

Bishopston Matters



Tel: 07881 924059 issue 197, May 2026



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Dear Readers...

Welcome to the May issue of your community magazine; we are pleased to share information on the many May fairs and seasonal events taking place in our neighbourhood.

Glos Rd Central's Mayfest kicks off the celebrations on Saturday 2 May. Traders will spill onto the pavements with activities and offers. Look out for Jack in the Green with his procession of merry followers as they make their way up Gloucester Road to Jack's final resting place on Horfield Common – a spectacle worth watching!

Always a highlight in the calendar is the Goldenhill Spring Fair on Saturday 9 May. This much-loved event provides wholesome fun for the whole family and, gardeners – be at the ready for their epic sale of summer annuals and vegetable plants.

Do join the Friends of Bishopston Library at their free birthday cafe on Saturday 9 May to mark the 9th anniversary of this important community

venue. Do check out their events calendar of talks and events that take place this spring too.

The Old Library on Muller Road, is hosting a May Fun Day on Saturday 16 May. The fundraising event will include games, bouncy castle, ice cream, BBQ, bar, plus music and entertainment from Jazzy Jim! Everyone is welcome for a day of family fun.

Brunel Field Primary School invites you to join in the excitement of their Spring Fair on Saturday 16 May too. We also hear about all the great things they got up to during their annual Eco Week. The school is working hard to bring down their carbon footprint.

Please do take advantage of the excellent **Reader Offers** (see page 59) and mention Bishopston Matters when you support the traders who feature within it – thank you.

All this and much, much, more local news for you to enjoy!

Kerry x

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

Hi everyone,

Hey ho the green has returned to cloak the land! Birds are singing, the butterflies are out and it's time for our **Big Spring Fair on Saturday 9 May 1-4pm**. Come along! Bring your friends, family and tell everyone you know! There will be our usual **Big Plant Sale** and we'll have loads of great stuff, so if you've not got your tomatoes started or you'd like to get some lovely low-effort perennials for easy garden colour year after year, then come along! AND we'll have loads of **FREE SEEDS that we're GIVING AWAY!**

Also, we'll have **live music from bands and choirs** and excitingly we'll have the first sound bath ever in the garden from the fabulous and famous Murmuration choir. There'll be **loads of free kids' activities and pond dipping, seed planting, May crown making** and space in our beautiful garden to relax. And there's a **quieter indoor sensory space** for those who like a quiet spot. It's a suggested donation £4 for adults and £2 for children or just come for free or pay what you can if that's helpful to you.

Our next **Family Day is Thursday 30 May, 11am – 3pm**, £5. They'll be cooking, crafting, nature exploring, singing, and games – something for everyone! These days are really popular and booking is essential, so get in touch or check the website.

And, of course, we're still **open every Wednesday 10am – 4pm for anyone to pop along** and get involved with gardening, chatting and drinking tea. This is the season for planting out and also sitting back and watching as green shoots shoot up while the heat and rain give the season's first big growth. Come find us behind Horfield Prison at the end of Monk Road, the second gate down behind the wall. No experience necessary and no need to stay all day or come every week; just bring yourself and we always have a range of jobs to suit a range of folks. Rain or shine we're always here and children are welcome.

See you in the garden!

Lucy

thegoldenhillcommunitygarden.com

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

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Fancy an orchard taster with the Apple Tree Lady?

At this time of year, we're talking about hands-on workshops rather than sampling fresh fruit. Plum petals have fallen, pears are nearly bloomed out, and the apples are being pollinated as I write. All being well, early season fruit will be ready to eat from midsummer. Fruit for our popular Apple Day Tasting Table will be harvested from September. Between now and then we'll be doing our best to ensure a bountiful and delicious harvest. Mulching, pruning, fruit thinning, watering make a difference. We also keep an eye on diseases and insects that

affect tree health and may choose nature-friendly interventions to prevent loss of fruit.

To follow up the successful Dormant Season Pruning taster workshops which took place in March, Horfield Organic Community Orchard (HOCO) is offering further seasonal sessions during May and June. Led by the Apple Tree Lady, these hands-on workshops focus on actions to boost biodiversity, bring life to the soil and focus on the pruning of stone fruits, e.g. plums and greengages.

Summer season fruit tree care workshops

- Sunday 17 May, 2.30–4.30pm
- Sunday 31 May, 2–4.30pm

Places are limited and must be booked and paid for in advance.

See the website for information and booking links: community-orchard.org.uk

Look out for more taster sessions, and other orchard activities, at our **Summer Orchard Open Day on Sunday 14 June, 2–5pm**. We're delighted to be one of the community-led events programmed as part this year's **Bristol Festival of Nature**.

Words by Shannon Smith aka The Apple Tree Lady

Photo by Jamie Carstairs

Spring into action on Horfield Common

Spring is in full swing, and it's shaping up to be another lively and engaging season for the Friends of Horfield Common community.

For those who like to get hands-on, our next **Litter Pick** takes place on **Saturday 30 May**. This is a fantastic way to contribute while meeting fellow volunteers. Our recent session included a catch-up over coffee at The Ardagh café, followed by a **walk with local wildlife expert Dylan Peters** to see how projects across the Common are progressing.

Our first AGM will be held on Saturday 16 May in the Garden Room at The Ardagh, 2.30–4.00pm. Alongside the formal updates, there will be time to chat, enjoy a quiz and tuck into some refreshments. Everyone is welcome!

Our upcoming events have already sparked plenty of interest, with our recently advertised **Bat Walk** selling out in just a few days – a great sign of the enthusiasm for wildlife on the Common! If you missed out this time, don't worry as another walk is planned for September. Next up is the **Folklore of Wildflowers on 20 May**, led by community ecologist, Eric Swithinbank, where attendees



will have the chance to enjoy the Common in bloom while discovering the stories, traditional uses and folklore behind some of our native plants. For more information and to book, visit our website: friendsofhorfieldcommon.co.uk/whats-on.

As always, there is plenty more to come over the next few months, and we're always keen to welcome new faces, ideas and thoughts! Why not pop by our stall at the next **Ardagh monthly market on Saturday 9 May?**

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

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Conran Carpets part of a 70-year family legacy

In 1958, my grandfather, John Conran, opened The House of Stella (named after my grandmother Stella). It was Bristol's first dedicated carpet shop, based in the newly built Broadmead shopping centre, where Debenhams was. He was a pioneer, being the first to sell the new 'Broadloom' carpets, allowing customers to have wall-to-wall fitted carpets. Previously, only 'carpet squares loose-fitted' were available.

In 1960, my father opened what was to become a Bristol institution, Regency Carpets Showrooms, a four-story carpet superstore, next door to where The House of Stella used to be. Later he launched two more shops in Bedminster – Windsor Carpets, and Kensington Carpets. He served Bristol for the next 40 years. It wasn't until the landlord wanted the Broadmead building back to convert it into flats that my father decided to retire.

Having served my time at Regency for 27 years, in 2018, I established Conran Carpets Ltd on Gloucester Road, named in my grandfather's honour, continuing a family legacy spanning 70 years in floor covering.

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Beauty Box

Addressing Common Skin Concerns with Hydrafacial

If you've been struggling with persistent skin issues like blackheads, dehydration, dullness, or fine lines, you're not alone. Many people face these challenges, and finding effective solutions can be frustrating. One treatment that has gained popularity for its ability to tackle these concerns is Hydrafacial.

Combatting Blackheads & Clogged Pores – Blackheads can be stubborn and often lead to feelings of self-consciousness. The extraction process in Hydrafacial effectively removes impurities and unclogs pores, helping to clear your skin and reduce the appearance of blackheads. This gentle yet thorough approach can leave your complexion looking visibly smoother.

Hydration for Dehydrated Skin – Dehydrated skin can feel tight, look dull, and age your appearance prematurely. HydraFacial's hydrating formulas infuse your skin with essential moisture, restoring its natural glow and suppleness. This treatment is particularly beneficial for those who live in dry climates or have skin that often feels parched.

Revitalising Dull Complexions – If your skin is looking lacklustre, it can be discouraging. HydraFacial works to exfoliate and rejuvenate, unveiling a brighter, more radiant complexion. The combination of cleansing and nourishing ingredients helps revitalise tired skin, giving it a fresh, youthful appearance.

