

Bishopston Matters



Tel: 07881 924059

issue 198, June 2026



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

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Dear Readers...

As you can see from the front page, to celebrate Learning Disability Week, SENDaWelcome's action group 'My Community', have put together a wonderful programme of events running on and around Gloucester Road, from Monday 15 to Sunday 21 June. Everyone is welcome to join in!

For those who are long-term readers of Bishopston Matters, you will know Scouting is close to my heart due to the passion my late father had for the movement. I am delighted my boys are following in his footsteps as Cubs with the 63rd Scouts. This wonderful local troop, who serve over 300 local children each week, is now looking for the right Group Lead Volunteer to lead them forward. Please read the article within and get in touch if you are interested – it will be a hugely rewarding role.

Another local Cub is set to take on the challenge of climbing Ben Nevis at the end of May. Stanley is embarking on this epic climb to raise funds for

Bristol charity – Heart Heros – who have played an important role for him and his family since he was diagnosed with a heart condition a year ago. I have no doubt this determined young man will reach the peak; please do support him if you can.

As well as a striking new logo, the Ardagh Community Trust has a fantastic new event for us this year; everyone is invited to 'The Ardagh Midsummer Gathering 2026' – summer fun on the Green on Saturday 20 June. Spread across the whole site you can expect a day packed with music, colour, creativity and good vibes for all ages.

To celebrate National Writing Day, the Friends of Bishopston Library invite you to join them for a creative day packed full of talks and workshops. A wonderful and varied team of local writers will be on hand to inspire and support you.

Enjoy all the fabulous local events! **Kerry x**

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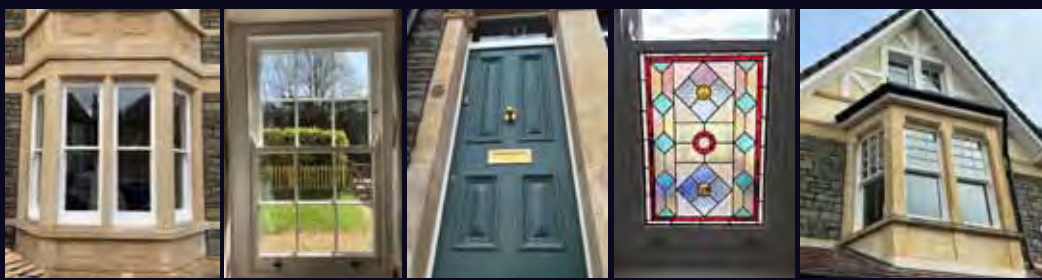


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Local lad fundraising for a charity close to his heart

This month it was lovely to have a chat with local Ashley Down resident and family friend, Stanley Worton (pictured), to hear all about his fundraising challenge of climbing Ben Nevis!

This brilliant young man who takes part in climbing and karate, is a member of the 91st local Cub pack and a popular member of Brunel Bantams football team, was preparing to embark on the epic climb up Ben Nevis at the end of May. His drive to complete the task is to raise funds for charity, Heart Heroes. This local charity, close to Stanley and his family's hearts, supports children across the UK and Wales affected by life-limiting or life-threatening heart conditions.

A year ago, in May 2025, Stanley was admitted to Bristol Children's Hospital, where he spent a month undergoing tests to diagnose Complete Heart Block, a form of arrhythmia that can temporarily pause his heart beating. He's now fitted with a pacemaker and thankfully is thriving.

Stanley found, and still finds today, comfort through the local Bristol charity – Heart Heroes – which, as well as providing specialised equipment and facilitating transport to essential appointments, brings together children who've experienced difficult times with congenital heart disease. Now, he hopes to give something back by attempting to scale the UK's tallest peak, Ben Nevis. He'd love your sponsorship to help Heart Heroes continue their amazing support.

Knowing Stanley as a dedicated, fit and determined young man, I have no doubt he will complete this

challenge – no matter what it takes! Evidence of Stanley's popularity among friends, family and the local groups he is involved with is clear, as, at time of writing he has smashed his target of £500 with the running total at an amazing £1,795! I am sure with the generosity of our readers we can help him get to £2,000 – at least!

To donate, please visit [justgiving.com](https://www.justgiving.com) and search 'Stanley Worton' for his page to pop up.

You can find out more about Heart Heroes at www.heartheroes.co.uk.



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When I met Elaine she was really struggling with her walking and high levels of pain relating to hip arthritis. 100 yards was her limit. She was told she would soon need double hip replacement surgery. She was keen to postpone any surgery for as long as was reasonably possible as she was otherwise in great health. After a clinical evaluation and much discussion, she elected to undergo MBST Therapy because she'd heard good things about the results: I recently saw her for a maintenance appointment and Elaine made a point of reminding me of her original state and how happy she was to be able to walk freely again. She's pain free the majority of the time and her world has very much opened up to normal levels.

MBST is designed by MEDTECH in Germany as a regenerative technology. In vitro-studies and real world research supports the efficacy of this remarkable technology. It is pain free, non-invasive and has no risks or side effects, yet its results are tangible and from my 10 years of experience it reliably delivers improved outcomes that last. Obviously more complex and severe cases differ in prognosis but even in these cases we can address factors that limit and slow healing in order to get the best results.



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Rory Murray, Head of Medical Services at Bath Rugby comments:

"I've really enjoyed incorporating MBST into our Medical Provision at Bath Rugby over the past 9 Months. It has proven particularly beneficial in managing acute fractures, rib cartilage injuries, lower limb tendon issues and abdominal degenerative joint conditions. It's reassuring to know that we're operating at the forefront of medical technology."



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News from the Friends of Horfield Common

Horfield Common is buzzing this season with activities for everyone, from guided walks, to hands-on wildlife projects. Whether you're a curious newcomer or a seasoned nature lover, there's something to enjoy!

As part of the **Festival of Nature**, join a free guided walk along the **Twelve Trees Trail** on **11 June**, led by local naturalist, Steve England. To sign up, visit www.bnhc.org.uk/festival-of-nature, click on their events page and select 'Twelve Trees Trail Guided Walk'.

If you attended the recent spring **Bat Walk**, you'll know how engaging Steve's events are – that evening drew a fantastic crowd, including many young wildlife enthusiasts. Missed it? Don't worry, as another bat walk is already planned for September!

June also brings the return of the popular **Talks on the Common** series, starting with **Folklore of Wildflowers** on **20 May** – a guided walk exploring blooming plant ecology, folklore and traditional uses, led by local ecologist Eric Swithinbank – and continuing with **Pollinator Safari**, a focused walk



on the relationships between bees, butterflies and hoverflies on **20 June**, also with Eric. Book via www.eventbrite.co.uk and search **Friends of Horfield Common**.



Our new pond is still a work in progress. At the moment, it isn't retaining water as well as we'd hoped. As we want to try and rely on the clay soil as a natural liner, we're planning a second phase of work later in the summer to make it more watertight.

As always, we welcome anyone to share their own ideas, lend a hand or just say hello! **You can find out more at friendsofhorfieldcommon.co.uk.**

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Gardens for Everyone

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

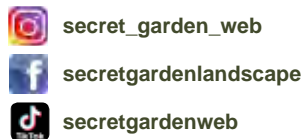
A level layout is a gift for older residents who want to potter safely without worrying about trips or uneven ground. It's equally brilliant for young children, who need space to toddle and explore without constant supervision on steps or steep drops. And for people with physical disabilities, a flat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

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

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

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

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



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The current Group Lead Volunteer at 63rd is local scouting legend, Mike Evans (pictured left). Dedicating a huge part of his life to scouting, at his recent 70th birthday celebration at the Hut, he shared, "Leading the 63rd has been one of the most rewarding things I've ever done. You get to watch young people grow in confidence, you build real friendships with the other volunteers, and you go home knowing you've made a real difference. The Group is in brilliant shape, and it's the right time to pass the torch."



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Could you be the one to lead a thriving community of 300+ young people in St Andrew's and Bishopston?

This is the question the Bristol 63rd Scouts is asking our community, in their search for a new Group Lead Volunteer. A critical leadership role that will ensure the ongoing success of this thriving North Bristol scouting group, who inspire, educate and bring joy to over 300 young people each week!

With over 100 years of heritage, the 63rd Bristol is one of the largest and most active Scout Groups in the UK. Over 30 volunteers facilitate 3 Beaver colonies, 3 Cub packs and 3 Scouts troops. Their first-rate hut doubles as a genuine community hub and is shared with Girl Guides and other local groups. There's real momentum behind the Group right now, including a second Scout hut project with provisional planning approval, that will enable further community engagement and offer even more to those who are a part of 63rd Bristol.

What is the role of Group Lead Volunteer?

This position is a leadership role, rather than a hands-on weekly activity role with the young people. The candidate will guide, motivate and support the adult volunteer team. Think 'people person' more than 'outdoor expert' – the core of the job is making volunteers feel valued, supported and set up to succeed.

Full training and support will be provided; prior Scouting experience is welcome but genuinely not required. This could be a position shared with another.



Who would be perfect for the role?

If you've managed teams, built community or led through change – you already have what we need. Bring the leadership – we'll bring the campfires! Your lead in looking after the volunteers is how we keep the 63rds, and the hundreds of young people it supports, sustainable.

