

Bishopston Matters



Tel: 07881 924059 issue 199, Jul/Aug 2026



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Dear Readers...

Welcome to the summer issue of your community magazine. As you can see from the front cover, The Ardagh Community Trust and Sauna have some fantastic events and activities lined up for all to enjoy. From the 2026 National Play Day event to a sauna with live music! Sensory Garden days to Food and Craft Market, Foodie Fridays to Plant nursery open days and workshops. See the centre pages for more info on how you can join in the fun!

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 that 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.

We celebrate the achievement of a local Cub, who successfully climbed Ben Nevis at the end of May 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 spent a couple of lovely hours with local resident, Sarah Cemlyn, to put together a tribute to her much-loved husband, David Cemlyn, who was such an active and positive member of our community. I hope you enjoy learning more about this interesting man and the adventures he embarked on!

Meeting with Sarah also inspired me to look into support groups and meetings for residents who are grieving or would like to explore the subject of Death further. Local undertakers, Divine Ceremony, supported this section of the magazine.

Wishing you all a joyful summer! Kerry x

Email: kerry@bishopstonmatters.co.uk | www.bishopstonmatters.co.uk  Bishopston Matters
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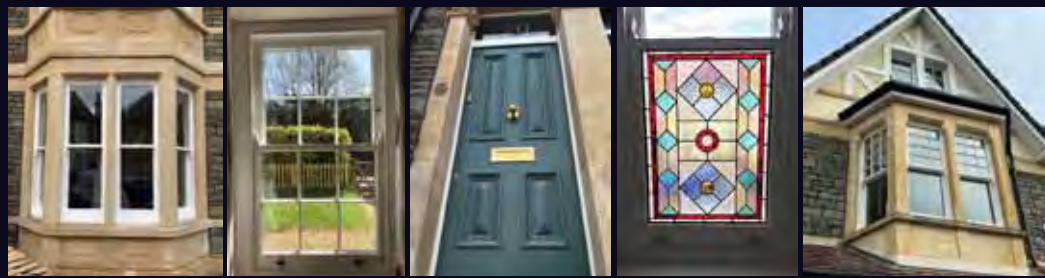


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Local lad raises vital funds for a charity close to his heart



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 successful 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, aced the epic climb up Ben Nevis at the end of May. His drive to complete the task was 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.

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 is delighted to give something back, after successfully scaling the UK's tallest peak, Ben Nevis. Stanley shared, "It was very challenging in the deep snow, wind and torrential rain. But, I conquered it!"

Evidence of Stanley's popularity among friends, family and the local groups he is involved with is clear, as, he smashed his target of £500 with the final total being a staggering £2,400!

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

Stanley and his mum Kathryn, smiling through the challenge



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Brunel Field Primary School Fair 2026

An afternoon of good old family fun was had at the Brunel Field primary School Fair!

There were squeals of delight at holding guinea pigs and grooming donkeys, concentration with splat the rat, glee in getting three matching items in the human fruit machine, amazing glittery faces, win every time on the much-loved teddy tombola, cheers of joy at winning some fabulous raffle prizes, the scrumptious Brunel Field Bake Off, musical performances, and of course a sizzling BBQ and summer Pimm's!

All the local schools put on brilliant fair events that not only generate money but a huge amount of excitement among the kids, who can't wait to meet up with their friends and hit the stalls!



Brunel Field raised a staggering £7,647.90, which will all go back into supporting school projects and

enrichment, such as – theatre, author, historical and musical workshops; a giant climbing wall during sports week, trips out and much more – the children are very lucky.

Huge thanks go to all the parent volunteers who work tirelessly to make such a fun event happen.

Bishopston Matters was pleased to supply a raffle prize, as were many other local businesses.

A BIG Thank You to the following:
The Ardagh Community Sauna, Australian Vintage Wines, Bloom Yoga, Everyone Active Horfield, Fed, Fizz Hair, Grape & Grind, Hobbs House Bakery, Jean's Bistro, Joe's Bakery, Little Foxes Forest school, Niche print & frame, Novus, Peggy's, Roxfords, Shine, Soul Pilates, The Flower Shop, The Outdoors Project and Totally Toys.



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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News from the Friends of Horfield Common



New homes for bats on Horfield Common

Friends of Horfield Common has been busy liaising with Bristol City Council (BCC) to install fifteen new bat boxes across the Common. Positioned in areas where bats are regularly seen, the boxes will help provide safe roosting opportunities and strengthen the wider network of bat-friendly habitats linking Horfield Common with Badock's Wood and Stoke Park Estate. This is exactly the sort of practical conservation work FoHC was set up to support: improving habitats and increasing biodiversity and we are excited to sit back and wait to see what happens. To find out more, read our blog or come on our **September bat walk**, bookable via www.friendsofhorfieldcommon.co.uk/whats-on.

