental responsibility and the interconnectedness of all living things.

One of our pupils launched the theme this year in an assembly where he told the school how he had written to his local MP with his concerns about climate change and asked what he, his family and his community can do to help the environment. The MP wrote back to him a lovely letter with lots of tips on how we can all make small changes and make a positive impact on the environment. She then invited him and a group from school to visit parliament



which we will be arranging for next year.

The classes' Power of Reading books will reinforce this value, exploring stories about nature, conservation and our role in protecting the planet.

Alongside our school theme, the PTFA have started the 'Grow with it' campaign. Last year they launched this by installing a greenhouse alongside our plant beds and gave each class their own grow kit. We cannot wait to see everything they grow this year.

We are excited to find out this month who will be joining Reception in September and are looking forward to welcoming new families to St Bon's. If you are interested in joining us at St Bon's we currently have spaces in years 1, 3 and 5. Contact the school office if you would like to arrange a tour.



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

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NEW! Nature's Way Prestige, Grain-free dog food

Roxfords is pleased to introduce this new, grain-free range from popular dog food creators – Nature's Way. They have three sizes in stock – 300g, 2kg and 10kg. There is a good range of flavours – chicken, salmon, British duck, British lamb as well as puppy and mature feeds, that contain everything your pet needs.

All the premium grain-free recipes have a minimum of 60% high-quality meat obtained from human-grade suppliers and enriched with their signature omega 3 oils from linseed, sunflower oil and salmon oil, to support your dog's general health and condition. Natural prebiotics and joint aid supplements to enhance their overall wellness are also included.

These high-quality feeds contain no preservatives, additives, flavourings, salt, added sugar, chemicals or unnatural ingredients of any kind. It is dairy free with no wheat or wheat gluten and with no by-products or GM products.

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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.

Whether you're upgrading your home, improving energy efficiency, or simply looking for honest advice from people who care, The Window Hub delivers award-winning quality with a personal touch.

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info@thewindowhub.co.uk
www.thewindowhub.co.uk

News from the Friends of Bishopston Library

The friends of the library (all volunteers) have been busy planning events for 2026 with several dates for your diary.

Overcome sleep issues to tackle stress and anxiety – Tuesday 21 April, 6.45–7.45pm. Doors open 6.30pm. See booking info below.



When you can't sleep, it makes everything more difficult.

Thoughts circulate, stress levels rise, and you might start worrying at the point when you want to lie down and relax.

What if you could quieten your mind, feel safer in your body, find

a better routine and allow sleep to come naturally again? This session will help with learning:

- **What might be affecting your sleep and anxiety levels**
- **Is this insomnia or something I just have to put up with?**
- **How can I change my routine to get more sleep?**
- **What works beyond standard sleep hygiene?**
- **How do I handle not getting enough sleep?**

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

Debs Penrice (pictured above) 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, 7.15–8.15pm. Doors open 7.00pm. See booking info below.

Alison has studied family history for years and has found unexpected ways of researching and tracking down the facts beyond a family tree. If you are curious about your own family, she'll provide valuable tips on where to start. So many families are not so ordinary as they seem on the surface.

Birthday Café – Saturday 9 May, 11am – 1pm.

We are celebrating the anniversary of our Library opening. Please come along for drinks and cake, while the library is open.

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



▲ A very young Alison Boulton

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.'

For our evening events, we use the side entrance to the library, through the gate next to the car park gates. A volunteer will come down to let you all in.

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, Bishopston, BS7 8BN.

Hope to see you or hear from you soon.

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Gardens for Everyone

There's something quietly joyful about a flat garden. No steps to navigate, no awkward slopes to tackle – just an open, welcoming space that works for everyone. In a city like Bristol, where gardens come in all shapes and sizes, designing with accessibility in mind can make a world of difference.

A level layout is a gift for older residents who want to potter safely without worrying about trips or uneven ground. It's equally brilliant for young children, who need space to toddle and explore without constant supervision on steps or steep drops. And for people with physical disabilities, a flat garden is a necessity. Smooth, paved pathways allow for easy manoeuvring with wheelchairs, walking frames or buggies, turning the garden into a truly usable extension of the home.