Inclusivity and values

Scouts welcomes everyone, regardless of background, and we want our leadership to reflect that. Five values at the heart of what we do: **integrity, respect, care, belief, co-operation.**

Please apply, or nominate someone who'd be brilliant at it!

Informal chat first? Talk to Gareth (Trustee Chair) – volunteer@63rdbristolscouts.org.uk we look forward to hearing from you soon!

Editor's note: *I am lucky that both of my boys are active members of this amazing scouting group. All the wonderful volunteers keep this important movement alive and kicking! I believe the vast and varied opportunities, life skills and outdoor pursuits provided to local youngsters is second to none. The groups are outside as much as possible having fun in nature. All this as well as making friends for life as they pursue new adventures together.*

Some of the highlights that my boys have enjoyed during their time with 63rd's to date include camps, wood whittling, pancake making, fire building (and lighting), sleepovers at AirHop, treasure hunts, den building, climbing, ice-skating, go-karting, bowling, air golf, shooting, assault courses, night walks, gardening, sports evening, picnics, stories around the camp fire and late-night chip butties! I could go on, and other children will have a different set of favourite activities and memories for life to share. If you can help keep these incredible activities going, please do apply to volunteer; you will be on a rewarding life-adventure too.

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Helps improve balance and coordination – as you get stronger, your nervous system gets better at coordinating different muscle groups to make your movement more fluid and effective. This is where

your body can react and recover from a wrong footing on the pavement or from a trip over an unseen curb.

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Counselling with Dawn Daly



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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.

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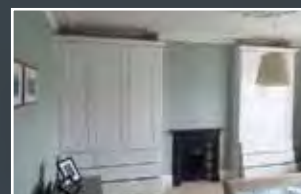
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An ode to working (paid or not) mums

The horsey side of my life is not something I often write about in the pages of *Bishopston Matters* but after attending Badminton this year and witnessing the amazing achievement of Ros Canter and her horse, Lordships Graffalo, I felt compelled to share a few words. Although I know many who read this will have no or little experience of the equestrian world, a huge number of you will have first-hand experience of being a hard-working mum, a role that often poses significant challenges!

Ros Canter gave birth to her second child in January 2026 and in May 2026 won one of the most prestigious prizes in eventing – Badminton Horse trials, for the second year in a row. This third Badminton title adds to her two consecutive Burghley titles, World and Olympic gold medals.

During interviews at Badminton, it was refreshing to hear her share both the mental and physical challenges getting back to work involved and that often it was trying to find the headspace that proved the more difficult of the two. It made me smile when I heard her share that before taking part in the first dressage phase of the competition, which requires huge mental concentration and skill, she was breast feeding to flatten her chest a little to fit more comfortably into her show jacket!

On winning the international event she gave thanks to her team and family for enabling her to compete. Support networks are again something I am sure many of us have been thankful for. After the birth of both my boys, I had around a month off – the printing press waits for no one. My family and friends helped me to achieve this both with practical help and supporting my mental wellbeing. I hope all of you have people to lean on and have some much-needed fun with too.

Matters Magazines was founded 21 years ago by my dear friend Jaci who, prior to having her first child was a financial director and before the birth of her second, launched Bradley Stoke Matters to enable her to work around her two children. She then enabled me to launch *Bishopston Matters* two years later. To keep in with the equine theme, I will share that we became friends over our obsession of horses over 30 years ago!

I hope, like Jaci and I, you take heart from Ros Canter who is certainly out there flying the flag for strong women and working mums with her phenomenal achievements, while all the time acknowledging it is not always easy when you are a mother and we can all just do our best. So,



Ros Canter & Lordships Graffalo at Badminton 2026



Right to left: Jaci, *Matters Magazines* founder/*Bradley Stokes Matters* editor & Kerry, *Bishopston Matters* editor, happy in the stands at Badminton

whether you're on maternity leave, working a few hours or full-time each week, I just wanted to take this opportunity to say you are all doing an amazing job and we should be proud of all that we achieve no matter what that is. I often think back to a friend who has three children, who were all pretty tiny at the time, who said, "Sometimes I get in to bed and feel content and reassured that we have all made it safely through another day!" A very wise woman with words most of us can relate to, I am sure.



Freelance Mum supports 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. **The next North Bristol Freelance Mum** meetings take place on **Tuesday 16 June**, at The Glos Old Spot, Kellaway Ave, BS6 7YQ.

www.freelancemum.co.uk
(See page 47 for more info)



Pilates with Sylvia

This summer I'm excited to have started two new Pilates classes for the Bishopston community. **Thursday mornings @Horfield Quaker Meeting, BS7 8PD.**

I have been teaching Pilates for the last 15 years and my passion for supporting clients has led me to specialise further into Postnatal, Pregnancy and older adults. I have been teaching in Bristol for the last year as PilateswithSylvia, with most of my classes centred in West Bristol. I have been running weekly Postnatal Pilates in Westbury-on-Trym since last November and with the success of this class and several people traveling in from North and Central Bristol, I'm delighted to set up another Postnatal and also a Mixed ability session in Horfield.

The Quaker Meeting House is a beautiful building, completely accessible for prams, with a lovely secluded garden for our postnatal group to enjoy a cup of tea following their session.

There are huge health and wellbeing benefits to a regular Pilates practice. Pilates is great for strengthening the core muscles, improving posture

and alignment, mobilisation of the joints, flexibility, and focus on connection to the breath which is great for wellbeing. I teach in a mindful and fun way, and love holding space for our community to grow, bringing fun and hard work together. If you've never tried Pilates, come and join us in this fabulous venue; **free taster classes available**, all you need is a Yoga mat and comfortable clothing to get going.

Mixed ability @ 9.15am is for all abilities, come as you are from complete beginner through to intermediate, with adaptations offered.

Postnatal (babies welcome) @ 10.30am is for mums after their first postnatal check. We use the low impact, strengthening and mobilising movements of Pilates to aid you in your postnatal recovery.

For further information and to book, go to www.pilateswithsylvia.com
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- A personality that shines bright!

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Salary can be discussed depending on experience. Training will be given. The candidate will strive to build long-term relationships with clients and manage their accounts. This is a sales role and resilience is key.

Submit your CV and a covering letter to: sales@mattersmagazines.co.uk
www.mattersmagazines.co.uk – 21 years in the community



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“This is such a beautiful, calm and intentional space. It feels so welcoming and non-judgemental, with a great range of classes and lovely teachers.”

Rebecca

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The Old Library – Celebrating 10 Years of Community



It's been 10 years since local residents formed a group to manage The Old Library building on Muller Rd in Eastville, Bristol, as a Community Asset. The 100% volunteer-led space is celebrating this milestone with a number of events and a fundraiser to ensure they can continue serving the community.

The volunteers run several monthly activities including a repair cafe and quiz, alongside larger family-friendly events, such as the recent Purdown Sessions – a daytime gig showcasing local musicians. All money raised at these events goes towards the running costs of the Library.

On Mondays, Thursdays and Fridays the building is open to the public 9am – 3pm and you can pick up a delicious and affordable breakfast or lunch at Basil's Cafe run by a local resident.

There is a diverse range of private hires who use the space for community workshops and classes including Yoga, Book Club, Pottery and Love Jam. If you would like to hire The Old Library for a party, wedding, meeting or regular group, **email: hire@theoldlibrary.org.uk**.

Fundraiser – The group are launching their **10+ FUNDRAISER** with the hope to raise £5,000. All funds will go towards helping with some important building improvements, and to cover rising running costs so this well-loved space can continue to serve the community for another 10+ years. The Old Library is asking visitors and supporters to chip in £10+ (£1 for every year). Donations over £50 will feature on the 'wall of fame' and have a Library Card with their name on display in the space.

Donations can be made via the QR Code on poster or by visiting theoldlibrary.org.uk

Save The Date – 10 Year Celebration Party

Saturday 5 September 2026 – Music, BBQ, Bar, Cafe, Ice Cream and much more to celebrate our 10- year anniversary!

"The Old Library is a very special place and we are thrilled to have reached the 10 year milestone which absolutely couldn't have happened without support from the local community. The upcoming events are a chance to say thank you and also recognise everyone who has contributed to this amazing community hub. Our fundraiser is a way for local residents to give back by donating £10+ to help us look towards the next 10 years!"

Kate, volunteer



Join the Red Dragon's family

Red Dragons Martial Arts is currently taking on new members. We have classes that are suitable for all ages.

Our **Teeny Titans classes** are a wonderful blend of fun and focused martial arts that will engage all young children and help them develop self-confidence and listening skills.

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



Facebook: Red Dragons Martial Arts | Visit: www.reddragonsmartialarts.com
Email: info@reddragonsmartialarts.com or Call: 07779 740 432, to book your free trial

Ardagh Food and Craft Market

It's been a busy month – the two bank holidays always make things a bit more complicated and in addition we had our stall at the Ardagh Food and Craft Market on 9 May. The Tombola proved very popular as usual, with some amazing donated prizes but, more importantly, it was a great opportunity to spread the word about FFA and what we do. To help us with this we had a 'virtual shop', with baskets of items to illustrate what donations of £5 or £10 could buy in the way of groceries and toiletries, and how much difference those donations could make to families close by who are living in food poverty. The response was amazing, and we were bowled over by the interest shown by visitors to the market: if you were one of them, thank you for coming over, and it was lovely to meet you. Our team of volunteers did a great job, and we are hopeful that we also managed to recruit a few more!