Our guided walks programme has also continued, with recent events including the **Folklore of Wildflowers** and the **Twelve Trees Trail** for the **Festival of Nature**, both sold out! Still to come are **Walk on the Wild Side**, aimed at introducing budding young naturalists to the wildlife where they play, as well as a **History of Horfield Common** walk led by Andy from the North Bristol History Society. We ran this history walk a few years ago and it was absolutely fascinating to discover how differently the Common was once used, and how the landscape has gradually evolved into the green space we know today. Both walks are bookable on the above link.






We are also now working with BCC following the finalisation of the Common's mowing plans. The next step is to look at protecting designated wildlife areas using dead hedging. This should help guide mowing, provide sensitive habitats and improve biodiversity across the Common.

You can read more about the bat box project and our other work on our blog page at friendsofhorfieldcommon.co.uk, as well as find plenty of ways to join in and get involved with supporting our wonderful Common!

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WALK ON THE WILD SIDE

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To book, scan in the QR code or visit our "What's On" page at friendsofhorfieldcommon.co.uk




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Suzanne is a remarkable 89 year old patient who came to see me last summer with shoulder arthritis and more severe bilateral knee arthritis. Her pain was high and would limit her to only 20 minutes of walking.

Surgery wasn't an option and she'd heard good things

about MBST so we decided to pursue this avenue with full body bone and cartilage, followed by a more focal knee cartilage course.

Suzanne has responded so well to the MBST. Five months after her treatment she was able to travel to India for a holiday and is now able to walk normally. At her recent follow up she felt so good saying, "I don't know why I'm here."

The majority of patients we apply MBST to see similar results. Obviously every case varies and we need to evaluate the patient before deciding it's the right approach. We're very happy with this outcome.



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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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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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News from The Pod Edible Garden

The Pod in spring is glorious, and each year gets better. Watching everything burst into life really lifts your mood! It's producing lots of food – honeyberries, josterberries, greengages, strawberries, artichokes, rocket, chives, Devon Kale, lemon verbena, thyme, sage, marjoram, oregano, lettuce, rhubarb, grapes, and more. We are going to plant some chard and potatoes soon too.

I was going to say sadly, but it's not just us humans on the planet so maybe it's not so sad, but much of the fruit has been eaten before we got to have any of it! Our greengage tree was full of tiny fruit promising a whole crop of juicy sweet greengages in late summer, but the wood pigeons put pay to that, sweeping them all off the tree in May. I saw one wood pigeon walking along by the fence and it was huge and could barely lift itself off the ground, so looks they might have been the culprit. We think it was also wood pigeons that ate all the josterberries too. We have a huge josterberry plant which was laden with fruit – now all but gone. And

our beautiful Devon kale, donated by a friend who has the most beautiful vegetable garden, which produced the most delicious kale I've ever eaten, has now also been massacred by something – probably caterpillars.

We also lost a big branch from one of our apple trees but we hope that it won't affect the shape of the tree too badly. We have lots of apples growing!

And all the pillaging is worth it to see the abundant wildlife enjoying all the various plants. Look to just outside the Pod and you will see very little. It's amazing the difference wildlife-friendly plants make.

We are hoping to crowdfund for a bench (or maybe two) at some point. The Pod is proving to be quite an attraction, so it would be great for people to have somewhere to sit down if they choose.

As ever, there are **community sessions at the Pod on the second Tuesday of the month at 2pm and the last Saturday at 10am.** The Pod is for everyone to enjoy, to harvest the fruits of, and to help maintain – please come along and say hello!

And most important – when the weather is dry and if you're in the park and have a bit of spare time, please do water some of the plants. Or, if you have any spare water that you won't drink before you get home, please consider emptying your bottle on one of our thirsty plants.

Many thanks and hope to see you at the Pod some day!