Generous paving slabs can create a clear route through a space, framed by gravel if required, and timber raised beds. Paving is durable and hard-wearing, standing up to British weather and years of use. It's low maintenance too – a simple sweep or occasional jet wash keeps it looking fresh.

Timber raised beds are another quiet hero. By lifting the soil to an accessible height, they make planting and tending far more comfortable for older gardeners and wheelchair users. No kneeling required. For children, they're the perfect introduction to growing – close enough to watch seeds sprout, worms wriggle and beetles bustle about. There's real magic in that.

And when it comes to decking, composite boards are increasingly popular for good reason. Compared with traditional timber, they're more durable, less prone to rot and slip-resistant – ideal for days spent in your Bristol garden.

A flat, thoughtfully designed garden isn't just practical. It's inclusive, sociable and full of life.

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This term we have been working hard organising activities for world book day. We chose our favourite book and organised a treasure hunt for the other students. We chose objects and placed them around the school as clues for students to guess which book we had chosen. Everyone had lots of fun.



Running for CHSW in memory of Daisy

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://2026tcslondonmarathon.enthuse.com/pf/emily-marsden>**

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St Bonaventure's Pre School
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Email – admin.stbonaventures.ey@bristol-schools.uk
Instagram – @stbonspreschool
Phone – 0117 3532887

Celebrating World Book Day at Sefton Park School

Sefton Park School was alive with stories, imagination and creativity as we celebrated this year's World Book Day. The day was a wonderful reminder of the power of reading and the joy it can bring to children of all ages.

Pupils and staff embraced the occasion by coming to school dressed as their favourite book characters, transforming classrooms into a vibrant celebration of literature. From classic tales to modern favourites, the enthusiasm and excitement were clear to see throughout the school.

A particular highlight of the day was a visit from children's author Dan Ojari, who spent time with pupils sharing his experiences as a writer and bringing stories to life through engaging and inspiring workshops.



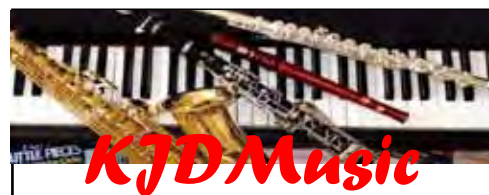
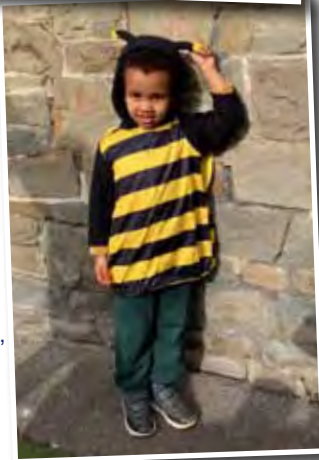
His visit sparked curiosity and creativity, encouraging children to see themselves not only as readers, but as storytellers too.

At Sefton Park, we place a strong emphasis on developing a lifelong love of reading. We know that reading is not only fundamental to academic success, but also opens doors to imagination, empathy and understanding

of the wider world. Events like World Book Day play an important role in building that culture, helping children to associate reading with enjoyment, excitement and discovery.

Across the school, children took part in a range of activities including shared reading, storytelling sessions and discussions about their favourite books. It was a day that truly celebrated the richness and diversity of literature, while reinforcing the importance of reading in everyday life.

We are incredibly proud of the enthusiasm our pupils show for reading and grateful to our staff, families and visiting authors who help bring this passion to life. World Book Day was a fantastic success and a reflection of our ongoing commitment to nurturing confident, curious and creative learners.



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

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Alexander Armstrong visits Bishop Road Primary School

On Friday 6 February, Bishop Road Primary School in Bishopston was visited by actor, comedian and children's author Alexander Armstrong. Alexander gave a presentation to children in Year 4 and 6 that was centred on the second instalment in his children's book series *Eventall: The Tempest Stone*. During his visit, Alexander read part of his exciting new book aloud to the children and gave them top tips on how to get inspired for reading and writing. Children took part in a game that practised turning ordinary items into something extraordinary through the magic of story! Alexander was kind enough to sign all the children's books after the presentation, making very special memories for the children of Bishop Road.