Good News Stories – a refreshing change!

The market was also a great opportunity for us to highlight what happens to the donations we receive, and the fantastic organisations they support. Not only does the food go to food clubs, it is also used by two of our Partners (The Vench and Felix Road Adventure Playground) to provide meals and snacks to the children using the playgrounds. This provision can and does have a far-reaching and positive impact, building relationships between local families and forging bonds within the wider community.

For example, Lisa at The Vench used to attend the playground as a child: a few years later, she is now the Centre Manager for Youth and Play! Also at The Vench is, Andrea, who helps run the FOOD Club and whose son Zach has recently won one of the Horfield and Lockleaze Community Awards



What a £5 donation might buy



Stall at The Ardagh Food and Craft Market

for his volunteering with food distribution around Lockleaze, and his work at the Vench Corner Café (among other things). These stories really go to show some of the unexpected and wonderful results of the donations we receive, and how important it is that they continue.

How you can help FFA – We are always on the lookout for support and there are lots of ways in which you could help us: if you would like to volunteer or donate (or would like to do some fundraising for us), please go to our website for details where you can also see more information about the Partners we support.

Familyfoodaction.org.uk

or click on the QR code here.



St Bonaventure's Pre School

St Bonaventure's Pre-school is now taking admissions for September 2026 Intake

We are open, term time only, Monday – Friday 8:00am – 5:30pm.

Please contact us if you would like further information or to request an application form.

www.stbonaventuresearlyyears.co.uk

Email – admin.stbonaventures.ey@bristol-schools.uk

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

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Easton Business Centre, Felix Rd, BS5 0HE

SB Counselling – talking Summer therapy...



Hello, my name is Steve and I am an experienced, Bishopston based Counsellor & Psychotherapist. I offer one to one counselling for adults, in person or online. I am a good listener, non-judgemental, 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.

Is summer a good time to have counselling?

Yes, it can be. Some people reach out for counselling when they become overwhelmed or feel low. Others want to explore what's troubling them when they feel well, as they have more resilience and strength. As many of us feel a boost when the sun is out, summer can be a good time for many to be proactive and get in touch with a counsellor.

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, Career change, Wanting a better future. This list is not exhaustive.

"Being heard and able to talk through my past with you has been incredible. I wish I'd done this 20 years ago."

Get in touch: 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.



Scan the QR Code or visit www.sb-counselling.co.uk

Email: steve@sb-counselling.co.uk or call: 07729 798017.

News from the Friends of Bishopston Library

Join us to celebrate from 11am to 3pm on **Wednesday 24 June for National Writing Day.**

We'd love to welcome you with pens, pencils or laptops for a day where we celebrate the power and pleasure of creative writing! The main event is taking place upstairs at Bishopston Library with talks in the meeting room downstairs.

There will be a poetry corner, a family history and historical fiction focus, a life stories and stories that heal corner and starter exercises to help you plan, write, publish and market your book.

Thanks to our vibrant local creative community, we will welcome authors, poets, publishing connections, people who love writing, publishing and book marketing advisors. Do join us, even for an hour.

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

Poet and author, Melanie Leeder, who also writes historical fiction, will be on hand in the poetry corner to help you play with words and ignite your creative process.

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 life stories 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.

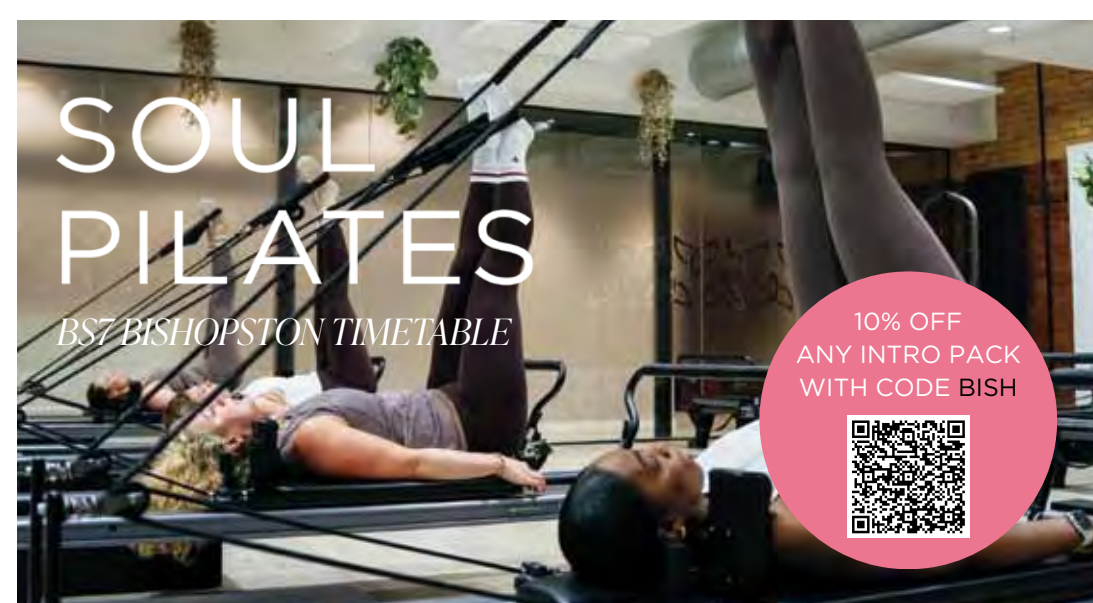
Look out for the full programme on Eventbrite; visit: www.eventbrite.co.uk and then search 'Friends of Bishopston Library' or sign up for our Friends of Bishopston Library email newsletter. Bring your pens and ideas, and we'll supply the refreshments.

Bishopston Library is delighted to host more events this 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.**

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.



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 Evolve (level 2)
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 Uplift (Level 2)

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

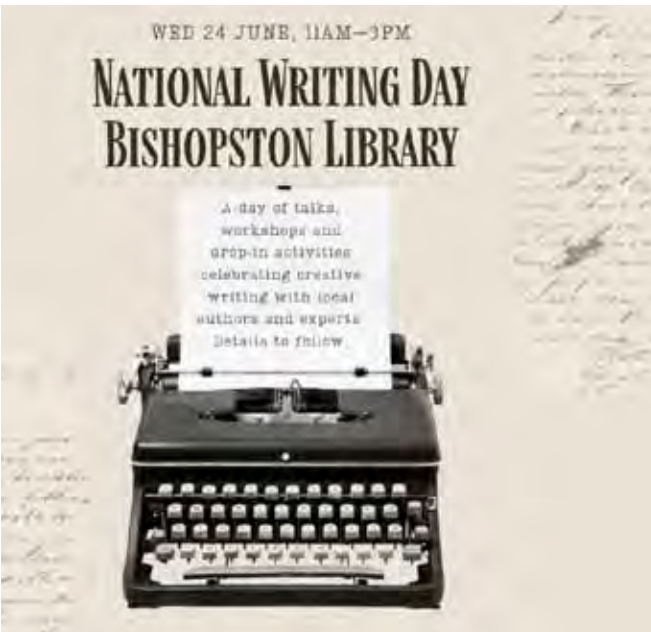
6:00am Evolve (level 2)
7:30am Align (level 1)
10:45am Evolve (level 2)
12:00pm Align (level 1)
1:15pm Uplift (level 2)
5:30pm Evolve (level 2)
6:45pm Empower (level 3)
8:00pm Evolve (level 2)

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

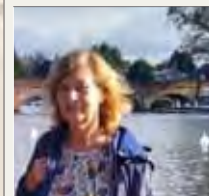
9:30am Align (level 1)
10:45am Evolve (level 2)
12:00pm Empower (level 3)
4:15pm Uplift (level 2)
5:30pm Align (level 1)
6.45pm Evolve (level 2)



Debs Penrice



A.A. Abbott



Alison Boulton



Lucienne Boyce

GROUP REFORMER CLASSES & PRIVATE SESSIONS

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

News from Bishop Road Primary School

This term, Bishop Road Primary School has been alive with visitors, trips and the sound of music reverberating across the playground. From author visits, Ancient Greek and Viking workshops, the Bishop Road World Cup to the school's first appearance in Schoolvision, the children have embraced the opportunity to take part in a plethora of wonderful and memorable experiences.

Schoolvision

Children across the school participated in our Schoolvision entry, singing and creating a video that highlights all the best of Bristol. Bishop Road school is the English entry for Schoolvision 2026 and will be up against videos from other schools across Europe. The children in Year 3 created and performed their own Sea Shanty song, with the whole school and iconic parts of Bristol being filmed via drone. The results of the competition will be announced in the coming weeks; we are keeping our fingers crossed until then!

Bishop Road World Cup

The first ever Bishop Road World Cup was hosted at the school field earlier this term. Children in Year 3 and 4 represented 6 different countries in a bid to be crowned Bishop Road Champions. Supported by parents and staff, the event was a huge success, particularly for the children who were representing England, who bucked a 60-year trend and emerged victorious. Wonderful team play, enthralling matches and heartening sportsmanship was displayed in abundance.