Penny & Helen

The Pod creators

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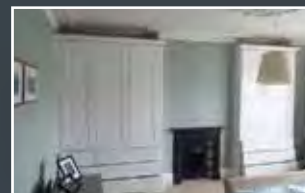
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The Old Library – Celebrating 10 Years of Community



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




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MONDAY

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

- 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)

GROUP REFORMER CLASSES & PRIVATE SESSIONS

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



Home-Grown Goodies – We hope you are enjoying the summer so far: at our Ardagh Hub we are really starting to see the fruits (and vegetables) of the labours of our keen allotment supporters, with fresh produce arriving every Tuesday. The Ardagh Community Garden

is also keeping us well stocked: never mind food miles, where they are concerned it's more a case of food metres! Our Partners are really appreciative of being able to pass on nutritious and locally grown food to their families every week, as otherwise this is something they can struggle to access.

We are hoping to build even more connections with local allotments so that we can put their lovingly-grown surplus fruit and veg to good use: if you can

help with this, please get in touch. After the warmth and rain so far this year, our fingers are crossed for bumper harvests.

Holiday Food – With summer holidays looming, the families we support have even more need of the food we provide, with children being at home rather than in school, and working up appetites through play. As well as the basic foodstuffs, two of our Partners in particular need additional items: The Vench in Lockleaze runs a school holiday programme with cooking activities for the children as well as play sessions; Felix Road Adventure Playground, which prepares meals all year round for the children who attend, sees a massive increase in numbers once the schools close. Both of them need suitable ingredients so they can provide healthy snacks (as well as a few treats) to make the summer play sessions even more enjoyable, and baking ingredients so that the children can get involved in the kitchen.

Please donate any of the following
(the healthier the better)

- Fresh fruit and vegetables for snacks
- Dried fruit for snacks
- Tins of pulses
- Breadsticks, crackers, wraps, pittas
- Baking ingredients (flour, sugar, dried fruit, chocolate chips)
- Fruit juice, cordials

Volunteers – At the time of writing this article, we have just celebrated Volunteers Week, so it is a good opportunity to say (again) a big Thank You to all our volunteers who give their time and effort so generously, and to invite you to join our throng. There are lots of ways you could help, so please visit our website to find out more: it would be lovely to welcome you to the FFA family.

Familyfoodaction.org.uk
or click on the QR code here.



Divine Ceremony

The celebration of a lifetime

Reflecting a Life Lived

A funeral doesn't have to follow a formula, a name dropped into a familiar script. It can be personal and creative, and as individual as the person at its heart. That doesn't mean it needs to be unconventional or unsettling for those who gather. Whether the setting is a church, a crematorium, or somewhere else entirely, it's possible to create something that feels both dignified and faithful to who someone was and the way they lived their life.

At Divine Ceremony, **we take time to listen carefully** to the stories families share, the memories that surface, and the details that reveal who someone truly was. From those conversations, a portrait begins to emerge – one that those present will recognise and connect with. Often, a thread appears: a passion, vocation, or way of moving through the world that links the different chapters of a life. That thread can be woven through the ceremony itself, shaping the words, music and readings.

Families are finding more and more ways to **make a ceremony feel like theirs** – and we're here to help them do exactly that. Coffins can be painted, decorated with handwritten messages, wrapped

in cherished fabrics, scattered with handmade flowers – and the act of doing so often becomes its own quiet ritual, a final act of love. One recent ceremony we held for an artist featured a simple cardboard coffin with his sculptures placed on top; his works of art filled the room, and everyone left with one of his original sketches.

Traditional **floral tributes can also be reimaged**, replaced with garden flowers, locally grown vegetables, or objects that reflect a person's interests and character. Venues, too, are evolving, with community halls, art galleries, and converted barns offering welcoming spaces where people can gather, reflect and remember.

A funeral, at its best, is not something to be endured. It can be a genuine reflection of a life – and a meaningful, even healing step for everyone finding their way forward without someone they loved.

To find out more, visit www.divineceremony.co.uk.



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

Bereavement support

Bereavement support is offered by many charities and organisations across Bristol, some generalised and others with specific areas of focus or groups of people. This list is not exhaustive. Health professionals or funeral directors can help guide you.

Cruse Bereavement Support

0117 926 4045 | www.cruse.org.uk

The Compassionate Friends

0345 123 2304 | tcf.org.uk

The Good Grief Trust

thegoodgrieftrust.org

The Harbour

0117 925 9348 | the-harbour.org.uk

Let's Talk About Loss

(for 18–35 year olds)
letstalkaboutloss.org

St Peter's Hospice

0117 915 9400 | stpetershospice.org

SANDS

(stillbirth and neonatal death)
0808 164 3332 | sands.org.uk

Winston's Wish

(support for children)
0808 802 0021 | winstonswish.org

There are organisations that support people grieving someone who has died in specific circumstances such as suicide or from a specific condition or illness.