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!



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
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FOR PARENTS

Volunteer to support local families

Are you a parent or grandparent? Local charity Home-Start Bristol & South Gloucestershire (HSBSG) is looking for new volunteers who have parenting skills. The charity supports families with under 5s across Bristol and South Gloucestershire who are going through tough times. Volunteers are needed for home-visiting or to help at parent groups, for 2–3 hours a week.

HSBSG CEO, Terri Fletcher, said: “We currently have a high demand for our services, and we have several families waiting to be allocated a volunteer. We’re particularly looking for home visiting support in South Bristol and South Gloucestershire.”

Families may be experiencing isolation, financial difficulties, physical or mental health issues, multiple births or other challenges, and need extra support while their children are young. Volunteers provide a listening ear, practical help and encouragement to help give children the best start in life.

A Bristol family had this to say about the recent support they received from Home-Start: “The gentle encouragement given from the volunteer and coordinator really helped me gain some courage with taking the steps to rebuild my life with my daughter, and I have a lot of gratitude for that.”



“Here was someone so willing to give their time and support as if it’s not such a big ask – it’s left such a big glow in my life. It helped me remember that life is still good.”

Volunteers also benefit from giving their time, building their own skills and confidence. They receive free training and are fully supported by the expert staff team at HSBSG. One said, “Being a Home-Start volunteer is the most meaningful part of my week”.

The next volunteer training course starts on 30 April at The Greenway Centre, in Southmead, running every Thursday for four weeks at 9.30am – 2.30pm. There will also be a course starting in October. Visit www.homestartbsg.org.uk, email admin@homestartbsg.org.uk or call **0117 950 1170** to find out more.

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.

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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.

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2 April 7pm

Good Friday

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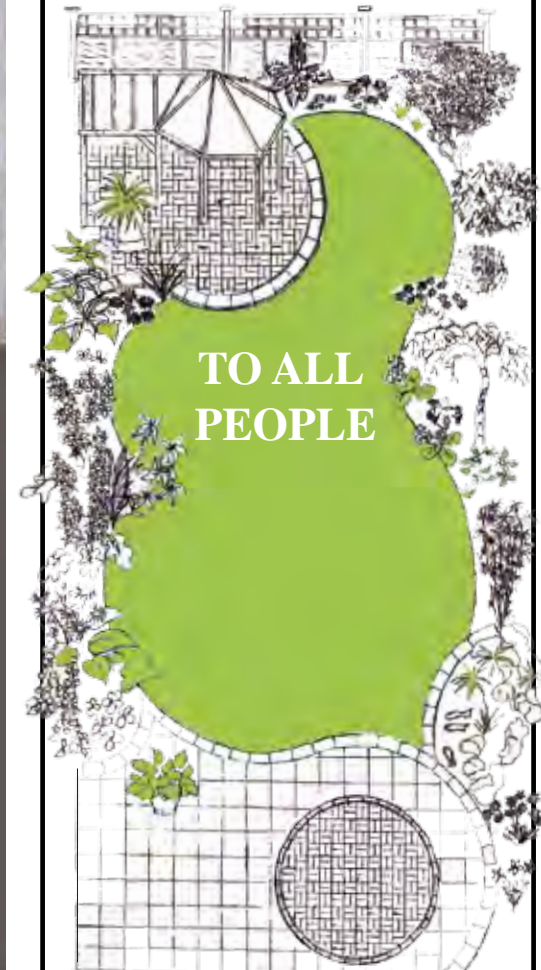
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Bristol Quilters Exhibition

29–30 May 2026

Northcote House, Badminton School, Bristol, BS9 3BA.

Bristol Quilters will be returning to the beautiful setting of Badminton School on Durham Downs in Bristol for a two-day exhibition at the end of May.

Discover stunning quilts and inspiring textile art, and enjoy the tombola, raffle, live demonstrations, sales table and delicious refreshments.

A percentage of the profits from the exhibition will go to 1625 Independent People, a charity supporting young people in Bristol and the South West (www.1625ip.co.uk).

Please come and see what we do!