Enrichment at Bishop Road

Children across the school take part in a range of enriching activities throughout the school year. This term, Year 3 were visited by a 'Viking' who taught the children about Norse Mythology, how and what the Vikings traded and some of their more infamous raids, while Year 4 were visited by a 'real' ancient Greek. Year 6 recently visited Lifeskills, an immersive interactive village where children explored a range of real-life scenarios designed to teach life-saving safety skills. As the Year 6s prepare to transition to secondary school, the skills and knowledge they gained will be invaluable in supporting them being even more independent.

Bishop Road PTFA

Children from all year groups have now enjoyed their annual discos, including the Reception children who had a very special 'under the sea' themed party. The PTFA would also like to thank everyone who supported Inflatables Day on the school field. Our next event is the **Summer Fair on Saturday 13 June** – a lovely afternoon for all the family, with games, treats and entertainment for all.



Bishop Road Primary School
Summer Fair
 Saturday 13th June 1-4pm
 Entry £2.50 per adult - kids free -
 - bar - face painting - sweet jars - toys and books -
 - fairground games - storyteller -
 - best in show junk modelling competition -
 - live music from 'Dads Aloud' -
 - Red Dragons & much more!
 plus Bishop Road's famous raffle with awesome prizes!

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To find out more, please scan the QR code or access: bit.ly/cobc-adult-courses



SADOWSKI HAIR SALON



Local salon Sadowski is delighted to be rated **3rd Best Salon in Bristol** according to their high number of 5 star Google reviews!

A list of the top 23 best-rated hairdressers across Bristol was compiled by bristolworld.com in February 2026. Only hairdressers that had received 60 or more Google reviews rated 4.9 or above qualified for the list. Of course Sadowski owner Tomasz now has his sights firmly set on the top spot!

Curly hair & colour specialist **NEW!** Curly hair workshop

Tomasz has designed a salon-based workshop, for groups of 2-4 people, to provide guidance on the best curly hair routine and salon styling tips. Learn how to keep your curls healthy, beautiful and bouncy!

To find out more and to book in, get in touch with the salon.



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

Facebook: Sadowski Hair Art
Instagram: sadowski_hair_salon



GRWI Summer shenanigans!

In May, we had Paul Evans, Head Gardener at The National Trust's Tyntesfield, come and talk to us and in June we are partnering with Ardagh Community Sauna and nutritionist Alia Swann, to boost our well-being ready for the summer.



In July, having learnt to be healthier, we're then indulging with a talk and tasting from Bristol Beer Factory. On **Tuesday 21 July, Bristol Beer Factory (BBF)** will be coming to talk to us about women in brewing. 50% of BBF brew staff are female, and this high percentage is sustained through large parts of the company. Beer, and particularly brewing, can still be seen as a male-dominated area, so we're getting the girls in to prove otherwise! BBF launched a special limited-edition beer for International Women's Day called, Cowgirl Supernova, which was brewed by an all-female team and used hops from The Pink Boots Society, which aims to help support women and non-binary individuals in brewing. Why not come along to find out more about beer, and the women who make it and drink it?

Visitors are welcome at a cost of £7. If you are interested in any of our events, please email info@gloucesterroadwi.org for more information. You can also check out our website: www.gloucesterroadwi.org.

EMBRACING PILATES

PILATES CLASSES FOR ALL LEVELS!

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WEDNESDAY

9:30 – 10:30am also 10:30 – 11:30am

THE METHODIST CHURCH

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

MONDAY

7:00 – 8:00pm

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Egerton Road, BS7 8HP

TUESDAY

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

THURSDAY

9:30 to 10:30am

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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



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

spanishforyourchildren.co.uk

07958 309828 | spanishforyourchildren@gmail.com

Win Big While Making a Difference

Imagine the excitement of winning up to £10,000 while helping children and young people with life-limiting conditions receive the care and support they need. By joining the Children's Hospice South West Raise a Smile Lottery, every ticket purchased helps provide vital funding for local hospice services and gives players the chance to win fantastic weekly prizes.

There are 35 prizes to be won every week, including a £1,000 first prize, a £100 second prize, two £25 prizes, five £10 prizes and five £5 prizes, plus 20 Bonus Draw Entries for the following week's draw. A single play costs just £2 per week, making it an easy and affordable way to support an incredible cause while enjoying the thrill of taking part.

Players are also automatically entered into the Bonus Rollover draw, which starts at £200 and increases by £200 every week until it reaches an impressive £10,000 jackpot. The lottery draw usually takes place every Friday, with 14 guaranteed winners selected at random.

Last year alone, the lottery helped raise more than £10,000 every week for Children's Hospice South West. These funds can make a life-changing difference, helping to provide specialist equipment and facilities, such as accessible baths for babies, children and young people with life-limiting conditions at the hospices.

Playing is simple. Regular players can enter up to five times each week, with every play allocated a unique lottery number. One-off play tickets are also available from local CHSW charity shops.

As well as the chance to win cash prizes, every ticket sold helps Children's Hospice South West continue providing expert care, respite and support for families when they need it most.

To sign up, visit: <http://www.chsw.org.uk/lottery>



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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.

Our dedicated team of practitioners is here to support you in addressing your skin challenges. If you're ready to explore how Hydrafacial can help, don't hesitate to reach out. We're here to guide you towards healthier, more radiant skin.

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



Westbury-on-Trym

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

0117 9507080

Coldharbour Road

121 Coldharbour Road,
Redland
Bristol, BS6 7SN

0117 3291750

Clifton Down

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

0117 3297005

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

Lifestyle coaching for women who want empowered change



If you are at a point in your life wishing to reclaim who you are, I offer a unique holistic approach combining my knowledge and skills from my background in counselling, life coaching and the physical therapy world of rest and relaxation.

My name is Caroline, and I've developed Empower Your Journey from fifteen years of personal development training to gain knowledge, skills and experience that I would like to impart to help others, being a firm believer in walking the walk I talk!

As someone who has faced the challenges of menopause, I'm here to help other women make a healthy transition and feel empowered doing so!



I believe in working with the body as an integrated 'whole' empowering my clients and guiding them to discover their own inner strength, resilience and wisdom, working at their own pace.

I offer a free 30-minute telephone consultation to discuss your needs from a person-centred approach and together we will create a unique programme for you to implement the lifestyle changes you want in your life.

Please visit my website for more information:

empoweryourjourney.co.uk

Email: healing@empoweryourjourney.co.uk

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the Little company with Big ideas

Little Bathroom and Boiler Company is an independent Bristol-based company delivering inspiring bathroom designs, excellent service, and high-quality products.

We offer design and supply services, along with a limited number of installations. Our carefully selected brands ensure lasting quality, and our showroom showcases the latest bathroom trends - book an appointment to explore.

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32 Gloucester Road North, BS7 0SJ

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



News from Award-winning Joe's Bakery

Craft Bakers Association winners!

At the end of March, Joe's took part in the CBA (craftbakersassociation.co.uk) 2025/2026 Western Region Championship, with fantastic results! We were delighted to win four categories, come second in two and win overall Bakery of the day! Recognition from such a well-respected organisation in our trade gives us the heart to carry on striving to be the best for all of our wonderful customers

NEW products

To celebrate, the bakers have been working hard to perfect new and exciting bakes in both shops. We are pleased to introduce the following scrumptious products.

Mallow Range – Lemon Meringue Pie, Raspberry or Strawberry Meringue Doughnuts have been created with the perfect balance of tangy fruits and sweetness of toasted marshmallow! Do try these delicious, sweet treats soon!

Welsh Cakes – these popular bakes are available individually and in packs of six – perfect to share.

Salt & Pepper Sticks & Subs – Crusty white bread with a warm, spicy Salt & Pepper crust.

French Country Loaves – Rustic French-style bread made using white, wholemeal and rye flour. These loaves have a thicker crust and chewy crumb. Perfect for summery Ploughman's lunches!

Cheese & Gherkin Scones – If you love savoury you will love these mouth-wateringly good bakes. These scones are the latest addition to our new rotating range of scones that also includes Buttermilk Blueberry and Lemon & Cheese. You can of course always buy our classic fruit scones for an elegant afternoon tea.



Joe's Bakery, 240–242 Gloucester Rd, BS7 8NZ • 0117 9071852 • Joe's Bakery at The Bread Store, 45 Gloucester Rd, BS7 8AD • 0117 3303798 • joesbakery.co.uk Instagram Joesbakery_glosrd

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

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 13 June and Saturday 11 July, 10.30am to 12pm (then every second Saturday of month).



Introducing Project Playground!

Ashley Down Primary School is excited to launch a three-phase playground improvement project designed to enhance outdoor play and learning for all pupils.

Phase 1: a high-quality AstroTurf surface for outdoor games.

Phase 2: a covered outdoor learning area.

Phase 3: a new play tower to inspire active play.

Please support us! We are currently fundraising for Phase 1 and are inviting local businesses to get involved through a range of sponsorship packages. If you'd like to support this initiative and make a lasting impact in our community, please contact us at ashleydownpsa@gmail.com.

Ashley Down SUMMER FAIR

Join us for Summer fun to raise money for our playground improvements!

Saturday 20th June | 12-3 PM

- Food - Bar - Sweet Treats - Games - Stalls - Crafts - Singing - Performances - AND MORE!

Adult Entry £2 Kids Free!