Talking about death, dying and grief

Death Cafe is a global movement offering a supportive space to ask questions, share fears and listen to other people. It is a general meeting, not specific grief support, with wide ranging and often life-affirming conversations.

North Bristol Death Cafe

Divine Ceremony, 2 Zetland Road, BS6 7AE.

Thurs, 9 July | Thurs 10 Sept, 6.45 – 9pm

St Werburgh's Death Cafe

Community Centre, Horley Road, BS2 9TJ.

Sat, 27 June | Sat, 25 July, 11.30am – 1.30pm

Anos Vale Death Cafe

Spielman Cafe, Bath Road, BS4 3EW.

Sun, 5 July | Sun, 6 Sept, 2 – 4pm

A tribute to David Cemlyn

I learnt about David's death when including an article in *Bishopston Matters* from Family Food Action, who was giving thanks to David and his family for the wonderful donation of vegetables that was given to them after his funeral. David's love of gardening led to a request for each guest to bring a British-grown vegetable to place on his casket instead of flowers. Although it was so sad to learn of his passing, it did make me smile that to the very end David was sharing his love of gardening and contributing to an important community charity.



David with a giant home-grown parsnip!

After contacting the family, his wife Sarah kindly invited me to their home in St Andrew's so I could gather some more information on this interesting man for this article.

I first met David many years ago at meetings with the Friends of St Andrew's Park. These community meetings were always lively and some brilliant things for the park were and continue to be achieved. David, with some other members of the group, worked hard recording information on all of the varied and impressive trees growing in the green space. This detailed survey formed the basis of the more recent Tree Trail (you can download this informative guide for free at www.fosap.org).

Much time and energy was devoted to both raising money and collating information for the informative notice boards around the park. Fellow Friend, Martin Weitz, was instrumental in this and worked with David on this project. Martin shared, "His local knowledge and political awareness undoubtedly enabled us to receive Heritage Lottery funding for all the park information panels. It was always great fun and inspiring to work with David on a park project – I shall remember him as a delightful and warm man, bursting with new ideas and exciting plans. He will be greatly missed."

Local history was of keen interest to David who, with another fellow Friend, Jenny Morris, researched in great detail the story of the Wellington Bomber, which, after getting caught in a barrage balloon cable over Purdown, eventually crashed into the park during WW2. Three of the crew were killed and three were rescued by local residents who rushed to the scene to help. Funds were raised to

commemorate those who lost their lives and a memorial stone, cut and inscribed by a local stone mason was placed in the park. David went to great lengths to track down living relatives who were linked to the incident and invite them to a moving memorial service in 2009. The stone, situated at the top of the park, near the playground, is where the 63rd Scouts hold their memorial service for all on Remembrance Sunday each year.

I had the pleasure of working with David and a local primary school to put together a time capsule that is hidden in a wall at the old North Bristol Baths building. David visited primary schools and shared his passion for local history with pupils. His enthusiasm for a subject was contagious, he really brought history to life.

David was quite the force of nature and was never afraid to stand up for what he believed. On reading his eulogy, this was apparent throughout his career as a probation officer and social worker, always standing up for what he believed was right and giving a voice for those that may not be able to.

School was difficult for David as he had undiagnosed dyslexia. He did not let that hold him back. A conversation with a man working in the Labour Exchange in 1962 set David on course. When he asked what interested him, David replied: "I like people," so the gentleman suggested he became a probation officer. Despite not having the relevant qualifications at that time, a seed was sown and David overcame all obstacles to get himself there. At the age of just 20, he became the warden



A selection of the British grown vegetables on his casket before they were donated to Family Food Action



At the Wellingtonhill Bomber Memorial Service in St Andrew's Park

at Hill House, Elstree, a rehabilitation hostel for people discharged from long stay mental hospitals. David went on to obtain formal qualifications and became the youngest probation officer in the London area at that time. He later completed a degree at Brunel University.

When I enquired how old David was when he retired? Sarah told me that was tricky to answer, as he retired three times as he kept getting drawn back to different callings! This included presenting two television series: *The Allotment*, and *Stashed Away* about museums after his Masters in Archaeology.

I asked Sarah if there was anything she would particularly like me to share beyond his links to the community and she felt one of his greatest achievements was the breakthrough he made when he worked for the BCVS (Bristol Community Voluntary Service) as head of the agency. The work he did was significant. David deliberately set out to engage with minority groups including the Sikh and Hindu communities and a number of groups were granted funding for the first time. He helped set up a gurdwara, a Sikh place of worship also serving as a community centre and school. In his role with BCVS David was invited to attend a reception at Buckingham Palace... where, legend has it, he stepped back and stood on the Queen's foot and was discretely led away!