Minimising Fine Lines – Fine lines can be one of the first signs of aging, and many seek ways to smooth their appearance. The customised boosters in Hydrafacial can target these concerns specifically, providing anti-aging benefits that help to plump and firm the skin, making it appear more youthful.

Your Personalised Skin Journey – Located conveniently on Whiteladies Road in Clifton, our clinic offers a holistic approach to skincare. Along with your Hydrafacial, you'll receive a complimentary 30-minute skin consultation. This session allows us to understand your unique needs and develop a treatment plan that aligns with your goals.

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Book in to one of our local clinics today! Visit beautyboxbristol.co.uk.



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

Amazing Donations

Thanks to our fantastic supporters, we've had a remarkable few weeks of donations at the Hub which have really helped to welcome in the spring. In mid-March, the prospect of Eid festivities brought in lots of delicious looking sweet and savoury snacks, some of which were used at the special events put on by our Partners with the rest distributed to families to help with their own celebrations.

That was closely followed by Easter, which proved to be our most successful yet. Not only did we have generous donations from all our regular donors (who never let us down), we were also the lucky recipient of amazing collections made by the Red Monkey pub in Redland, and Bannatynes Redland. On the Tuesday before Easter, we were absolutely inundated with chocolate eggs of all types and sizes, and they just kept coming – we weren't able to keep count of them all, but they were in the hundreds! In fact, there were so many that we had to make extra delivery runs to get them to our Partners, who couldn't believe quite how many there were. It is safe to say that nobody went without, which was brilliant.

Holiday Fun

After the chocolate excesses of Easter, our collections focused on providing school holiday sustenance. For some of our Partners, this meant stocking up with store cupboard ingredients and fresh fruit and veg to feed families at home. For others, including Felix Road and The Vench, it meant providing healthy snacks for playtime at holiday clubs and baking ingredients for kitchen activities, as well as meals for the children using the adventure playgrounds – we expect they had a lot of energy to burn after all those Easter eggs! Once again, our donors did not let us down with their generosity and together helped to make the school holidays much more fun for so many children.

Touching Tribute

Towards the end of March, we were very moved to receive a wonderful collection of fresh produce which was donated in memory of David Cemlyn by his family and friends. Everyone attending his funeral was asked to bring a British grown vegetable to the funeral to be placed on the coffin instead of flowers, with the donations being used to support



Red Monkey Collection



Bannatynes Collection

families and children in food poverty in North Bristol. We are so grateful to David's family and friends for thinking of FFA in this way, and for the support David and Sarah have given us over the years. What a lovely way to remember our friend.

Volunteer with Us

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

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

Ardagh Food and Craft Market – 9 May

We will be running a stall at The Ardagh Food and Craft Market on Saturday 9 May, so come and see us if you would like to have a chat about what we do. While you are there, you can try your luck on our tombola and do a 'virtual shop' to help the families we support.

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

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

or click on the QR code here.









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News from Glos Rd WI

May is Mental Health Awareness Month, and at Gloucester Road WI we use this time each year to focus on wellbeing in its broadest sense. Mental and physical health are closely linked, so our spring programme reflects both.

In April we explored laughter yoga for body and soul, and as the longer evenings arrive, we are planning a relaxed and restorative sauna and nutrition evening on Tuesday 16 June at The Ardagh, on Horfield Common. Members and guests will be able to enjoy a short taster sauna session at Ardagh Community Sauna where Jon and Will will introduce us to the benefits of saunas and contrast therapy – pairing the heat of the sauna with a cold dip.

Alongside the sauna sessions, nutritionist Alia Swann will be talking about food and wellbeing. A nutritional therapist as well as a keen cook and gardener, Alia will be sharing practical tips and ideas to help keep us feeling energised and nourished as we head into summer. With limited sauna capacity and different activities going on, we will need to allocate timed slots (between 7pm and 9pm). Members and guests alike will need to email info@gloucesterroadwi.org to secure their slot. We will give you full details by email once we receive your request.

Earlier in the year we embraced the darker months with a Window Wanderland workshop in February and a popular decluttering talk in March to kick-start spring cleaning. Together, these events reflect our aim to offer inclusive, enjoyable experiences that support wellbeing all year round, inside and out.

Visit www.gloucesterroadwi.org to find out more.



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 meetups at The Gloucester Old Spot on Kellaway Ave, BS6 7YQ. Lisa 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 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.

Freelance Mum has been running for more than a decade and now connects thousands of women through its growing network of local Networks 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 next North Bristol Freelance Mum meetings take place on **Tuesday 19 May and 16 June**, at The Glos Old Spot. On **Tuesday 9 June** members across all the hubs are encouraged, to come together and connect at the special, **Tractors & Cream in Somerset**, from 10am to 2pm. It's relaxed networking, with three guest speakers, in the beautiful glamping site.

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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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
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Mayfest 2026!

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. It always great to welcome back Billie-Jean's Pop Up fashion stall for the event. 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.



Billie-Jean Pop Up Cashmere Event

Glos Rd Central **Mayfest** Saturday 2 May on forecourt of



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News from Award-winning Joe's Bakery



The first few months of 2026 have been busy here at Joe's, from making fresh pancakes for pancake day, to the selling of the traditional Mothering Sunday buns, then into a busy Easter with the production of hundreds of hot cross Buns and Easter biscuits. A highlight however was coming away with so many first-place prizes with our bakes at the 2025/2026 Craft Bakers Association (CBA) Western Region Championship!

Craft Bakers Association winners! On Sunday 22 March we attended the Bako trade show (Bako is a food industry supplier), where bakery suppliers come to showcase products and new ideas, and a day of eating lots of samples (which our daughter loved). It was a wonderful day of socialising, meeting new suppliers and spending time talking to other bakers and seeing faces we only see once or twice a year. These trade events are a great way to meet others that share the same passion for the bakery trade and a way of making new connections.

Bako was the host for the **2025/2026 CBA Western Region Championship competition**. CBA (craftbakersassociation.co.uk) is a growing member-based community, made up of artisan bakers, apprentice bakers, students, stand-alone bakeries, wholesalers, cafes with bakeries, chocolate emporiums, professional cupcake and biscuit retailers plus leading industry suppliers, experts and specialists to the industry. The association's key focus is to provide members with essential resources, expert guidance, advice and to ensure the future of the industry. Winning so many categories and being crowned Bakery of the Day from the Craft Bakers Association means so much. Below is a list of the categories we entered and the placements that give us the heart to carry on striving to be the best for all our wonderful customers.

6 categories entered: White sourdough – **1st place**, Sourdough with additions – **1st place**, Eccles Cakes – **1st place**, Danish pastry – **1st place**, Brownie – 2nd place, White tin loaf – 2nd place and **overall Bakery of the Day – winner!**

Winning bake promotions! To celebrate we will be running promotions on all the winning products throughout April and May; please keep an eye on social media and posters within the shop showing what is on promotion for that week.

NEW products – The bakers have been working hard to introduce new and exciting bakes into both shops and we are currently rotating flavours of muffins and scones. You can enjoy Jaffa cake, Lemon, Nutella, Munchie and a Victoria Sponge-style muffin or if you prefer scones, choose from our classic Fruit, NEW Buttermilk Blueberry & Lemon and Cheese & Rosemary! There are more flavours being tested and trialled in the background which will hit the shops in the coming months. One of the most popular new items is the Biscoff lamington, which is selling great!

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 2 May** for some much-loved, complimentary gingerbread decorating.



Winning Sourdough with additions



Winning Eccles Cakes



Winning White Sourdough



New! Biscoff Lamington

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

Bishopston Library is delighted to host more events this spring/summer and as ever, if you'd like to join the team of volunteers – or suggest an event that you'd like to attend – or introduce us to speakers who would like to give a talk – **please contact us on the Friends email address: friends.of.bishopston.library@gmail.com.**

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

Join us to celebrate the 9th anniversary of our library opening. The birthday café is free for you to drop in and have a drink and some cake with us!

Women in the music halls: resilient, independent & inspiring – Thursday 21 May, 7.15–8.45pm. Doors open 7pm. See booking info below.