At Ashley Down Primary School, Downend Road, BS7 9PD

PREMIUM KIDS SPA PAMPER PARTIES



Little Angels

07828174776

@jojobeauty__

Jojo's Beauty & Holistic Therapies, 166 Gloucester Road, BS7 8NT



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- MAKE YOUR OWN FACE MASK
- GENTLE HEAD MASSAGE
- MINI FACIAL
- BRACELET MAKING
- MINI MANICURE
- SELFIE STATION

90 MINUTES

£30 PER CHILD

* MINIMUM GROUP OF 6 PER PARTY



SPACES AVAILABLE
DM OR CALL TO BOOK NOW

The Window Hub: Bristol's Award-Winning Rise to the Top

When a Bristol-born company sets out to shake up an entire industry, you'd be forgiven for raising an eyebrow. But The Window Hub has done exactly that — and the trophy cabinet is starting to feel a little crowded!

In late 2025, The Window Hub was crowned the UK's Number One Installer at the prestigious G Awards, the fenestration industry's most coveted accolade. Going up against the country's biggest names, this Bristol team proved that genuine craftsmanship, honest pricing and an unwavering commitment to customers can outshine companies many times their size.

And the recognition hasn't stopped there. The Window Hub has just been announced as a finalist in not one, but two categories at the National Fenestration Awards: **Customer Care Company of the Year** and **Managing Director of the Year**. It's a remarkable double-nomination that speaks volumes about the culture and leadership behind the brand — a company that doesn't just fit windows, but treats every home as if it were their own.

What makes this story so compelling isn't simply the silverware. It's what those awards represent: thousands of happy homeowners across the South West who've experienced a refreshing alternative to the high-pressure sales tactics that have plagued our industry for decades. Transparent quotes. Premium products. A team that turns up when they say they will.

If you've been thinking about new windows, doors or a conservatory, there's never been a better time to talk to the company everyone in the industry is talking about.

Call The Window Hub today for your free, no-obligation quote — or visit our website to discover for yourself why we're officially Britain's number one installer.



A Place for Everybody

Learning Disability Week on
Gloucester Road, Monday 15 June
– Sunday 21 June



SENDaWelcome's action group 'My Community' has been working hard to make our community a great place for people with learning disabilities. **To celebrate Learning Disability Week, we'll be running a brilliant programme of events and activities on and around Gloucester Road. Everybody is welcome!**

Monday 15 June

Afternoon: **Accessible Streets Workshop**, 2–3.30pm,
@ Boston Tea Party Bishopston, 293 Gloucester Rd, BS7 8PE.

Evening: **T-Shirt Design Workshop**, 6–7.30pm, @ Brandon
Trust Charity Shop, 127 Gloucester Rd, BS7 8AX.

Tuesday 16 June

Morning: **Makaton Taster Session**, 10am–12pm, @ Bishopston
Library, Gloucester Rd, BS7 8BN.

Afternoon: **The Health Hub**, 2–4pm, @ Horfield Baptist Church,
160A Gloucester Rd, BS7 8NT.

Evening: **Dance Class with Flamingo Chicks**, 7–7.45pm,
@ B+A Church Hall, 52 Brynland Ave, BS7 9DU.

Wednesday 17 June

Afternoon: **Afternoon Tea & Biscuit Decorating**, 2–4pm,
@ FACE, Youth Centre, Filton, BS34 7PS.

Evening: **Boardgame Night**, 6–8pm, @ Chance and Counters,
79–81 Gloucester Rd, BS7 8AS.

Thursday 18 June

Morning: **Confidence Building Workshop**, 10–11am,
@ Horfield Quaker Meeting, 300 Gloucester Rd, BS7 8PD.

Friday 19 June

Morning: **Creative Showcase**, 10am–12pm, @ Horfield
Methodist Church, Churchways Ave, BS7 8SN.

Evening: **Pub Night**, 6–8pm @ The Annexe, Seymour Rd, BS7
9EQ.

Saturday 20 June

Morning: **Gymboree Play & Music Session**, 10–11am, @ B+A
Church Hall, 52 Brynland Ave, BS7 9DU.

Afternoon: **The Big Games Meet Up**, 2–5pm, @ Horfield
Baptist Church, 160A Gloucester Rd, BS7 8NT.

Sunday 21 June

Morning: **Wellbeing Sensory Walk**, 10–10.45am,
@ St Andrews Park, BS6 5AX.

Afternoon: **Sunday Disco**, 4–6pm, @ The Somerville Club, 23
Sommerville Rd, BS7 9AD.



Find out more and how to book

To find out more information on each of the events, please contact us or scan the QR code.

Email: Ella.sendawelcome@gmail.com | Phone: 0738 6493 801

Facebook page: [@MyCommunityBristolPartners](https://www.facebook.com/MyCommunityBristolPartners)



Ongoing Activities

Inclusive Skittles

Join us on Tuesdays, 5–6pm, at the Nevil Road Community Club, 2B Nevil Road, BS7 9EQ. Everyone 16 and over is welcome.

Sensory Garden at The Ardagh

The normal garden opening times are 10am to 2pm on the second Saturday of the month.

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.

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

**Wilson Street
St Pauls
Bristol
BS2 9HH**



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

Book now
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1-4 AND 8-11 JULY 2026

BRASSED OFF

BY PAUL ALLEN. FROM THE SCREENPLAY BY MARK HERMAN



Directed by Sam Grayston

This amateur production of "Brassed Off" is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French Ltd. www.concordtheatricals.co.uk

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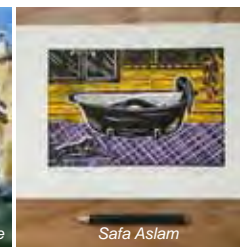
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1-4 and 8-11 July 2026
19:30 curtain

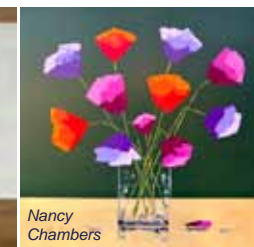
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Chris Dye



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



BS9
Henleaze, Stoke Bishop & Westbury-on-Trym

86 artists and creatives across 14 venues

Paintings | Prints | Mosaics | Sculpture
Glass | Jewellery | Ceramics | Textiles
Photography | Woodcraft

6th-7th JUNE 2026
10am to 5pm Daily
www.bs9arts.co.uk

Generously sponsored by
VWV

Ardagh Community Sauna: June News

Sauna Sounds Bristol

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

Friday 29 May – Rae, Kasia & Rose Holland (SWU FM). Plus, street food from Jim's Pizza.

Friday 12 June – Mike the Driver & Pareae. Plus, street food from Boigers.

Friday 26 June – Got Some & Salt (Sunset set) Plus, street food from KooKoo.

And bi-weekly residents **Kaos Theory** and **Jonny Sav**.

Welcome to June'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, Whitts, John Stapleton, 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 – 60 minutes (£15)

Wednesday 6 June – 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 20 June – 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.

Email: info@ardaghcommunitysauna.org

Book online: ardaghcommunitysauna.org

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

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

Ardagh Community Trust News



You may have noticed that The Ardagh signs and socials have started to look a little bit different. This is thanks to a wonderful pro bono offer from local design company, Stuff Creative Studio (wearestuff.studio). The new branding is fresh,

modern and full of colour, joy and community spirit, just like us. Our new butterfly-inspired logo brings together the four wings of our vibrant community:

Café & Gardens | Community Nursery | Health & Wellbeing | Events & Activities

Same Ardagh warmth, just with a brighter, clearer voice.

Special thanks to Richard and Morwenna, who have worked on this project with great enthusiasm and a huge amount of expertise.

Foodie Fridays: Foodie Fridays continue every Friday, 4–8pm, and June's offerings are Anotais Thai, Boigers, Stoked Food and KooKoo. 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 from 2–4pm. You can make something with guidance from our amazing volunteers or bring your own project – knitting, papercraft, art – anything goes. It's all about friendly conversation while keeping your hands busy. No booking required, though we do ask for a small donation to cover materials.

Also on Tuesdays, we run our fortnightly **Board Game Night** in the café or you can join the creative writing group who also meet in the café. **Next dates are June 2, 16 and 30.**

Gardening workshops: Gardening workshops continue on the first Saturday of every month. Our workshop on **6 June** is a **Bee Safari!** As part of the **Festival of Nature 2026** we'll be welcoming a guest speaker to introduce the world of bees. Look out for more information on our socials and on site for booking details.

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

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



The Ardagh Midsummer Gathering 2026

Summer fun on the Green, Saturday 20 June 11am – 7pm.

FREE ENTRY (there may be a charge for some activities).

This June, The Ardagh throws open the gates for our very first Ardagh Mid-Summer Gathering – a community celebration of the longest day of the year and the ancient tradition that comes with it. Midsummer has been marked for centuries across the UK and Northern Europe with fires, feasting, music and dancing, rooted in old solstice traditions that honoured nature at full bloom and the turning of the seasons. As the sun reaches its highest point, we're bringing a little of that midsummer magic to Horfield Common in true Ardagh style: open, joyful and full of community spirit.