In the last few years of his life David unfortunately suffered with a combination of illnesses that led him to be less mobile and able to get out and about as much as he would like. Being less physically active did not stop his contribution to society, he joined Bristol City Council consultative committee and never stopped engaging.

Not able to work his garden in the last year, he took up sewing and after a few false starts made some great tote bags for family members.

David and Sarah were together 56 years, the couple had twins Ben and Luke and daughter Ruth, along with four gorgeous grandchildren. In David's own words on the end of his life, he shared, "Remember, I have had an incredibly good life; a wonderful family and partner, adventures and challenges." David was committed to his family and went out of his way to share in their interests, as well encouraging them to share in his love of gardening, climbing, walking, cooking and travelling.

Sarah would like to thank and share how wonderful and supportive local undertakers Divine Ceremony were throughout their time with them.



Giving a history talk at a local school

A friend to *Bishopston Matters* for many years, David was always at the end of an email when I had a question on local history, as well as supplying historical articles on the park and local shops. I will remember David with a twinkle in his eye, always a project (or five) on the go and never one to shy away from standing up for what he believed in. You may remember the story of the man who chained himself to a Victorian lamppost in St Andrew's?! The one-man protest occurred when David got wind the council was removing them to take

them over to Clifton. David's campaign that went nationwide worked – the lampposts can still be enjoyed in our community to this day.

Sarah and David have lived in St Andrew's for over forty years and during that time have both contributed to community life in a great way. I was last at their home when Sarah launched the campaign to update the play area equipment in the park, an eight-year project engaging with parents in the community, that resulted in the installation of some brilliant new equipment. Sarah continues to be involved in the Bristol Climate Choir and other climate actions.

I thank both Sarah and David for making a difference to the place we live. I shall always think of David when appreciating the magnificent trees in St Andrew's Park and I hope you have enjoyed learning more about David and some of his local achievements and adventures!

We work with people of all ages and fitness levels. Most are men and women in their 60s, 70s and even 80s. And we can wholeheartedly say that you're never too old to experience life-changing results through getting stronger and fitter!

You start to lose muscle in your late 30s at about 8% per decade, and from 70 years that accelerates to 15%. Maintaining muscle is one of the most important aspects of long-term health and longevity.

Here are some great reasons why you want to hold onto your muscles!

Helps prevent against injury – weight training not only helps muscles get stronger but strengthens ligaments and tendons around the bones and joints too. Doing exercise (the right type) can actually help joint pain.

Increases bone density – If you're losing muscle, you are almost certainly losing bone density. And if you do what's necessary to build muscle, you'll improve bone density too. Strong muscles translate to healthy bones.

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.

Helps to lose weight by increasing your BMR (Basal Metabolic Rate) and managing blood sugar – muscle burns about three times as many calories per pound as body fat does. Just having more muscle on your body burns more calories.

Feeling confident – being able to do the tasks and activities that you want to!

If you want to be as strong and active as you can as you age, do reach out! We work with those new to weight training in 1:1 and small groups in Westbury Park.

WhatsApp: 07954381845

Visit: www.pollyturnillfitness.com

Polly Turnill Fitness, 22 Kellaway Ave, BS6 7XR



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.

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.

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

- **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.

LB

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

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🌐 littlebbc.co.uk

📍 32 Gloucester Road North, BS7 0SJ

📘 littlebathroomandboiler.com

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



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
Insta: @pilateswithsylvia | 07812 923324



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

Sakya Buddhist Centre Bristol

Tuesday 7.30pm - 8.30pm
Buddhist thought and meditation

Wednesday 10.30am - 11.30am
Simply meditation

Saturday 10.30am - 11.30am
Buddhist thought and meditation

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

121 Somerville Rd
BS6 5BX
www.sakyabristol.org

Bishopston Community Choir

Horfield Baptist Church, 160a Gloucester Road, Bishopston, BS7 8NT. Thursdays 7.30-9pm. Performances throughout the year.

New members welcome.

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



Redland Green Choir is a friendly, non-auditioned ensemble singing varied musical styles in 4 parts but with an emphasis on classical repertoire. **New members are always welcome:** come for a session or two for free to see if you'd like to join us. We meet from 7-9 pm, on Mondays in term-time, at Redland Green School, BS6 7EH.

For more info: redlandgreenchoir.org.uk

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GRWI Summer shenanigans!