This talk by Alison Boulton will tell the amazing story of her ancestor, and many other talented and remarkable women. As Alison says, “I knew little about the Music Hall until I discovered that one of my ancestors was a music hall performer. Her career was fascinating, but it got me asking questions. The more research I did, the more I wondered about how this profession enabled their creativity and entrepreneurial spirit.”

The talk will answer:

- What was it like for women to perform on stage when most women were confined to the domestic sphere?
- Who were these women and what did their acts comprise?
- Why do we know so little about so few of them?

Tickets are £4 + booking fee and are available from Eventbrite (use the QR code link to book) and include refreshments.



National Writing Day workshops and talks Wednesday 24 June, 11am–3pm:

On National Writing Day, everyone is invited to grab pens, pencils or laptops and celebrate the power and pleasure of creative writing!

At Bishopston Library, we are bringing together local authors, poets, publishing connections, people who love writing, and professional copywriters and book marketing advisors. There will be a programme of activities starting upstairs at 11am while the library is open, and two talks in the meeting room downstairs.

Author, Lucienne Boyce, will run a talk about research for historical fiction and hold a writing workshop upstairs after her talk.



Top left: Author, Lucienne Boyce.
Top right: Local author and therapist Debs Penrice (at her book launch in March 2026).
Below: Local crime author A.A. Abbott with her books. Photo thanks to Narrated Frames.

Local family historian, Alison Boulton, can give writers a steer about which resources can help you go beyond surface level research.

Crime author, A.A. Abbott, will be on hand to explore ways to build suspense because real life is often stranger than any fiction.

Author and therapist, Debs Penrice, can help those thinking about how their story could inspire others, reflecting on a healing or transformational journey.

Tim Martin will be ready to support you on thinking about marketing to reach readers while you write or once your story is ready, and there will be resources available to help you plan your book or writing idea.

Look out for the full programme on Eventbrite or sign up for our Friends of Bishopston Library email newsletter. Bring your pens and ideas, we'll supply the refreshments.

Our website is currently under development; however, you can find more information or contact details here: bishopstonlibrary.org.uk.

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

Bishopston Library, Gloucester Road, BS7 8BN.



ADVERTISING FEATURE



Top financial tips



WITH

JULIAN MOBSBY

Know the facts

When it comes to managing finances, everyone has a perspective – whether it's on building a solid pension, saving on taxes, or selecting the right investments. And while seeking advice is a good habit, it's essential to filter through the noise. Not every tip you hear is grounded in fact. Here, we cut through the clutter and debunk some of the most common myths around financial advice, helping you build habits based on trusted information.

Myth 01 “I’m too young to start thinking about a pension”

FACT. Starting a pension doesn't mean you're about to stop work. But starting one early means that when you do, you should have a considerable pot of money. So, you're never too young.

Myth 02 “My property is my pension”

FACT. Your home, or a buy-to-let property you may have, can be part of your retirement plans, but you'd risk putting all your eggs in one basket if it's your only source of retirement income.

If the property drops in value when you need to sell, you can't sell or the rental market slumps, so will your income. Or your reserves won't last as long as you need them to.

Myth 03 “Financial advice is only for wealthy people”

FACT. Many people imagine that you need a six figure sum to start investing. In fact, just investing smaller amounts regularly means you take advantage of times when market prices are low, so your money buys more shares, as well as when prices are high.

Myth 04 “I can do my own financial planning”

FACT. Financial planning isn't the same as budgeting. Many people are good at managing their personal or family budgets, but long-term financial planning requires an additional level of professional expertise and knowledge. Tax regulations for example can change regularly. And it's easy to miss opportunities or accidentally find you've made a costly mistake if you're not managing money full time.

Myth 05 “I don't need to have a plan until something happens”

FACT. If your financial circumstances suddenly change – whether you lose your job or win the lottery – it's vital to get some proper financial advice on your next steps. But planning ahead on how you'll cover or capitalise on those unexpected events is even better.

The value of an investment with St. James's Place will be directly linked to the performance of the funds you select and the value can therefore go down as well as up. You may get back less than you invested.

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Scan the QR code or visit: www.julianmobsby.co.uk

Associate Partner

St James's Place



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



BLOOM YOGA

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.

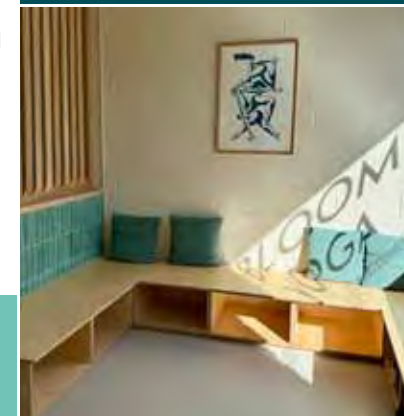
You just need to come as you are.

"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



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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



*Carole Webb –
One of two cats*

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I work with children and adults to support

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- weight loss
- loss of confidence
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- fears/phobias and much more

If you work in a busy team or feel your workplace needs a moment of calm, I offer **workplace wellness** and breathwork sessions to help teams feel calmer, think more clearly and perform at their best.

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

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

By understanding how the mind and body work together during labour, **Hypnobirthing teaches practical tools such as:**

- Deep relaxation and breathing techniques
- Positive birth conditioning
- Visualisation and self-hypnosis
- Partner support strategies

Group sessions and 1:1 available. Please contact me for more information and booking.



Hypnobirthing Workshops

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9.30–12.30pm at
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Really Wild Wednesdays welcomes you



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

We meet every other Wednesday, 1.30–5.00pm. **Our next dates are May 6 and 20, June 3 and 17.** 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!

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. See you soon!

Contact reallywild@lockleazent.co.uk / **07708 471787** to join the Whatsapp group. Location will also be updated at www.lockleazent.co.uk/series/really-wild-wednesdays/.

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 **Tiny Titans classes** are a great way to get children started in their martial arts journey.

We have a lot of fun and our experienced staff create a safe and secure environment where children are encouraged to take risks and develop both physically and mentally.

Our **Juniors classes** are awesome. We focus on developing our members both physically and mentally. All experiences are welcome at this stage and we really do help our members become fitter and stronger and more resilient.

Finally, we have our **Adult classes**. These are a lovely blend of fun and games, martial arts skills and physical activities which all work together to push our students and enable them to achieve their goals.

We regularly run grading events which are opportunities to strive for the next grade. **Check out our website for more information and book your free trial today.**

Sensei Lloyd



Tom Luke Takes on Ultimate Endurance Test to Support Children's Hospice South West

As you read this, Tom Luke, Attack Coach at Bristol Bears Women, may be in the middle of taking on an extraordinary challenge of endurance, or recovering from it! The Bristol-based athlete is running the London Marathon to raise funds for Children's Hospice South West (CHSW), a cause that is deeply personal to him. With your help, he aims to exceed a £4,000 target in support of children with life-limiting conditions and their families.

Tom's connection to CHSW makes this effort especially meaningful. Through his employer, Bristol Bears, which partners with Charlton Farm hospice in North Somerset, and a close friend who works there, supporting the charity felt like a natural choice.

As well as the marathon, he took on an intense eight-day endurance challenge, pushing both his physical and mental limits. Beginning on Easter Sunday, his goal was to cover over one million metres (1,012.8 km) using Concept2 machines. Each day completing the equivalent of three marathons, rotating between the SkiErg, rowing machine and bike!

The challenge was relentless, demanding sustained effort, careful recovery and resilience as fatigue builds daily. Marathon preparation also proved

challenging. Tom has understandably experienced significant tiredness, and a training 30km run left him dealing with a painful side strain.

"I know this marathon is going to be no mean feat," he said.

Just two weeks after completing the eight-day challenge, Tom will take on the full 42.2 km London Marathon, completing an incredible month of endurance.

His initial challenge concluded on Sunday 12 April at SOMA Gym, fittingly located on the road leading to the hospice he supports. Reflecting on the marathon, Tom says he hopes to finish strong: "I want to enjoy the day and cross the line with a smile."

If you would like to help Tom support this fantastic charity please visit: Children's Hospice South West: Tom Luke - Concept Cowboy! and donate what you can.



**Facebook: Red Dragons Martial Arts | Visit: www.reddragonsmartialarts.com
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Instagram – [@stbonspreschool](https://www.instagram.com/stbonspreschool)

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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 Empower (level 3)
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)
5:30pm Align (level 1)
6:45pm Evolve (level 2)

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Have you noticed this lately?