What's on – Spread across the whole site you can expect an afternoon packed with music, colour, creativity and good vibes for all ages. Catch live performances on the green from the uplifting Bristol Rock Choir and the thunderous rhythms of the Bristol Taiko Drummers, then dive into old-school funfair games, craft workshops and our magical fairy trail winding through the grounds. Wander through the community plant nursery with our gardening team, take a breather in the Garden Room quiet space, or grab a drink and settle in with friends while the BBQ fires up.

LIVE MUSIC & LOCAL DJs

LOCAL FOOD & DRINK

SUMMER FLOWER SALE

STORYTELLING

PLANT NURSERY TALKS AND WORKSHOPS

A MAGICAL FAIRY TRAIL

FAMILY FUNFAIR GAMES

FACE PAINTING

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.



There is also the broader question of planning for the future. Many people want reassurance that they will have the resources and flexibility to maintain independence if circumstances change, including the potential need for care.

Bringing all of these elements together allows for clearer, more informed decisions.

If you're unsure how well your current arrangements fit together, it can help to ask:

- **Would my Will work in practice, given how my assets are owned?**
- **Have my circumstances changed since I last reviewed my plans?**
- **Are my financial arrangements aligned with my long-term intentions?**
- **Would my family know what to do if decisions needed to be made?**

If you find it tricky to answer these questions, it might be time to take action.

At Harold Stephens, we take a joined-up approach to estate planning, combining financial advice with legal services such as Wills, trusts and LPAs, so everything can be reviewed in one place.

Many people see estate planning as something to tick off – writing a Will or arranging a Lasting Power of Attorney (LPA). Both are important. However, one of the most common issues we see isn't a lack of planning, but plans created in isolation, without everything being properly joined up.

That's often where problems arise.

In reality, estate planning works best when legal and financial decisions are aligned. Without that, even well-intentioned arrangements may not deliver the outcome you expect.

Take a Will, for example. It sets out how your assets should pass on death, but its effectiveness can depend on how those assets are owned. For couples, property ownership is a good example. Many homes are owned as joint tenants, meaning the property automatically passes to the surviving owner, regardless of what the Will says. In other cases, ownership can be structured differently to allow more control over how assets are passed on.

Neither approach is right or wrong; what matters is that it reflects your intentions.

Trusts are another area that can be useful in certain situations. While sometimes seen as complex, they can offer protection, flexibility or control when used appropriately. The key is ensuring they are suitable and aligned with the wider plan.

Alongside legal considerations, financial planning plays a crucial role. Investment strategies, pension arrangements and inheritance tax allowances all influence how efficiently wealth is passed between generations. For example, decisions about how and when to draw on pensions or investments can affect both your lifestyle and the potential value of your estate over time.

To help you better understand how this all fits together, we're running a series of **FREE Estate planning seminars:**

- **Tuesday 23 June, 2:30 – 3:30pm – St Peter's Church, Henleaze, BS9 4LD**
- **Wednesday 24 June, 10 – 11am – Thornbury URC, Chapel St, BS35 2BA**
- **Tuesday 30 June, 6 – 7pm – Stoke Lodge, Stoke Bishop, BS9 1BN**
- **Wednesday 1 July, 2:30 – 3:30pm – St Peter's Church, Henleaze, BS9 4LD**
- **Tuesday 7 July, 10 – 11am – Henleaze Bowling Club, 28 Grange Court Rd, BS9 4DR**

These sessions will explain how the different aspects of estate planning work together and what to consider when reviewing your own arrangements.

If you'd like to attend or arrange a relaxed conversation about your circumstances, please call 0117 3636 212 or email office@haroldstephens.co.uk.

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

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Barcan+Kirby

Barcan+Kirby raise over £4,300 for Bristol A.R.C

Bristol law firm, Barcan+Kirby, has raised over £4,300 for local charity, Bristol Animal Rescue Centre (A.R.C) after a wonderfully busy year of fundraising efforts across all five of the firm's offices. Staff members have hosted a paint and sip event, guessed the name of a toy dog, baked delicious treats, taken part in sweepstakes, bid in an auction of promises, held a quiz and accomplished the million steps challenge.

Lucy Harttrup, Chair of the Charity and Social Committee at Barcan+Kirby commented:

"It's been a fantastic year of fundraising and I couldn't be prouder of the enthusiasm and generosity shown by colleagues across the firm. From creative events to team challenges, everyone really got involved and had great fun along the way. Supporting local charities like Bristol A.R.C is hugely important to us at Barcan+Kirby, and being able to raise money that makes a real difference in our community means a great deal to us as a firm."

Luke Mitchell, Philanthropy and Partnerships Manager at Bristol A.R.C commented on the firm's fundraising efforts:

"We are incredibly grateful for the support from all the team at Barcan+Kirby. Partnerships like this make a meaningful difference to our work at Bristol A.R.C. At a time where charities are facing increasing pressures, this support helps us continue delivering the care that animals across Bristol rely on."



▲ Luke Mitchell, Philanthropy and Partnerships Manager at Bristol A.R.C and Lucy Harttrup, Head of Marketing and Business Development at Barcan+Kirby

The donation will contribute towards the day-to-day running of the centre, from feeding and caring for animals to providing vital veterinary treatment, supporting their fostering programme, and helping the A.R.C reach more pets and owners through their community work. It also allows them to continue supporting animals throughout their journey, from arrival through to finding a new home.

barcankirby.co.uk



GLOS RD CENTRAL

Glos Rd Central news

On Saturday 2 May, Glos Rd Central celebrated their annual event, Mayfest, with their customers. The rain held off and traders enjoyed meeting with local people who delighted in free gingerbread decorating with Joe's bakery, origami with Paper Plane, sample treatments with Osna and more. It was lovely to catch up with sisters, Jo and Finola, who own neighbouring businesses Nola interiors and JoJo Beauty. It was wonderful to see JoJos looking pretty in pink with the salon beautifully decorated and ready for a Pamper Party to get underway (see page 33). I am sure all the lucky kids that took part enjoyed a fabulous afternoon being spoilt!

If you are a Glos Rd Central trader, do get in touch with the admin team by the social media pages below to share your news in future issues.

Facebook: [Glos Rd Central](#) | Instagram: [@glosrdcentral](#).

Jo ready to get a Little Angels party started!



News from Osna Therapy Centre

If you are in need of some self-care and healing this summer, 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, which Bridget is increasing to include herbal infusions to soothe a range of skin issues.

As always, Bridget embraced Glos Rd Central's Mayfest 2026; she shared, "Mayfest is always a lovely opportunity to mix with the local community and share what we do, with a bit of fun added in!"

Osna, 222 Gloucester Road, BS7 8NZ
info@osnatherapy.com | www.osnatherapy.com
 Instagram: [osnatherapycentre](#) | 07527 585984



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 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/.

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 Netwalks 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 meeting take place on **Tuesday 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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 Horfield Methodist Church
 St Peter's Community Centre



Cotham School

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

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



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News from Cotham School



Cotham School and 'Just Like Us' with the BBC – a student's review

I watched a presentation from 'Just Like Us', all about their journeys with discovering their identities, including being trans, gay and neurodivergent. It was really inspiring to meet adults who have been through school already and hear about the challenges they faced, and how they dealt with them. It's interesting to compare about how things were ten years ago with today.

We learnt about being resilient, making a community and the importance of acceptance. I already knew some of the different words for LGBT but at the presentation I found out about even more! It makes me feel excited to grow up because I can choose who I want to be.

We also got to go to the presentation with the Pride Club students from other year groups and I liked seeing older students in our school. Sometimes people think that LGBT is not for kids, but I don't agree. We spent our time trading facts about sharks, learning how to crochet and making friends with people on the same journey as me.

Cotham students take on the DofE Gold Award

In April, Year 12 students from Cotham School took part in a practice expedition for their Duke of Edinburgh Gold Award in Bannau Brycheiniog.



The two teams hiked for four days over an impressive 50 km of mountainous terrain in stunning weather. They practised navigation skills and located a downed WW2 plane far from any footpath.

They proved their organisation and camping skills at both wild camps and campsites where they cooked and prepared all the food they had brought for the expedition and worked brilliantly as teams in supporting those who struggled, sharing the load and teaching each other any missing skills. We could not have been prouder of them and wish them all the best in their qualifying expedition.



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

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Phone: 0117 353 2830

News from St Bonaventure's



The summer terms at St Bonaventure's are always busy and full of fun.

We welcomed in May with our **Crowning of Mary Service**. The children were invited to bring in flowers and our youngest and oldest pupils crowned a statue of our lady. During the service, we spent time reflecting on how Mary teaches us to persevere and help those in need.



Last year we celebrated the Jubilee Year of Hope by planting 'seeds of hope' using gardening kits funded by the PTFA. This year each class will be redecorating their class plant pots

and will be using them to grow a variety of plants in them. A group of parents have been busy working in our plant beds which are soon to be in bloom with flowers and vegetables. The PTFA have been working hard organising our annual **Summer Fair** which this year will be held on **Saturday 13 June** from 3.30–6.30pm. Always a highlight of the school calendar this is sure to be a fantastic afternoon with a great range of food stalls and a bar, as well as lots of fun things to do including a soak the teacher stall, a bouncy castle, crafts and games stalls, and lots more. **Everyone is welcome** with tickets being sold at the gate so please do come along.