In July and August, Gloucester Road WI has a laid-back programme starting with Bristol Beer Factory. Bristol Beer

Factory will be coming to talk to us about women in brewing. 50% of Bristol Beer Factory 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!

Why not come along to St Bonaventure's Parish Hall on Tuesday 21 July at 7.45pm to find out more about beer, and the women who make it and drink it? Visitors are welcome at a cost of £7.50.

Bristol Beer Factory also supports Talk Club, which encourages men to talk openly about mental health. While WI members meet regularly, much of that time is spent listening to talks, following programme activities or taking part in organised events. Recognising the value of simply connecting with one another, we will be hosting an informal **Walk and Talk evening in August**. Members will have the opportunity to get to know each other better



while exploring some of the committee's favourite and most interesting spots along Gloucester Road, with a few refreshment stops along the way! Visitors are welcome.

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.

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

senseofselfbristol.co.uk

@senseofselfbristol



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At Matters Magazines we are looking for a passionate and highly self-motivated individual to help further develop our 4 publications.

The ideal candidate will have:

- Good sales experience preferably (but not essential) in media sales
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- Great organisational skills and discipline
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- A personality that shines bright!

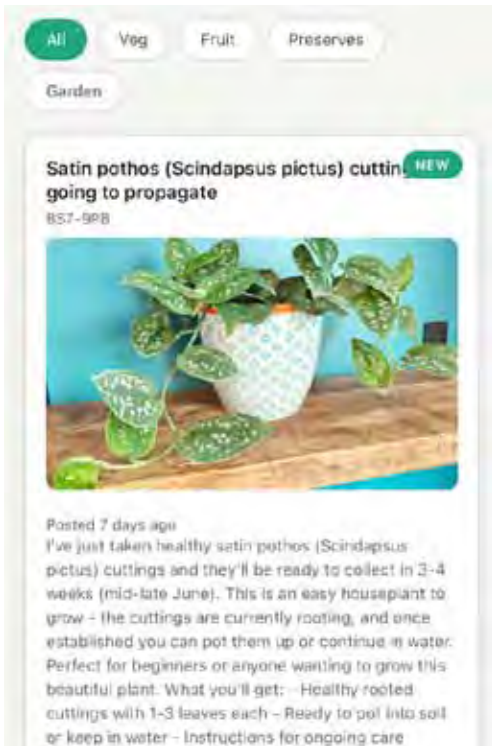
A respected Bristol business established in 2005. These publications have the community at their heart. This position is for 8 – 16 flexible hours a week, working from home and travelling to visit businesses in the Bristol area – BS6/7/8/9 and North Bristol (BS32/34/36).

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**



Bristol Larder: Share Garden Surplus Locally

Have you got too many courgettes? Spare seedlings? Excess herbs?

Bristol Larder is a free hyperlocal platform helping Bishopston and Redland residents share food and garden surplus. Whether you're offering or looking for fresh veg, plants, preserves, or garden equipment, it's organised by category for easy browsing.

The idea came from seeing how much useful surplus goes to waste locally. Bristol Larder makes collection practical – everything's within 10–15 minutes' walk, no travelling across Bristol.

Community members Julia and Gaynor have already listed oregano and bay leaves. This summer, when the glut arrives, Bristol Larder will be here to help your neighbours find what they need.

Completely free. No app needed. Just visit: bristolarder.vercel.app

Visit today and list your surplus!




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Email: info@alefcare.co.uk
Tel: 0117 9415325
www.alefcare.co.uk
Easton Business Centre, Felix Rd, BS5 0HE



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.



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)
Phone – 0117 3532887



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**.

A privilege to start our Red Dragon Juniors on their Martial Arts journey

Our Junior level 1 class is a wonderful class to teach because I get to work with some incredible young people who are starting their martial arts journey with us.

We help them develop their martial arts skills while simultaneously gaining the ancillary benefits of developing their resilience, moulding a strong sense of self confidence, and an appreciation of hard work (I honestly think I have convinced so many children that burpees are fun). Teaching these children is truly inspiring and I get to hear their stories about how they have triumphed over their own personal challenges; we recognise and reward these achievements as part of our Fear Busters programme.

Now, unfortunately many of our Junior level 1 classes are full, but we do have some spaces left, so if you have taken the time to read this then firstly, thank you, and secondly, if you think that this sounds like something your child would benefit from, then **arrange a free trial today!**

Sensei Lloyd



Step Inside Sefton Park's Nursery

In our nursery, a child may spend the morning painting at an easel, then sit at the snack table chatting to a friend, then roll out a rug and become engrossed in a study, before packing it away and heading out into the garden. They choose where to be, and our team is alongside them, paying attention to what they're working on, what they're curious about and what they need. From day one, we get to know each child: their strengths, their interests, what helps them grow.