If you've been out in Bristol, you've probably noticed it too: people everywhere are running, making the most of the lighter evenings and drier days. Parks, streets and even the harbourside are full of joggers.

It's easy to see why. Running is one of the most accessible and affordable ways to move your body. You can simply step outside and get started, which makes it a go-to for so many people. Add in the mental health benefits, and it really is one of the best ways to boost your cardiovascular health.

But if you're returning to high-impact movement after a break, it's worth thinking about what your body needs first. Running is brilliant, but it is demanding on your joints, and as many as 80% of runners experience injuries as they lack the efficiency their body needs to run with ease.

This is where Pilates comes in. It's the perfect partner to your running, whether you're just starting out or aiming to smash your next marathon time.

A local studio championing this approach is Soul Pilates in Bishopston, founded by long-time BS7 resident, Nic Lenny. Her studios have been part of the Bristol community for over a decade, and now span three locations across BS7, BS1 and

BS4. Known for their calm, welcoming spaces and expert-led teaching, they offer a range of Reformer, Equipment and Mat Pilates classes, all designed to help you build a deeper kind of strength.

Their emphasis is on educating the body to move more efficiently through small group classes or private sessions, to guide you to get stronger, improve posture and develop better overall movement patterns. The great thing is that this approach is accessible whether you're completely new to movement or looking to complement an existing fitness routine.

For runners, the benefits can be significant. By creating a stronger, more balanced foundation, Pilates will reduce strain on the body and support quicker recovery.

The result? Fewer injuries and faster times.

So, if you'd like to try Pilates this spring, whether to get back into movement or to support your existing fitness routine, readers of *Bishopston Matters* can enjoy 10% off their Intro Offer of 3 classes over two weeks. Simply use the code **BISH** at www.soulpilates.co.uk to get started.

CURA: Pain Management

Management of Arthritis, Injury and Bone health



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.

Degenerative Discs/ Disc Bulges: Tom is a great example of how MBST can improve the quality and integrity of damaged discs and steer patients away from persistent back pain and more severe disc injury. Tom is a fit chap but after years of recurrent back pain that hands on treatment and core strength couldn't stabilise he came to see me. We got an MRI scan that showed degenerative disc bulges at the bottom of his spine which was both the cause of his pain as well as a stress on his spinal joints. He then did a course of MBST for his discs. Since this intervention 7 months ago his clinical picture is dramatically different, largely pain free with only occasional reminders of his prior state, and things will continue to improve as the quality of his fibrocartilage improves.



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.



A safe and simple way to screen your bone health

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

It's an amazing tool to have, especially to safely monitor the progress our patients are making after using MBST to address the deconditioning of bone in Osteoporosis.

We're seeing remarkable results when applying MBST to bone, both after trauma and in Osteoporosis patients.

Our observations include:

- Significantly faster fracture healing times
- Significant reduction in fracture pain
- Improved bone mineral density
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An award-winning innovative treatment for: Osteoarthritis | Back & disc problems | Bone conditions & fractures
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www.curaclinical.com



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

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

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

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



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

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

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

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

Some tips for getting started:

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

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

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

Whatsapp: 07954381845

Visit: www.pollyturnillfitness.com

Polly Turnill Fitness, 22 Kellaway Ave, BS6 7XR



Holy Trinity Church Horfield, Bristol



Open Afternoon
Saturday 30th May 1-5 pm

Scan here for full event details and booking information



Everyone Welcome

Holy Trinity Church,
Wellington Hill, Horfield
Bristol BS7 8ST



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 9 May**
and **Saturday 13 June, 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 scottartyois@hotmail.com



My Community Bristol action group: What's on



SENdaWelcome's action group 'My Community' have been working to make our community a great place for people with learning disabilities. Read on to find out what we've been up to and how you can get involved.



Claremont School council news

This term Claremont School council have been busy preparing for the **May Fair at Henleaze Primary School on Saturday 16 May 2026**. All are welcome and it is always a great day out! We have been planting flowers to sell on our plant stall and making posters to ask for tombola prizes. If anyone has any donations for our tombola stall it would be much appreciated; you can leave them at the reception of Claremont Primary School, Henleaze Park or Claremont Secondary School, Redland Park Road, BS6 7EH.

Claremont School Council

Please come to our May fair

16th May 2pm until 5pm

Henleaze primary school

Learning Disability Awareness Week on Gloucester Road: A Place for Everybody – Mon 15 – Sun 21 June

To celebrate Learning Disability week in June, the action group will be running a programme of inclusive events and activities in and around Gloucester Road. We'll be teaming up with some amazing local organisations to give you performances, workshops, crafts, games, social gatherings and much more!

Please get in touch or visit our Facebook page to find out more.

Inclusive Skittles is back!

Our weekly inclusive skittles night is back up and running. Join us on Tuesdays from 5 to 6pm, at the Nevil Road Community Club, 2B Nevil Road, BS7 9EQ. Everyone 16 and over is welcome.

Sensory Garden at The Ardagh

We've been hard at work getting our wonderful Sensory Garden ready during spring. We have been doing lots of gardening, amazing crafts, as well as running some regular Sensory storytime sessions. The normal garden opening times are **10am to 2pm on the second Saturday of the month**. We are pleased to be running some extra sessions in the garden during **May half term – Tuesday 26 to Friday 29 May, 10am to 2pm**. As part of the **Festival of Nature, on Saturday 13 June** we will be opening the new sensory trail, partnered with, Your Park for all to enjoy.

We're always on the lookout for volunteers to help us develop our magical garden space for people with sensory needs. Please get in touch with us for more details.

For more information please contact:

Email: Laura.sendawelcome@gmail.com or Ella.sendawelcome@gmail.com.

Phone: 0738 6493 801 | Facebook page: [@MyCommunityBristolPartners](https://www.facebook.com/MyCommunityBristolPartners)



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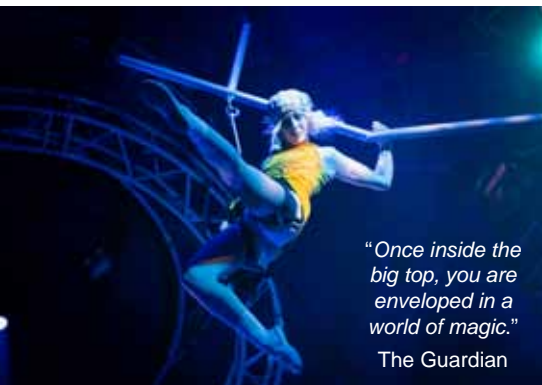
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Get ready – **NoFit State Circus**' new show arrives in Bristol this June



"Once inside the big top, you are enveloped in a world of magic."

The Guardian

CARNATION, a brand-new NoFit State Circus production premiering in St Paul's, Bristol, hurls you into a human rollercoaster of extraordinary, large-scale circus about hope in rebellion.

Directed by award-winning Firenza Guidi, it delivers everything you expect from NoFit State: world-class circus, live music, bold cinematic imagery, magic and mayhem.

Boisterous, audacious and emotional, CARNATION unleashes jaw-dropping skills and heart-stopping moments of ordinary people doing extraordinary things.

This is a powerful reflection on the times we live in and a call to stand up and be heard.

NoFit State creates bold, daring work that is accessible to people of all ages; nothing in CARNATION makes it unsuitable for children, but it was not made specifically for them.

CARNATION in Bristol is delivered in partnership with local housing association, Places for People.

Box Office: 02921 321 021 | booknow.nofitstate.org

Performances 12 – 28 June: Matinees 2pm Saturdays, or 3pm Sundays | Evenings 7.30pm

See booknow.nofitstate.org for full details.

Performance Address: NoFit State Big Top Tent, Wilson Street, St Paul's, Bristol, BS2 9HH

Created by NoFit State Circus. Directed by Firenza Guidi.

Supported by the Arts Council of Wales and Arts Council England.