Each year the school gets involved in the **Run for H2O fundraiser** which is in partnership with Hope International and raises money for the community of Ferra Gossa in Ethiopia, helping them to build and sustain their own access to clean water. All children get sponsorship to run laps of the school playground. Last year we raised a massive £14,680 and our target this year is raise over £10k again.



The year 6s went on summer camp to Heatree activity centre at the beginning of June, this was a fun filled week of outdoor activities including

high rope climbing and canoeing. The week built on their team work and created some amazing memories of from their time at St Bons as they prepare to move on to their Secondary schools.



At the end of the month the year 6 pupils will be taking part in the **young enterprise projects**, they will start off with £10 and use this to develop their own business idea creating a name and logo for it. They will then hold a sale selling what they have designed. Last year we had stalls selling cakes, temporary tattoos, 3D printed toys, bracelets, homemade lemon aid, and shaved ice to name a few. We cannot wait to see what they think of this year and all the money raised will go to a charity chosen by the children.

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

Actor Gamba Cole runs in support of Bristol's youngest children



Bristol actor, Gamba Cole, took on the Great Bristol Run on Sunday 10 May, raising vital funds for Baby Bank Network Bristol and helping families in our community who are facing crisis or poverty.

Known for his roles in BBC's *The Outlaws* and recently ITV's *Betrayal*, Gamba joined the Baby Bank Network team in the 10k run, helping raise money so the charity can continue providing essentials for the babies and children who need them most.

Gamba said the charity's work had made a lasting impression on him. "I've seen first-hand what Baby Bank Network does for Bristol families, and the care they put into every package," he said.

"It's a lifeline for so many babies and children in our community who would otherwise grow up struggling for life's essentials."

In the last 11 years, Baby Bank Network Bristol has helped nearly 12,500 families, passing on everything from nappies and toiletries to baby clothes, cots and prams to local families who are unable to provide the basics for their young children.

Demand for the charity's services continues to grow as the cost of living puts pressure on household budgets across the city.

CEO and Co-founder of Baby Bank Network, Becky Gilbert, said: "We're so grateful to Gamba for going the extra mile (literally!) for our charity – it's meant a huge amount to our team, and to the families we support.

"Being born in Bristol, Gamba understands how special this city is to people living in its communities. When families are going through a tough time, Baby Bank Network is here to help, and fundraising like this makes a real difference to what we can offer.

"The atmosphere in Bristol over the weekend was electric, and we're very thankful for everyone who got behind the team – both cheering along the route and donating to our appeal. Every penny we raise will help us make sure babies and young children living here have the essentials they need to thrive."

There's still time to support Gamba and the Baby Bank Network team by donating to their Great Bristol Run fundraiser at justgiving.com/campaign/bbnbristolrun2026

For more information about Baby Bank Network Bristol, visit babybanknetwork.com



Baby Bank Network supporter Lauren Peters and Bristol actor Gamba Cole



Refocus Hypnotherapy with Emily Richardson

This month I am pleased to share news on a wonderful **one day retreat** I am running with, Laura Starr coaching on **Friday 19 June**, 10am – 4pm.

Do you want things to stop spinning?

Would you like to have more hours?

Always feeling rushed and overwhelmed trying to do it ALL? WHAT IF...

You had more time, You had more energy, You felt more JOY?

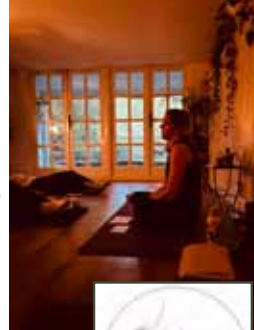
Let's work together to see where you are using up your time and energy. This brilliant day, also includes Breathwork to support slowing down, releasing tension, and preparing both body and mind for rest, clarity and positive change. You will also have an introduction into Solution Focused Hypnotherapy, providing you with a calm, supportive space to slow down, reset your mind, and learn how to give yourself time through relaxation and positive focus. You'll leave with plenty of helpful tools and resources to support you...and treats galore!

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



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News from the Goldenhill Community Garden

A massive thank you to everyone who came to our May fair! Over 800 folks! Seeds were planted, songs were sung, nests were built, a toddler group alumni found a water scorpion in the pond, the sun shone and the bands played on. We love seeing the community enjoying the garden that so many people have helped create and that the volunteers work to make so beautiful and safe. A special thank you to the musicians and choir members who helped to create such a special atmosphere and if you're part of a group or a choir that might like to come and make wonderful music in the garden for our next event, then please get in touch!

June is always a great month in the garden. With all risk of frosts long gone, proper summer has arrived so all our frost-tender veg and flowers have been planted out in the beds and now all the plants are busy getting their roots down and drinking up any rain and all the sun. If you haven't planted anything yet don't worry it's not too late and there's loads of the growing season left. Lots of things can go in now – for example tomato, chilli or aubergine as plants, and there's still time to start off loads of other veg from seed. So, if all your courgettes or

cabbages or carrots have been munched by slugs – try, try again! If you're new to gardening and you've managed to nurture your seeds into seedlings and you've managed to keep them watered and kept off the slugs and black fly – well done! And if you haven't then don't worry and don't be disheartened – sometimes gardening can be tricky and unpredictable and every year is different. We often end up sowing seeds again (and again) if they haven't come up. And so, if you'd like to garden in company or want advice or to chat to other growing enthusiasts or share your woes about pests, then come and join us! **We're open every Wednesday 10am – 4pm** and we show new folks around at 12pm and 2.30pm. **No experience or tools needed and no need to come every week or stay all day.** See you in the garden!

Lucy

thegoldenhillcommunitygarden.com

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

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



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.

When you purchase flooring from Conran Carpets Ltd, you are helping support and are a part of a family legacy of flooring knowledge, spanning seven decades. This flooring knowledge has helped Conran Carpets Ltd achieve the accolade of the highest-rated flooring shop in the South West; in fact, we were chosen by BBC's Newsnight for that very reason to feature on a programme they were doing on the local economic climate.

Thank you to all my wonderful customers for your continued support. Allowing me to continue doing something I love.

John De Pedro-Sewell, MD, Conran Carpets Ltd

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Beautiful life – an orchard at midsummer

Our community orchard calendar is shaped by three special public events. June is the month of midsummer, when days are longest and the sun is at its peak. Our summer open day feels like a calm oasis during this high energy season. The orchard is full of life – abuzz with insects and the eager creatures that feed on them. Millions of leaves are turning sunshine into sugars and cooling the air as they breathe. Networks of mycelium snap, crackle and pop below ground. There is something soothing about sitting under the shade of a tree or lying on the grass and tuning into communities of life on the ground.

All are welcome to slow down, explore the life and enjoy the beauty of Horfield Organic Community Orchard at our **Summer Orchard Open Day** on **Sunday 14 June, 2-5pm**. We are delighted to be part of the **Bristol Festival of Nature** community-led programme. Drop in for some Art in the Orchard – please bring your own art making materials. Be inspired by our Bee Active, Bee Fruitful! community pollinator project plantings, and find out more about the Ecology of Fruit Trees. Sign up in advance for the popular Summer Fruit Tree Care taster session



(see the website for details). Refresh yourself with homemade cake and fruity cordials. Plants and produce for sale – please bring cash!

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

More information: community-orchard.org.uk

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

Take the stress out of renovating with home renovation storage at Stashed Away



For families, renovating a home isn't just about choosing tiles and paint colours – it's about surviving the chaos with your daily life (mostly) intact. Between school

runs, work-from-home setups, and bedtime routines, living through a renovation can feel like juggling with one hand tied behind your back. Renovating your home as a family doesn't have to mean chaos at every corner. With our help, you can keep your space calm, your belongings protected and your day-to-day routines intact.

We offer practical, flexible solutions for house renovations storage. Whether you're revamping a single room or remodelling the entire house, having a safe and secure place to store your belongings can make all the difference. We help families free up room to breathe while protecting treasured items from damage, dust and clutter during the renovation process.

How do we support families during renovation projects?

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We offer storage solutions that can be adjusted to suit your project's pace – whether that's four weeks or three months. No long-term commitments, just practical flexibility for busy families.

Space to create calm amid chaos

Removing excess furniture, toys and décor can create more breathing room for both your builders and your family. With fewer things in the way, you'll find it easier to maintain routines like mealtimes, playtime and homework – even during major work.

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Our clean, dry and secure storage units are monitored 24/7, ensuring your treasured belongings stay protected from dust, damage and theft while your home undergoes its exciting transformation.

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Pond party builds big for bugs!

More than 50 local people of all ages came together on Sunday 3 May, to build a five-star bug hotel next to the newly renovated wildlife pond in St Andrew's Park.

Children stuffed old plant pots with sheep's wool, pine cones, dry leaves and sticks, and then wedged the pots into the gaps between each layer of old wooden pallets and bricks which formed the main structure.

"We were lucky to have some really great volunteers who did the heavy lifting, as well as patiently showing all the little people how to do their bit" said organiser Trucie Mitchell, from the Friends of St Andrew's Park (FOSAP), "It was a real team effort. We think we may have inspired a few of the next generation of ecologists!"

Helpers were rewarded with froggy cupcakes and were encouraged to sign up to hear about other events and activities in the park.

To stay in touch or help out, visit fosap.org or go to the Facebook group: Friends of St Andrews Park



Fairfield's senior team crowned Bristol Basketball Champions with unbeaten season

Fairfield High School's senior basketball team has been crowned Bristol Basketball Champions following an outstanding 56-22 victory in the final, marking their third consecutive title.