We have three indoor spaces and a garden, and children move between them freely. Our art room is filled with resources, materials and light, a studio-like space where children paint, draw and make. The middle room, with its home corner, reading nook and snack table is where much of the socialising happens. In the main room, you'll find blocks, small-world toys, Montessori resources and our hand-crafted Pine Class study boxes, designed to build skills, introduce ideas and follow the questions children bring us about the world.

Outside, the garden gives children space to climb, dig, run and watch the seasons change. For most of the year, it's also home to two goats from a local farm. The children love to feed them armfuls of ivy and leaves picked from the garden.

A day in our nursery also includes a gentle introduction to all the essential foundational skills they'll need for English and Maths without it ever feeling like a lesson.

Pine Class is led by Julian Swindale, Sefton Park's Leader of Teaching & Learning. With his experienced team, he supports each child's learning and wellbeing, encouraging them to look more closely, ask more questions and grow in confidence. Our Nursery class provides children with all they need to transition effortlessly up into our lovely Reception space.

Come and meet us, we'd love to show you around.



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Sefton Park School Nursery

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For more information call the school office on **0117 377 3290** or email seftonpark@bristol-schools.uk

Apply online: www.seftonparkschools.co.uk/nursery-applications

For 3-4 year olds | **15 & 30 hours funded places**

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News from SendaWelcome

Inclusive Skittles

Skittles will continue to run for the summer term so do get in touch and come along to **The Nev**, 2B Nevil Road, BS7 9EQ on a **Tuesday at 5pm** for a bowl and a chat.

Ardagh Sensory Garden

The special garden will be open **Saturday 11 July, 10am – 2pm**. Keep a look out for announcements of summer holiday sessions. Check our Facebook page and The Ardagh's social media to find out exactly when we will be open.

We are hoping to run the Summer Project again and are looking for extra funding and support. Please do get in touch if you can help fund raise to keep this amazing space going. Since we all began working together on the gardens last summer so much has happened. So many volunteers have helped develop the space. Splinters have made a giant kerplunk and a new mirror to add to their fantastic central sculpture. Nature Makers Collective have installed a series of tactile birds around the green and sensory storytime runs monthly. The gardens have proved to be a valued space and we hope to continue to garden, craft, socialise and explore in the always developing space. Come and join in, share your ideas and spend time together.

Phone: **0738 6493 801**

Facebook: **@MyCommunityBristolPartners**



The May fair at Henleaze was a great success. We sold lots of the plants we worked hard to grow. Thanks to everyone who donated and came to the event. In our final term at school the school council still have lots of work to do. We have been busy tidying our outdoor spaces at school so that we can use them in the (hopefully) nice weather. Our next project is planning activities for our sports day which will be happening later this month.



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at **Bishopston Methodist Church, 245 Gloucester Road, Bishopston, BS7 8NY**

A chance to chat, join in with our church sewing group or just bring your own projects... Or, just come along and have a tea or coffee with us.

Next meetings – **Saturday 11 July**
then **Saturday 12 September**,
10.30am to 12pm (then every
second Saturday of month).



Winning Sourdough with additions



Cheese & Gherkin Scones



Mallow Range



Salt & Pepper Sticks & Subs



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.



French Country Loaves

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

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MONDAY

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THURSDAY

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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.

Bridget is currently developing her luxury aromatherapy candle range along with luxury herbal infused soaps and body creams; all will available for us to enjoy this autumn.

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



Bishopston Matters Reader Offers

Page 11, Reco Spinal Centre
50% discount on initial consultation

Page 17, Soul Pilates
10% Off any intro pack with code BISH

Page 18, Modarasi
Interior design & Soft furnishing – 10% off first order for new clients

Page 34, Alpine Landscaping
25% Off services

Page 45, Pilates Active
New clients, 3 classes for £20

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



Redland Green School Celebrates 20 Years of Excellence with Community Events and New Anniversary Mural

Redland Green School is proudly celebrating its 20th anniversary this year with a programme of special events, performances, exhibitions and community activities that honour two decades of achievement, creativity and growth.

Since opening its doors in 2006, Redland Green School has become one of Bristol's most successful and oversubscribed secondary schools, renowned for its academic excellence, vibrant arts programme and strong community spirit. To mark this significant milestone, students and staff have organised a series of anniversary events throughout June and July, culminating in a special anniversary concert and celebratory school dinner.