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12 - 28 June

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*'Once inside the big top,
you are enveloped in a world of magic.'*
The Guardian

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Directed by Sam Grayston

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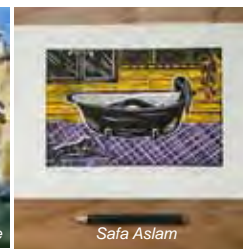
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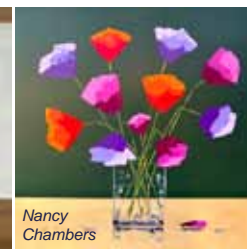
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Chris Dye



Safa Aslam



Nancy Chambers



Paul Tomlinson

BS9 Arts Trail Returns – 86 Artists Open Their Doors (6–7 June 2026)

The BS9 Arts Trail returns on 6–7 June 2026 (10am–5pm), with 86 artists exhibiting across 14 venues in Henleaze, Stoke Bishop and Westbury-on-Trym.

Generously supported by VWV Solicitors, the trail offers a unique chance to meet artists and buy work directly from them.

Visitors can explore painting, sculpture, printmaking, ceramics, photography, jewellery, glass and more, displayed in a range of venues – many not usually open to the public. With prices from £3 to £3,000+, there's something for every budget, from cards and handmade gifts to statement sculptures and paintings.

Collect stamps from six venues (three large and three small) to enter a prize draw and win one of eight+ original artworks donated by the artists.

Venues are easy to access, with many offering cafés and toilets. The trail is ideal for walkers and cyclists, is well served by bus routes and all locations have free parking on-site or nearby.

Michelle Rose, Partner and Head of Individuals & Families at VWV, said: "We are delighted to support the BS9 Arts Trail again this summer. It's a fantastic celebration of creativity, community and talent, bringing people together and showcasing Bristol's artistic energy."

For full information visit, www.bs9arts.co.uk or pick up one of the free trail maps from cafes, libraries, galleries in BS9, Clifton, Redland and Bishopston.

@bs9arts @bs9arts



86 artists and creatives
across **14** venues

Paintings | Prints | Mosaics | Sculpture
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6th-7th JUNE 2026

10am to 5pm Daily
www.bs9arts.co.uk

Arts Trail

Generously sponsored by



Ardagh Community Trust News

As the days grow longer and the temperature rises, it is wonderful to see The Ardagh buzzing with life and providing a welcome haven for so many local families using the community space.

Garden and plant nursery news

We've begun to reseed the green in sections with tougher grass able to cope with the increased footfall. Thank you for your continued patience and support while this work is in progress. Thanks also to Vistry for their help with barriers to protect the green while the grass becomes established.

The gardening team is particularly busy at this time of year, planting, watering and nurturing new plants for the **Ardagh Community Plant Nursery**. There is a great choice to suit all areas of your garden, available every day outside the café and from the nursery court every **Saturday from 10am to 2pm**. All proceeds from plant sales go towards the ongoing maintenance and improvement of the Ardagh site as we aim to become increasingly self-sustaining. What's nicer than buying local, supporting community social enterprise and helping your green space flourish?

The nursery also offers workshops on the first Saturday of the month, led by our Head Gardener, Sol Harmsworth, and we have booked some guest speakers for later in the year too. Our hands-on workshop on **2 May will be focusing on growing your own herbs and vegetables**. Full details of the workshop and ticket information is available on our website: www.theardagh.com/events/ or look out for posters around the site.

May Events and Activities

Our monthly market is on Saturday 9 May and we are looking forward to welcoming a range of local makers and traders, as well as the wonderful local musicians who help the day go with a swing! If you'd like to get involved, drop a line to – market@theardagh.com for more details. This month we are also **hosting a second-hand bicycle drop-in**



to support **Bristol Bike Project**. This wonderful organisation is always in need of donated bikes to support those who would otherwise be unable to access one. If you have a bike that is no longer needed or used then maybe consider popping it to The Ardagh on market day where BBP volunteers will be on hand to receive donations. Find out more information on donating used bikes here: www.thebristolbikeproject.org. **Dr Bike will also be on hand from 10am to 3pm** for free safety checks, tuning and general advice for you and your bike.



Foodie Fridays: Foodie Fridays are now taking place every **Friday, 4–8pm**, and May's line-up features For Mice & Men, Mr Noodle, Galley-vanting, the Street Taverna and Jim's Pizza. If you've not been before then 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.

And don't forget that **Board Game Evenings** are still running fortnightly on **Tuesday evenings, from 6–8pm**. As the weather improves we hope to be able to spread out onto the café terrace for relaxed evenings of games, great food and drinks from the café bar in the peaceful garden surroundings. **May dates are 5 and 19**.

More details for all events and activities at The Ardagh can be found on our website events page: www.theardagh.com/events and on posters around the site.



Ardagh Community Sauna: May News

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).

Friday 1 May – Wanted Records – John Stapleton & Whitts
Plus, street food from **For Mice and Men**.

Friday 15 May – Felix Joy (SWU FM)
Plus, street food from **Romany's Thali**.

Friday 29 May – Very special guest TBA
Plus, street food from **Jim's Pizza**.

And weekly residents, Kaos Theory and Jonny Sav. Welcome to May's instalments of Sauna Sounds, our chill-out music and sauna gathering. With summer arriving, these events will now run fortnightly.

Previous guests have included Steve Davis, Queen Bee, Kayla Painter and Firewood Island.

- Sunset DJ sets from Bristol and UK's finest DJs and Live artists
- An audio & visual immersive community sauna experience
- Fire pits, loungers, and hammocks
- Sunset social to unwind, connect and recharge on Horfield Common.

Tickets & schedule

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

Sauna + Music ticket: £12 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 6 May – mixed session

Thursday 28 May – 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 30 May – 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.

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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.

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Barcan+Kirby

Barcan+Kirby is delighted to announce its role as headline sponsor of 'Cracking Exhibition Gromit: 50 Years of Aardman in Bristol', a major new exhibition celebrating the iconic animation studio's 50th anniversary. Hosted at the M Shed this summer, the event is a landmark collaboration between Bristol Museums and Aardman, honouring half a century of creativity, imagination and unmistakable Bristol spirit.



Image: Aardman Animations Ltd ©

With roots in Bristol that stretch back more than 40 years, Barcan+Kirby has grown alongside the city it serves. That long-standing Bristol foundation makes the opportunity to support this milestone exhibition a natural extension of the firm's commitment to celebrating the city's culture and innovation.

Anna Wilson, Managing Partner, said: "We're very excited to be a headline sponsor of the exhibition. Having previously sponsored the Grand Appeal's 'Gromit Unleashed' Trails in 2018 and 2025, it's fantastic to be a part of the 50th anniversary which celebrates all things Aardman."

Ngaio Harding-Hill, Director of Attractions & Live Events at Aardman, said: "Celebrating Aardman's 50th anniversary in Bristol feels incredibly special, and our upcoming exhibition at M Shed is the perfect way to mark such an important milestone. Working with Bristol Museums and having the support of headline sponsor Barcan+Kirby makes this moment even more meaningful, shining a spotlight on the city, its creative community, and the people who have been part of our story for the past five decades."

Councillor Tony Dyer, Leader of Bristol City Council, said: "Access to arts and culture is vital for a thriving, inclusive city like Bristol. Creativity shapes how we see the world and how we connect with each other, and its impact on our communities cannot be overstated."

"We are thrilled to be part of this exciting collaboration and thank Barcan+Kirby for their support in bringing this unique exhibition to M Shed which will offer fans of all ages a behind-the-scenes look at Aardman's creative process and iconic characters. We hope this celebration, marking 50 years of a successful Bristol creative business, inspires young people across Bristol to unlock their own creative potential."

The exhibition takes place from 20 June to 13 September. Tickets are on sale now and can be purchased from the Bristol Museums website: bristolmuseums.org.uk.

barcankirby.co.uk



News from Animal Health Centre

Animal Health Centre's New CVS Logo

You may have recently spotted our fresh new look at Animal Health Centre, as we proudly display our updated CVS branding. While our appearance may have changed, we want to reassure you that the care you and your pets receive remains the same. We have been part of the CVS Group for more than six years, and throughout that time our team, our values, and our commitment to your pet's wellbeing have never wavered. This rebrand simply brings our visual identity in line with the wider group we already belong to.