Opening times: Friday 29 May, 10am – 5pm
Saturday 30 May 10am – 4pm

Admission: £4 / free to under 16s

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More information: www.bristolquilters.com



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Art Matters

Cardboard, Puppets and Punk – exhibition

Local disabled and neurodivergent artist, James, makes objects out of cardboard and tape for performance. The local artist is pleased to share his free exhibition with the community this April.

The exhibition takes place on Friday 17 April, 2 – 4pm, drop-in with artist present. **Saturday 18, Sunday 19 and Saturday 25 April, 10am – 4pm.** At **Garage Arts Space**, follow signs from 179 Bishop Road, Bishopston, BS7 8NA (garage entrance on Queens Drive)

Admission is free. If you need to drive, there is some parking in local streets normally available, ramp access, therapist on site to guide/support.

Being a pop-up studio venue, the set-up is intended to create a relaxed enough space for the artist to engage and share with others.



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 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."

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



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 21 April

Garden Suburbs of Bristol

Dr Stephen Hunt

Tuesday 19 May

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

Kerris Harrop

Tuesday 16th June

Members' Evening – subject to be announced

Tuesday 21st July

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Ashley ward

Safer streets for Ashley: tackling ASB

Green councillors are taking firm action to tackle antisocial behaviour and improve safety along Grosvenor Road and Ashley Road. Following reports of open drug dealing, street drinking and intimidation at the Ashley Road bus stop, Abdul raised serious concerns directly with police and partners. Tim and Izzy are working alongside residents, police and council teams to deliver a clear problem-solving plan, improve lighting, address drainage and road issues, and explore CCTV and CIL funding for practical upgrades. Together, we are coordinating enforcement, youth engagement and community consultation to restore pride, safety and confidence in our streets.

Standing up for families at the Green Melon

At Abdul's regular advice surgeries at the Green Melon, he meets residents facing some of the toughest challenges in our ward. Damp and mould, severe overcrowding and long delays in housing transfers are not just statistics – they are daily realities affecting families' health and dignity. We work directly with HomeChoice, housing associations and council officers to push for banding reviews, urgent inspections and practical solutions. We also support local traders and community groups with rebranding, funding advice and raising their concerns with the right decision-makers. Our focus is simple: listen carefully, act firmly and make sure Ashley Ward residents are heard and respected. Green Melon, 128 Ashley Road – every Saturday, 2–5pm (except in exceptional circumstances).

Kernow building – We have been working with residents for years to address the falling down Kernow building on Mina Road in St Werburgh's. It's great the council has now completed the demolition. Thanks to the 500 plus residents that signed the petition which Tim then presented to council. We will work hard to make sure something happens on the site.

Litter picks – Izzy has been continuing monthly litter picks; our next sessions are 27 April, 6pm at Café Kino; and 7 May, 5pm Brunswick Square.

Knowledge to share with your community?

Izzy has also been doing a lot of work surrounding food, education, sustainability

and waste. Please get in contact if you are doing work locally and would like to share your knowledge!

Cllr Tim Wye, Green Party

Cllr.Tim.Wye@bristol.gov.uk

Councillor Abdul Malik, Green Party

Cllr.Abdul.Malik@bristol.gov.uk

Councillor Izzy Russell, Green Party

Cllr.Izzy.Russell@bristol.gov.uk

Bishopston & Ashley Down ward

Petition for lighting on Concorde Way

Residents have raised concerns about a lack of lighting along Concorde Way and under Ashley Down Station. This pathway, a vital corridor for children walking home from school and for cyclists and pedestrians, becomes perilously dark during the winter months.



Abdul, Izzy & Tim

We have been trying to find solutions for a few years now, but have not had any success, so we have set up a petition asking for environmentally considerate lighting along this crucial stretch of Concorde Way. Our petition calls on the council and Network Rail to prioritise this matter, allocate the necessary funds and begin the process of installing new streetlights along Concorde Way. By signing this petition, you are voicing your support for a safer, more secure and environmentally mindful infrastructure. Let's make our

streets a safer place for everyone, especially during the darker months. Please sign this petition to urge the necessary action. Click on the QR code opposite.