The team delivered a dominant performance to secure the title, capping off an exceptional season in which they maintained a perfect 100% win record.

Beyond their success on the court, the Fairfield team has demonstrated considerable determination, resilience and sportsmanship, with their attitude and commitment, setting a high standard and making the entire school community proud.

Jordan Goodchild, Director of Physical Education & Performing Arts at Fairfield High School, comments: "We have a phenomenal basketball team who are proving time and time again that they're the best in our city, with the convincing 56-22 victory in the final being a fitting conclusion to their season".

Congratulations to our Senior Bristol Basketball Champions: Jai, Mo, Sammy, Stan, Ismail, Rudy, Zubair, Jack, Billy.



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Horfield swimming pool inspires unsettling new BBC Radio 4 short story from local bestselling author

A new short story by local writer, Emily Koch, inspired by her regular swims at Horfield Leisure Centre, has been broadcast on BBC Radio 4.

Lane Seven aired in the station's Short Works slot at the end of May and is now available to listen to on BBC Sounds. It follows swimmer, Jack, who is unsettled when he spots his ex-girlfriend in the next lane at his local pool – even though she always claimed to be afraid of water.

Emily, who lives in Bishopston and is currently finishing her fourth novel, said: "Twice a week I swim at Horfield Leisure Centre, and my writer's brain goes into overdrive. I can't help watching people and inventing lives for them. I've been wanting to write one of them for a long time."

She has swum at the pool for years and says she has a soft spot for it. She said: "At certain times of day, sunlight streams through the windows, and the wooden ceiling makes it a surprisingly distinctive place to swim. I love it."

This is the first broadcast work for Emily, who is the award-winning author of three novels including Bristol-set *If I Die Before I Wake*.

This is the first broadcast work for Emily, who is the award-winning author of three novels:

If I Die Before I Wake (set in Bristol), *Keep Him Close* and *What July Knew*. Her work has been shortlisted for the Crime

Writers' Association Steel Dagger, won a French crime fiction award, and selected as a Waterstones Thriller of the Month.

She said: "I was commissioned by producers at BBC Radio 4 in Bristol, so this feels like a very Bristol story. I loved hearing it brought to life."

Lane Seven is available now on BBC Sounds, where listeners can catch up anytime.

Find out more and sign up to her newsletter, at www.emilykoch.co.uk/newsletter.



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!**





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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.

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



We are a friendly, inclusive church.

There are services every Sunday at 10am. All are welcome to join us for worship and refreshments after the service

Messy Church, on the second Saturday of every month 11am–1pm. A service for all ages with craft, celebration and lunch.

Little Fishes Toddler Group meet every Friday in term time 10–11.30am. 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.

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

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



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

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

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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.

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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!



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WALKERS & TALKERS

By Andy Remington

This fantastic local group meets weekly for some exercise, socialising, free hot drink and to learn something new from their guest speaker. Everyone is invited and you will be sure of a warm welcome.

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

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

Horfield Strollers

You are welcome to join this weekly walking group for a leisurely 2 to 3 mile walk in Bristol or nearby on

Tuesdays at 10.00am.

Details of the next walk can be obtained by ringing the walk leader, Julienne, on 07999 865393.



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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Lighting on Concorde Way – petition update

Our petition calling for lighting on Concorde Way continues to gather strong support. Many residents have raised concerns about the lack of lighting along the path, particularly under Ashley Down Station. This well used route is a vital corridor for children walking home from school, as well as for cyclists and pedestrians, but becomes extremely dark during the winter months. We've been pushing for improvements here for a long time, and the petition calls for environmentally considerate lighting along this crucial stretch of Concorde Way. We are asking the council and Network Rail to prioritise this issue, allocate the necessary funding and begin the process of installing new lights. Signing the petition (use the QR code above) is a way to support a safer, more secure and environmentally mindful public space for everyone. Let's make this important route feel safer, especially in the darker months.



Emma & James

Cllr Emma Edwards, Green Party

cllr.emma.edwards@bristol.gov.uk

Councillor James Crawford, Green Party

cllr.james.crawford@bristol.gov.uk

Redland ward

Martin and Fi have been alerted to the lack of clear road markings at the Friary Lane exit of St Bonaventure's school. Fi went along to take a look and it's clear that the situation is rather confusing, which is potentially dangerous for the large number of children using the area. We've got in touch with the council's Highways department to ask for additional signage in the hope that this will help clarify the situation and keep children and adults alike safe.

Glyphosate-free streets – We share the concerns of many residents in Redland about the use of glyphosates on our streets and the potential dangers that they pose to the environment. As you may remember Martin pressed for an opt-out scheme which is now in operation. Several streets in Redland have now asked that pesticides are no longer used and have pledged instead to keep their neighbourhood weed free themselves. If you would like to join them, go to the Bristol City Council website and search for 'glyphosate'. This will take you to the community weeding scheme web page telling you all you need to know. We know that that organising this can often help bring residents together so do please let us know how you get on!

Clear air

We are often contacted by people worried about air quality in the city. On 20 April, Bristol City Council launched its Clean Air Strategy and Action Plan Engagement Survey to help us to find out people's views, where in Bristol concerns are highest, and

what needs to be considered before looking to make changes that will reduce a wider range of causes of air pollution. This information will inform the strategy's objectives and scope and help develop effective and inclusive actions. If this is something that you have a view on, please go onto the council website and click on 'all consultations and engagements'.

Debt advice

North Bristol Advice Centre has been in touch to let us know that they have availability for debt advice appointments. Times are hard for many people so if you have financial worries, please do get in touch with them. Tel: 0117 951 5751 or email: team@northbristoladvice.org.uk and they can offer help and support.

St Christopher's site plans emerging

News of proposals for the long-delayed use of the site are being developed. We're talking to the developers and our neighbouring councillors to seek more details and understand the impacts.

Fi has been to visit the site to get a feel for what is being proposed. We've also been in touch with residents of the adjacent streets to hear concerns about any development proposal that might create new traffic and road safety issues into The Glen and Belvedere Road. We hope that the new site owners are receptive to local feedback and create a development that will benefit the local area.

Vacant commercial property grant – Bristol City Council has launched a scheme to help reduce the number of empty commercial properties in the city centre and on high streets including Gloucester Road. Grants of between £2,500 and £10,000 to help you start trading from an empty property. To be considered for this grant funding, you need to be



Martin & Fi

the leader of a small business, charity, CIC, arts or cultural group or operating as a sole trader. If you are interested, please visit [UK Shared Prosperity Fund: prospectus.gov.uk](http://UKSharedProsperityFund.prospectus.gov.uk). Do get in touch if you think we may be able to help.

Fi Hance, Green Party

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

Martin Fodor, Green Party

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

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Bishopston Matters Reader Offers

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



Coffee & Craft

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Friday 12, 26 June and 10, 31 July

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For further info please contact the Church office,
0117 9243608 | office@horfieldbaptist.net

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?

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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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North Bristol History Society

Are you interested in the history of your area?

The North Bristol History Society, is for anyone interested in the history of the area, not only about buildings, but also about the people, their lives, their work etc.

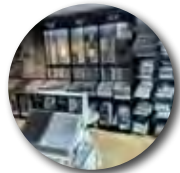
We are a small local group, who have talks most months, at **Horfield Quaker Meeting House** on Gloucester Road (opposite the new Co-op) at **7.30pm**. Please come along to meet us, hear a talk and decide if you would like to join. Please bring the magazine with you.

Tuesday 16th June
Members' Evening – subject to be announced

Tuesday 21st July
Bath and Bristol's Hotwells in the 18th century
Alan Clarke

August – no meeting

Tuesday 15th September
Holy Trinity Horfield Graveyard
Andy Buchan



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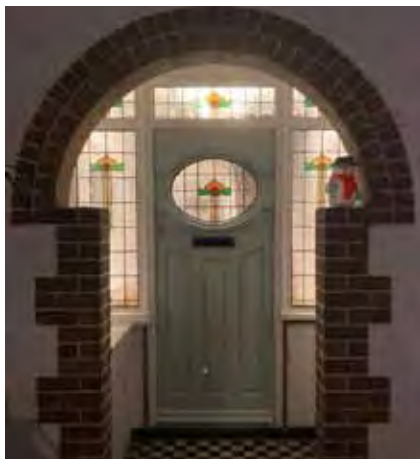
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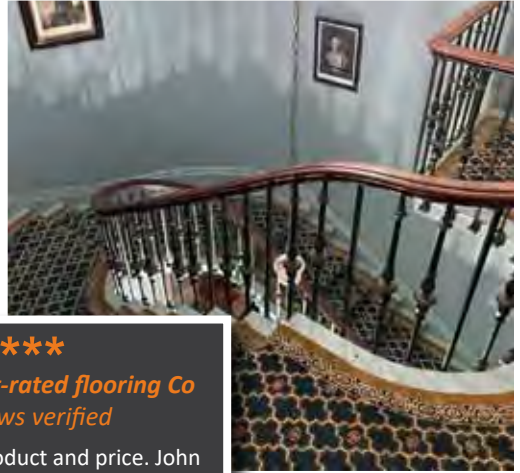
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