Many of you will already have enjoyed the benefits of our recent practice refit, made possible through our continued investment as part of CVS. The refurbishment has allowed us to modernise our

facilities, improve our clinical spaces, and create a more welcoming, comfortable environment for both pets and their owners. Our aim is always to make every visit as calm and positive as possible.

We are also delighted to now offer dental X-ray, a significant upgrade that allows us to detect issues hidden below the gumline – problems that simply can't be seen during routine dental checks. This technology supports more accurate diagnosis and more effective treatment, helping us keep your pets healthier and happier for longer.

Spot the Unusual Signs of Hay Fever in Pets

With spring finally in the air, rising pollen levels can bring discomfort not just to people – but to pets too. Many owners are surprised to learn that dogs can suffer from hay fever, and their symptoms often look very different from our own.

The most common sign in dogs is itchy, irritated skin. If your dog is scratching more than usual, nibbling at their paws, rubbing their face along carpets, or developing red or flaky patches, hay fever may be the cause. However, pollen isn't the only potential trigger—parasites, infections, and other allergies can present similarly, so a veterinary check-up is always helpful.

During a consultation, your vet will ask about your pet's lifestyle, examine their skin, and may recommend tests to determine the cause. Treatments can include soothing shampoos, topical creams, sprays, medication or even immunotherapy. It's important not to give antihistamines without veterinary advice, as some can be toxic to dogs.

You can also help at home by walking during low pollen times, rinsing or wiping your dog's fur after walks, washing bedding regularly, vacuuming frequently, and considering an air filter.

If you have concerns about your pet, please contact Animal Health Centre or visit www.animalhealthcentre.org to book an appointment.

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“A passion for pet care”

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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.



Roxfords Pet Shop

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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.

Pop in to store and pick up bag for your precious pup soon!



Roxfords Pet Shop, 155 Gloucester Road, Bishopston, BS7 8BA

Tel: 0117 924 8397 | roxfordsthepetshop.co.uk



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

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

www.cotham.bristol.sch.uk



Cotham Grand Iftar



News from Cotham School

We have had a very busy term at Cotham School with lots of activities focused on our community and showcasing the amazing talents and generosity of students, staff and family members.

Celebrating reading, writing and oracy:

At Cotham, we know the foundational skills of communication have incredible importance well beyond the classroom. This term, we have had so many events it's hard to keep track! From celebrating World Book Week with assemblies and workshops delivered by guest authors, to writing competitions and library lessons to mark the National Year of Reading, our library is always full and has so much to offer!

We've also had some amazing success in national writing competitions: we can't share the outcome just yet, but needless to say we are very proud of our budding young writers.

Finally, we've just submitted our entries to the national Poetry By Heart competition: students in Y7 have worked in English and Performing Arts to learn and rehearse their chosen poems and then perform to an audience of family and friends. The final showcase was creative, engaging and showed real courage from our poetic performers!



Fundraising success

The house system has supported many events across the school such as the Afro-Caribbean night and the Cotham Grand Iftar. The house leaders were responsible for raising £1,000 for the Cotham Grand Iftar by running a range of events such as a chocolate-covered date sale, bake sale and non-uniform days. In addition, each house supports different charities and they have each raised the following amount of money for their chosen charity.

Gamma – Bristol & Weston Hospitals = £367.53, Delta – SARI = £366.62, Sigma – British Red Cross = £169.02 and Omega – Cancer Research = £223.74.

WWW.HAPPYMAPS.CO.UK

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Email: admissions.stbonaventures@bristol-schools.uk
Web: st-bonaventures.bristol.sch.uk
Phone: 0117 353 2830

News from St Bonaventure's



We all enjoyed taking part in our Easter Festival, our busiest day of the school year. We began the day with an Easter bonnet parade with the playground awash with

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



colours as the children showcased 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 was the talent show where the children performed songs, dances and recited poems. They all represented their school house and earned points for entering with the winning house receiving a trophy at the end of the day.

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.

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

We are excited to find out 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.

Our learning in history, geography, and science explored 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.

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



May Doodle Day!

Everyone is invited to this **free creative event** at Grounded Horfield on **Thursday 28 May** (you can drop in all day). **Doodle Club** runs every **Tuesday**, 3.15–5pm, is free and open to all.

Grounded, 421–425 Gloucester Rd, BS7 8TZ

Common Misunderstandings About Pensions and Inheritance Tax

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

Here are some of the most common misunderstandings explained.

1. “Only the wealthy pay inheritance tax”

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

2. “Gifting assets automatically reduces IHT”

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

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

3. “My spouse automatically inherits everything”

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

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

4. “Giving my house away removes it from my estate”

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

5. “Inheritance tax is paid automatically”

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

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

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

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

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



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

8. “Pensions are always exempt from IHT”

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

9. “My Will controls who gets my pension”

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

10. Business Property Relief & AIM investments

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

Why understanding the truth matters

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

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

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

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

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.

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.

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 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

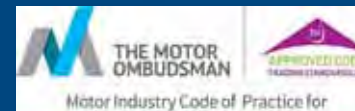
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St Andrews, Bristol, BS6 5BP

www.windsorroad.co.uk



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@bristolcssc.co.uk** or call: **0117 951 4259**.

Little Lodgers Playgroup

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



Aimed at the under 5s.

Free fruit and drinks are provided for children, and there is a coffee shop.

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, this is always announced at sessions and on their **Facebook group: Little Lodgers**. Do visit soon!



Singing for Borderlands

Saturday 16 May at 7.15pm

Bristol Voices Community choir and **The Gasmen Collective** will be singing a wide range of unaccompanied music in aid of the Bristol charity Borderlands. If you are thinking of joining a community choir, this would be a great way to hear what we can achieve!

Tickets available from **snappytickets.co.uk**

The **North Bristol Good Afternoon Choir** welcomes the **Big Friendly Choir** as their guest at **Trinity-Henleaze United Reformed Church** on **Saturday 16 May**, at 4pm, for a very special **10 Year Anniversary concert**.

Tickets are £10 from **gac.ticketlight.co.uk** or on the door (cash/cheque only) with a retiring collection for charity, Flamingo Chicks.

If you are interested in joining, there is no audition and your first rehearsal is free! North Bristol Good Afternoon Choir meet every Monday afternoon from 2–4pm at Westbury-on-Trym Methodist Church. **goodafternoonchoir.org**

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.



Upgrade your windows & doors with the UK's #1 installer!



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✉ info@thewindowhub.co.uk 🔍 www.thewindowhub.co.uk



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.

Support local. Choose proven. Choose The Window Hub.

Call us on: **0117 313 4862**

Email: **info@thewindowhub.co.uk**

Your home deserves the best – and the best might just be right on your doorstep.

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.

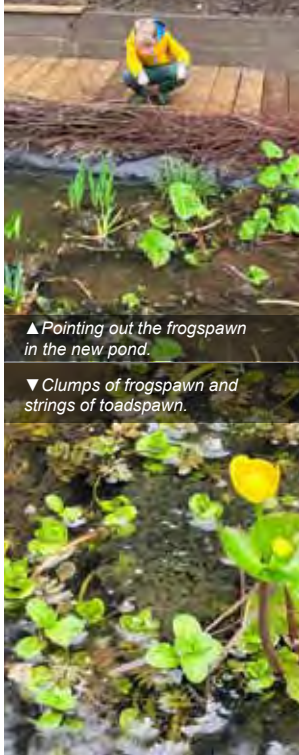
In celebration of all the hard work, the team aims to welcome everyone on Sunday 3 May to the re-opening event. There will also be a family-friendly workshop to construct the bug hotel.

"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, 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.



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.

 [secret_garden_web](#)

 [secretgardenlandscape](#)

 [secretgardenweb](#)

Ali

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



We are a friendly, inclusive church.

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

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

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

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

Email: little-fishes@hotmail.com

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

Coffee & Craft
 Friday 10.30am to 12.05pm at
 Horfield Baptist Church,
 160A Gloucester Road, BS7 8NT
Friday 8, 15 May and 12, 26 June
 Come and bring your craft work. Join this community group for refreshment, conversation and to relax. There there is level access to the meeting room.
 For further info please contact the Church office,
 0117 9243608 | office@horfieldbaptist.net

Bristol St Andrew's Bowling Club
Open Day on Saturday 23 May
 12 to 6pm
 At St Andrew's Bowling Club,
 Derby Road, BS7 9AQ
 Free entry – newcomers of all ages welcome to give it a try. Coaches will be on hand to explain the game and give tips. Enjoy the BBQ, coffee, tea, cakes and a bar. Music from members of the Stan Drews Folk group.