Progress made on road safety in the ward

We were delighted by residents' engagement with the new Improve My Street tool, which created a map of all the streets where dangerous driving, speeding, traffic and parking are issues. This takes us one step closer to getting road improvements in the area. Residents also joined Emma and James at a workshop looking at these potential changes. Applications are now being put in for consideration. We hope this means that we can improve road safety in the ward. Up until now, the only money available for such projects has been community interest levy money (CIL), which is low in our area. However, we have been working with officers to find ways to supplement CIL money specifically for projects to do

with transport. Money is now being taken from the Clean Air Zone to make more money available for transport projects. We look forward to seeing how these projects may be taken forward.

Warm Homes, City Leap – James recently asked the council how the government's new **Warm Homes Plan** will affect Bristol, especially the work of **City Leap**, which is helping retrofit homes to cut bills and carbon emissions.

The council explained that the government will provide two types of funding:

- Warm Homes Social Housing Fund – money for improving council and social housing.
- Warm Homes Local Grant – support for low income households in private homes.

Both pots of funding will be run through the **West of England Combined Authority** and match the kind of work City Leap is already doing in Bristol.

For social housing, about **£295 million** is expected nationally next year, but councils will need to add their own match-funding. If Bristol's Housing revenue account cannot cover this, some projects may need to be delayed or funded differently.

For private homes, the grants will **not** require match funding, which means more low income families should be able to get help with insulation and energy saving improvements.

The good news is that City Leap already has many projects ready to go, so Bristol can move quickly once funding is confirmed.

Update on dog walker licensing

Many residents and local dog walking businesses have contacted me over recent weeks about the new Parks Business Licenses, particularly the decision to reduce the maximum number of dogs that can be walked at one time from six to four. Dog walkers are rightly concerned that this represents a potential 33% loss of income per hour, and many felt they had not been consulted on changes that directly affect their livelihoods. At the March Member Forum, I raised these concerns with the Chair of the Public Health and Communities Committee. I highlighted the risk that the new restrictions could push small businesses to the brink, limit choice for dog owners and even negatively affect dog welfare if services become less affordable. In response, the committee confirmed that the new four dog limit was introduced based on welfare and safety guidance from organisations such as the Dogs Trust and the RSPCA, and that many other councils already operate similar caps. The council said that consistent limits help ensure dogs are properly supervised and that parks remain safe and enjoyable for all users.



Emma & James

I have also been told that fees and the licensing scheme will remain under review, so will continue speaking with dog walkers and pushing for a system that is fair, workable and transparent – one that protects animal welfare without undermining small local businesses.

Active Bristol strategy – Bristol City Council has launched a new residents' survey. This survey will help gather views to help shape the development of the new Active Bristol Strategy. Bristol should be a happy and healthy city where everyone can move more, be physically active or play sport in ways that work for you. Share your thoughts, ideas and feedback in a short survey to help shape the new **Active Bristol Strategy. Deadline: 6 April** – <https://tinyurl.com/activebristolsurvey>.

Cllr Emma Edwards, Green Party

cllr.emma.edwards@bristol.gov.uk

Councillor James Crawford, Green Party

cllr.james.crawford@bristol.gov.uk

Redland ward

New parking bays for e-mobility – After concerns about obstructive parking of e-scooters and e-bikes new parking bays are being provided with funding from the West of England authority – such as an area on Egerton Road. Some new bays will use a single parking space on the road to give room for ten Dott vehicles to be left in these locations. A few sites may also be on the pavement where there is sufficient space. We're hoping this makes e-mobility tidier but we'll continue to regularly monitor the bays to understand impacts.

Further funding to deliver more bays is available so we welcome suggested locations in the ward to be proposed for the shortlist. We have been asked to provide the initial shortlist to WECA at the end of February so please email us as soon as possible.

Continued on page 68 ▶

Crossing repainted success! We've long shared concerns about the worn-out road markings and supported residents who asked about the pedestrian crossing close to Bishopston Library. Repainting road markings fell behind when budgets shrank from austerity. Fi and Martin both chafed this on various occasions as we know how well used it is and how important road safety is. The good news is the budget was increased for repainting and a contract was finally let. The crossing and its zig zag lines are at last refreshed! We're hoping this will be safer and left unobstructed by parked vehicles.