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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

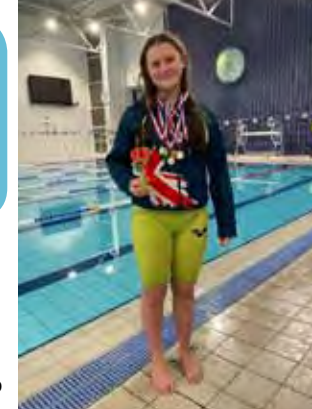


Reco Testimonial

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



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.sakyabristol.org

Bishopston Matters Reader Offers

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

Page 16, Pilates Active – New clients, 3 classes for £20

Page 18, Olivit Physio – 25% off initial consultation with code NEW25

Page 24, Modarasi – Interior design & Soft furnishing – 10% off first order for new clients

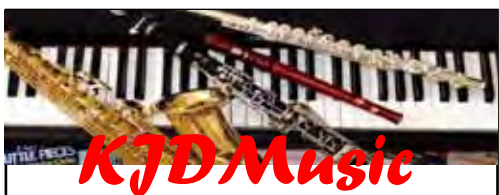
Page 25, Bloom Yoga – New clients, Try 10 days of unlimited yoga for £30

Page 31, Soul Pilates – 10% Off any intro pack with code BISH

Page 59, Reco Spinal Centre – 50% discount on initial consultation

Page 62, Alpine Landscaping – 25% Off services

See individual adverts for full offer details. Please mention *Bishopston Matters* when booking, thank you!



KJD Music
Instrumental / lessons / flute / saxophone / clarinet
piano / theory / GCSE / A Level

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

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



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

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

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

E-mail: katherine@kjdmusic.co.uk

www.kjdmusic.co.uk [kjdmusiclessons](https://www.instagram.com/kjdmusiclessons)



Spring into fun at Brunel Field Primary School Fair!

Saturday 16 May, 12-4pm | FREE ENTRY

Bring the whole family along and enjoy a fun community event packed with something for everyone. Plenty of classic fair games, stalls,



Petting area, Lego zone, BBQ, homemade cakes, bar, live music and of course an epic raffle with some fantastic prizes thanks to local businesses.

All proceeds will go directly towards supporting Brunel Field Primary School, helping to enrich opportunities for its pupils. See you there!



Brunel Field Celebrates Eco Week 2026

At Brunel Field Primary School, caring for the environment is a core part of who we are. We recently held our fifth annual Eco Week, a flagship event that brings our pupils, families and neighbours together to celebrate and take action for the world we share.

We were delighted to see the return of 'Bike Fest' at Gloucestershire County Cricket Ground. We are incredibly grateful to GCCC for their support, providing a brilliant space for the children to whizz around the cycle circuit, building their skills and confidence. It was a wonderful community event, with Dr Bike on hand for mechanical checks and our local police providing essential security marking. This year saw the introduction of a new Snail Trail! Pupils were invited to demonstrate their bike skills in navigating round a mini course as slow as possible – the competition was fierce and all applauded the triumphant winners from Key stage 1 and 2.

Back in the classroom, the children were treated to a range of inspiring visitors. Every year group delved into a different topic, from the life of communities in the Amazon rainforest to the power of offshore wind. In a session with Generation Soil, pupils used special equipment to listen to the microbial activity in the earth – bringing the magic of composting and soil health to life in a way they'll never forget. Other sessions explored the secret lives of bats, the future of energy and a workshop exploring climate issues through the medium of Lego to spark creative solutions.

The action continued after the school bell rang, with families joining in for litter picking, a planting party and a week-long pre-loved uniform sale. It was fantastic to see so many small, local changes adding up to a big collective difference.

The week concluded with Year 5 performing their fantastic, *The Big Green Adventure* play, which along with many smiles and laughs informed the audience the numerous ways we as individuals can help our planet.

While Eco Week is a brilliant highlight, our commitment to sustainability is something we live and breathe all year round. We are so proud of our pupils for leading the way as the next generation of environmental stewards.

To find out more about what we're up to, do visit our website: www.brunelfieldschool.org.uk/Sustainability.



Snail Trail winner for Key stage 2 in action!





Alexander Armstrong visits Bishop Road Primary School

Earlier this year, 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 Evenfall: 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.



Bat & Banter For older men

St Matthew's Church, in Kingsdown, has set up a new table tennis group for older men called Bat & Banter. Its aim is to provide a relaxed sociable space for older men to play table tennis, or just to come along for a coffee (or tea) and a chat. The group is aimed at men over 55, though we won't be checking people's birth certificates!



It meets every Friday morning between 9.15 and 11.15am, at St Matthew's Church, BS6 5TB, and is free. The table tennis standard ranges from complete beginner upwards.

Email: batandbantermen@gmail.com for more info.

St Matthew's vision is to welcome and serve the community in caring and inclusive ways. Bat & Banter is one way in which we are trying to achieve this; others include our community garden and frequent events. You are also very welcome to join us at our 10.30am Sunday morning service, which is followed by tea and coffee.

Tim Snowdon, St Matthew's Church.



Stan Drews Folk Nights

This free, musical group welcomes new members to join them.

The next session take place at **St Andrew's Bowling Club, Derby Road, BS7 9AQ** on **Wednesday 6 May**. There will then be a break until meetings commence in the autumn. Doors open at 7.15pm for a 7.30pm start.

Email: StanDrewsFolkClub@outlook.com

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

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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



11.30am – 1pm
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RIBA Chartered architects Cryer & Coe are working on exciting residential projects in Bishopston and beyond.

The team is passionate about creating spaces that not only look good, but more importantly improve how you live, with an emphasis on sustainability, light and quality of space.

Cryer & Coe take a fresh approach to each project, taking into account your personality and requirements, and the property or site. They can provide feasibility studies – to give you ideas of what you could do with a site or property – right through to full-service design including interiors and styling, and everything in between.

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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News from Bishopston & Ashley Down & Redland Councillors

Bishopston & Ashley Down ward

EV charging – We have had some feedback on the new lamppost chargers being quite expensive to use, and James is looking into this as part of the Environment and Sustainability committee. Residents might also be interested in signing up for the expression of interest for a trial of electric vehicle gullies. These allow residents without a driveway to safely charge their cars from a home charger, by having the cable hidden in the gully instead of trailing on the pavement. You will have to pay for the works yourself, but it could be a cost-effective way to charge your car for many. You can find the sign up form at www.bristolcityleap.co.uk.

Petition for more lighting on Concorde Way

We have hit an exciting milestone of 250 signatures on our petition! We'd like to thank you all for your support. 250 signatures gives us the opportunity to debate the petition at an area committee, but we are discussing whether to submit it there, or to wait for

more signatures and submit it to a policy committee instead.

In the meantime, please keep sharing the petition: www.change.org/p/improve-street-lighting-on-concorde-way or click on this QR code.



20 mph Consultation – Bristol city council has launched a consultation on making around 100 of Bristol's most dangerous roads 20mph. These roads represent just 8% of Bristol's road network, but account for 30% of serious and fatal collisions. 20mph limits are well known for reducing serious collisions. For example, the reduction on street-lit road in Wales has been one of the most successful road safety measures in UK history. In the first 18 months after the new speed limits came in, there was a 25% reduction in casualties on the roads compared with the previous 18 months.

This is almost as big an impact as when seat belts were made compulsory in front seats in 1983, which faced opposition at the time but is now widely accepted.

Kellaway Avenue and Muller Road are the two roads in our ward that are being consulted; we are supportive of the reduction but we encourage residents to make their views known on the consultation page: www.bristol.gov.uk/ask/find-consultation-engagement.



Emma & James

Eco week – Emma attended Eco week at Brunel Field's School and had a really great time speaking to the children. This annual event aims to involve the children in sustainability and environmental issues; Emma ran some sessions on transport and clean air, which the children thoroughly enjoyed. The school has already won awards for their environmental work and it's very clear to see why. See page 61.