Lamppost chargers – We're often asked when there will be better charging facilities for electric vehicles (EVs) for people with no driveway. To add options the first lamppost electric vehicle chargers across Bristol have now been provided at some suitable lampposts in areas with the highest likely need – locations with few driveways – plus an equate power supply and being by the roadside (not the property wall).

We're pleased these installations have been rolled out, including many in the area with terraced streets in the Bishopston part of our ward, as EV vehicle ownership rises. All relevant lighting columns have been upgraded, and installation of about 150 new charge points across the city is mostly complete. Once each charger is installed it becomes live for public use and is shown on a public map of locations. Instructions on how to use it and the tariff are clearly displayed on the Fuuse app with simple instructions on the post 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.

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, just 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.

Rethink underway for visitor permits in residents' parking scheme – Parking schemes can help residents to park near their homes, reduce traffic, improve road safety and contribute to cleaner air for all. The initial residents' parking schemes were introduced ten years ago so needed updating with changes proposed by the all-party transport committee.

These proposals triggered a statutory consultation and Martin and Fi were contacted by many residents who had concerns, especially about the removal of free visitor permits and overall reduction of the number available. We are really pleased that the proposed changes to visitor permits are now being paused so that officers can assess all the comments from councillors and residents alike. Another round of statutory consultation may be needed. Other proposals – to make business e-car permits chargeable, remove the ability to use cash at parking meters 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 the responses to the statutory consultation are analysed.

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Know Your Place – Bristol

Local history research by Andy Buchan ©
Images thanks to: <https://maps.bristol.gov.uk/kyp>

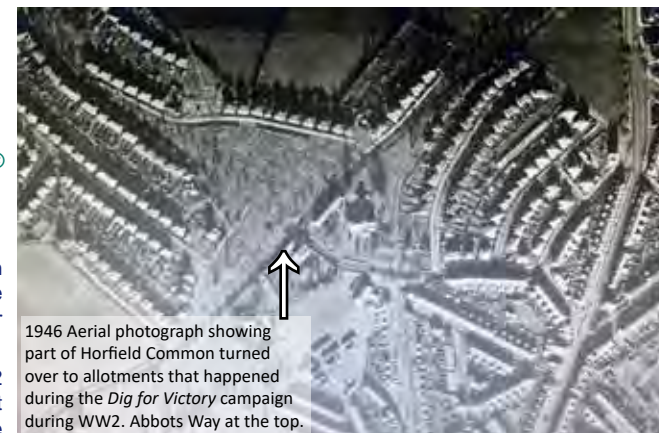
Know Your Place – Bristol is an amazing free online resource for anyone interested in local history, family history or likes maps: maps.bristol.gov.uk/kyp.

The project began in Bristol in c 2012 and initially started with a few maps, but gradually the resource has grown, more maps and plans have been added, and it provides lots of other information, much more than simply maps, about all parts of Bristol and the surrounding counties.

In our part of North Bristol, there are maps going back to the early 1840s – the Tithe maps; these may be looked at individually or it is possible to 'lay' one map on top of another, 'look through them', and see how an area, or even the outline of a building or its grounds have changed. If you live within the 'centre' of the city the maps go back further to the mid-18th century. There are also aerial photographs from 2012, and 1946, and more recently Lidar 'maps' have been added. I used the Lidar 'maps' to locate the probable position of a long-lost air-raid shelter on Horfield Common.

As well as the maps there are Loxton drawings, various postcard collections and paintings from the Braikenridge collection, among others, and what is really useful is that these are all linked directly to the maps/locations they relate to.

But **Know Your Place** is also a community site to which members of the public may submit pictures they own, and other information and if accepted this



1946 Aerial photograph showing part of Horfield Common turned over to allotments that happened during the Dig for Victory campaign during WW2. Abbots Way at the top.

is added to the website, linked to the point where this belongs. In the last year or so, I have submitted photographs of old city of Bristol boundary markers, which still survive, the walls and rear entrance to Horfield Barracks and a well-preserved WWII air-raid shelter. Things do not have to be spectacular to be listed on the website but of historic or important local interest; this includes people associated with a particular address. Everything that is submitted is reviewed before it goes onto the website.