Area committee update – James chairs the area committee that includes our ward (area committee 2). The deadline for CIL submissions for the area committee passed in late March, and it was really great to see some really high-quality applications from residents. There is a clear focus on transport interventions, and we are arranging a meeting with officers to discuss further. Unfortunately, funding remains a challenge to come by, but we hope that over the next year we will be able to work with officers to unlock funding.

Cllr Emma Edwards, Green Party

cllr.emma.edwards@bristol.gov.uk

Councillor James Crawford, Green Party

cllr.james.crawford@bristol.gov.uk

Redland ward

St Christopher's site has a new owner – For many years the future of the former school site in Westbury Park has been uncertain, as proposals for redevelopment were drawn up and then paused. The rear of the site opens into The Glen in Redland ward. We now understand that the St Christopher's site has been acquired by a new developer. Fi has already met with local campaigners to better understand local concerns and we are in the process of setting up a site visit soon.

Inflation-linked new parking permit charges

In line with inflation revised charges for parking permits have been published. These will apply in the parts of our ward where parking bays and permits have been provided. The cost of funding and managing the parking management schemes where they exist and enforcing the scheme itself is covered by the costs of the first permit. Any surplus from additional income is channelled into sustainable transport projects which has funded additional bus services in the past. Details can be found on the council's website.

Speed limits consultation – Bristol City Council is proposing to introduce safer 20mph speed limits on around 100 of Bristol's most dangerous roads, to support safer walking, cycling, driving and motorcycling around the city. These roads make up roughly 8% of Bristol's road network, but account for around 30% of serious injuries and fatalities in the city. More than half of Bristol residents say their local roads aren't safe for children to walk, and three-quarters say they're not safe for children to cycle. 20mph speed limits are a proven way to help make our roads safer for everyone, without any big impacts on journey times, which are mainly influenced by traffic and junctions.

Lower speeds also encourage smoother driving, improving air quality and reducing fuel costs by up to 7%. A more consistent limit along Kellaway Avenue is one of the proposed changes.

Lamppost chargers – Better charging facilities are now available for electric vehicles for people without home charging. New lamppost electric vehicle chargers include several lampposts in our ward, mainly close to homes without driveways that offer an adequate power supply and are by the roadside (not the property wall).

As ownership rises we're pleased these installations now serve terraced streets in the Bishopston part of our ward. All relevant lighting columns have been upgraded creating about 150 new charge points across the city. Live sites are 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 shall be keeping a close look at how the use of spaces next to charger columns is managed.

We've also been notified of the new scheme where a household can request and pay for a pavement gully to be installed so that a power cable might be used from the house itself. This trial now starting



Martin & Fi

and an application process is available. Please get in touch if you have any queries.

Community weeding for your street – There is a weed management policy and a scheme for streets to opt out of glyphosate spraying. This now features on the council website on the road maintenance page.

Residents who want to work together can download details of how this works and an opt out letter to send to streetscene (and let us know) when they've set up a group to keep the street weed free themselves.

Progress to halve use of glyphosate by 2030 is continuing. The most recent report in autumn showed it's already down 42% since 2020 thanks to various measures to eliminate or minimise use. The new policy looks for alternative ways to manage weeds in pavements as well as enabling residents to opt out if they manage weeds themselves, plus increased manual weeding. Use of community payback workers in partnership with the probation service is also growing to help with various streetscene tasks.

Cleanup helps Bishop Road – Our thanks to council officers and Bristol Waste for tidying the bins and mess on Bishop Road by Bishop Lane. This location has long attracted waste problems and got worse since we last had it cleared. With the eyesore growing we backed calls for the various bins and boxes to be identified and replaced where they belong or removed if unclaimed. Proper storage of recycling and waste helps everyone and we'll keep an eye on the area to try and prevent this slipping back. We've raised the issue of landlords who don't provide proper storage areas with officers and have asked what can be done to raise standards in houses in multiple occupation and new blocks of flats.

Fi Hance, Green Party

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Martin Fodor, Green Party

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

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.

What are the benefits of solar PV & battery storage systems?

Solar photovoltaic (PV) installation offers a range of financial, environmental, and practical benefits for homeowners and businesses alike.

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Environmental benefits are equally compelling. Solar PV systems produce clean, renewable energy and significantly reduce carbon emissions. A typical 4kw PV system can prevent over a tonne of CO₂ emissions each year, contributing to improved air quality and helping Bristol meet its climate targets. As a sustainable energy source, solar power reduces reliance on fossil fuels and supports the transition to a low-carbon future.

Solar installations also enhance property value and market appeal. Homes with solar panels often



achieve higher Energy Performance Certificate (EPC) ratings and can sell faster or at a premium—sometimes up to 14% more in value.

Finally, solar PV offers energy independence and protection against rising electricity prices. With systems lasting 25–30 years and requiring minimal maintenance, they provide reliable, long-term energy security.

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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**. Please come along to meet us, hear a talk and decide if you would like to join. Please bring the magazine with you.

Tuesday 19 May

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

Kerris Harrop

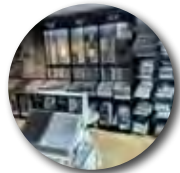
Tuesday 16th June

Members' Evening – subject to be announced

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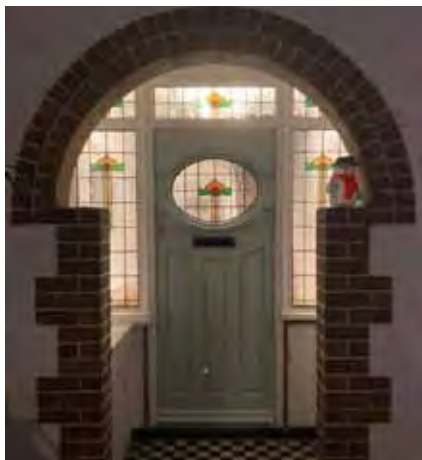
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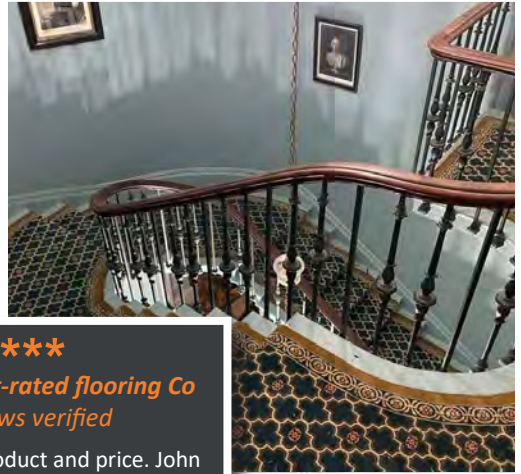
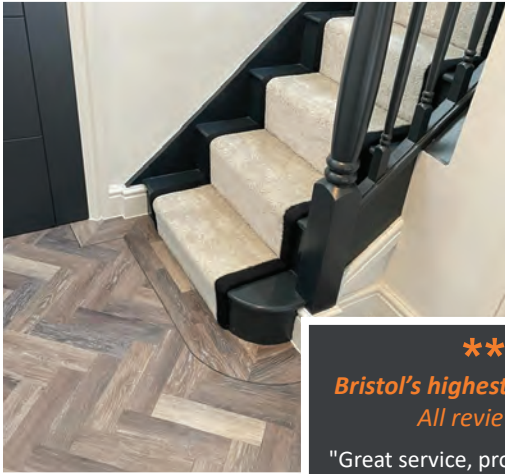
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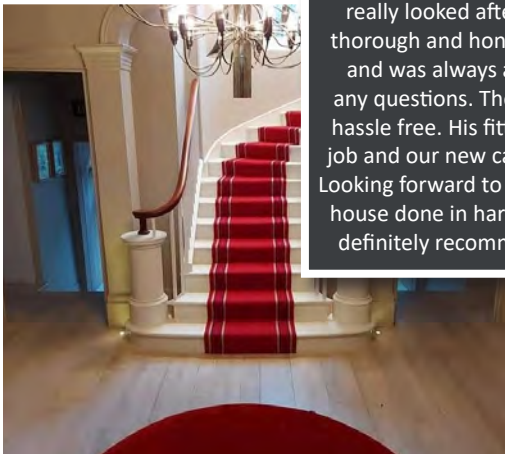
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