Over the years I have used **Know Your Place** as part of my local history research, when trying to understand how an area or building may have changed, and to find out where something shown on an old map would have been if it still existed today, or where an old path/track went. I have also used it when helping people to find out about the history of their house and/or the area in which they live.

When I researched the story of Archibald John Walters (a boy hero who has a commemorative plaque in Horfield Parish Church, for giving his life to save the life of his friend's), I used reports from the time, with the 1880 OS map to work out the route the two boys took as they walked from St Paul's to Horfield.

From the help and information box on the right-hand side, chose your main map and your comparison map. The main map will be on the right-hand side of the screen and the comparison map on the left. The comparison map may be 'drawn over' the main map, hiding it – however, if you use the vertical slider to the right of the help and information box, this changes the transparency of the top layer (comparison map) revealing the main map underneath. By adjusting the transparency, it is possible to see where structures on the old map would be today. If you haven't already, do visit this fascinating, free resource –

<https://maps.bristol.gov.uk/kyp>.



Modern map with 1880 map overlaid illustrating position of Court Farm at the top of Muller Road.

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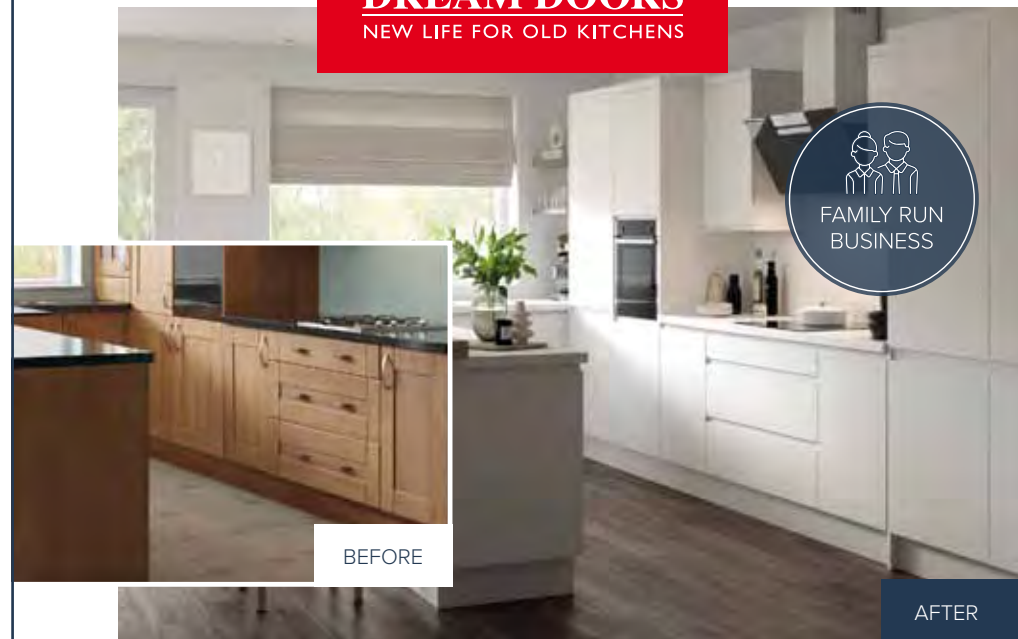
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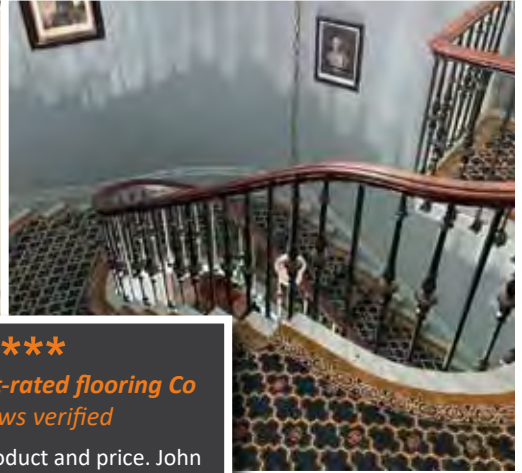
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