A centrepiece of the celebrations is a striking new mural, unveiled in the school's main thoroughfare known as The Street. Created as a lasting legacy of the anniversary year, the mural captures the diverse experiences and opportunities that define life at Redland Green School. Featuring imagery representing music, drama, sport, science, languages, learning, community and aspiration, the artwork reflects the journeys of thousands of students who have passed through the school over the past twenty years.

The anniversary programme includes a wide range of student-led and staff-led events, including a magic show, a book launch, an African Dancing and Cultural Gala, an 'Around the World' celebration, a portrait gallery exhibition, poetry performances and a special anniversary concert.

"Our 20th anniversary is an opportunity to celebrate not only the achievements of our students and staff over the last two decades, but also the incredible support we have received from families and the wider Bristol community. The new mural beautifully

captures the creativity, ambition and inclusivity that are at the heart of Redland Green School. We are delighted to be marking this milestone with a programme of events that reflects the many talents and interests of our school community." – Ben Houghton, RGS Headteacher.

The anniversary celebrations have been designed to showcase the breadth of opportunities available to students and to recognise the people who have helped shape the school's success since its founding.

The new mural has already become a focal point within the school, providing a colourful and inspiring reminder of Redland Green's values and its commitment to helping young people discover their passions, develop their talents and make a positive contribution to society.

The celebrations will conclude with a 20th Anniversary Concert and a special Anniversary School Dinner in July.

For more information about Redland Green School's 20th anniversary celebrations, please contact fhickson375@redlandgreen.bristol.sch.uk.



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Enjoy all the benefits of your local Bristol Civil Service Sports Club

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 nearly 200 people. With a wide range of **catering options, including BBQs 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! Dare we mention Christmas? We're taking bookings for both family and work **Christmas parties!** Why not find out what we can do for you?



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 – perfect for all the **World Cup action!**

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**.



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Ardagh Community Sauna: July & August News



Our community wellness retreat is a thoughtfully designed space where you can relax, recharge, and restore both body and mind. Everyone is welcome. Sauna sessions cost £10 for 60 minutes. You and your friends are welcome to stay and chill after. Monthly

memberships are available from £35 per month.

Open: Mon – Thurs: 3–9pm | Fri – Sun: 10am–9pm

At the heart of the retreat sits a beautiful 16-person wood-fired sauna, surrounded by cold showers, plunge pools, changing facilities, a calm relaxation area and a non-alcoholic bar. Alongside our sauna sessions, we host a range of mindful and social events including breathwork, yoga and live music.

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

Saturday 4 July, 5–9pm – Sauna Sounds Special – **COME BYE Festival takeover** – An intimate co-created festival with an ethos of gifting good music, a love of wellbeing and lots of daftness!

Friday 10 July, 6–10pm – Sauna Sounds Live – **Eve Appleton, Anna & Friends** – Plus street food from **Los Hermanos**.

Friday 24 July, 6–10pm – TBC – Plus street food from **Toff's Pasta**.

Friday 7 August, 6–10pm – Curved Space presents... **Gilbert & Owain K** – Innate listening session – ambient techno & electronica special Plus street food from **Little Smoker**.

Friday 21 August, 6–10pm – TBC – Plus street food from **Little Smoker**. And residents Kaos Theory and Jonny Sav feat MC Roadstool.

Welcome to July and August instalments of Sauna Sounds, our chill-out music and sauna gathering. Get into your comfort zone, unwind, catch up around the fire pits and recharge with friends and neighbours at our audio and visually immersive community sauna experience.

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: £12.50 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

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

Vasta & Storytelling – Saturday 11 July, 12pm & 1.30pm (1.5 hour mixed sessions) – Join us for a special extended sauna and plunge session featuring traditional Nordic vasta and storytelling.

Vasta – Experience the restorative benefits of birch whisking through a guided Nordic sauna ritual. Learn about the history, culture and wellness traditions of vasta while enjoying gentle heat, relaxation and guided techniques. Your session includes a handcrafted birch whisk to use during the experience and take home afterwards.

Storytelling – Jenny Sanderson is a Bristol-based storyteller, artist and wild educator with a background in circus, theatre, outdoor learning. Drawing on decades of experience inspiring creativity and play, she weaves engaging stories that deepen our connection to the natural world.

Together, these sessions offer a unique blend of Nordic wellness, storytelling, and nature-inspired reflection.

Sophie's Sound Garden – Wednesday 6 June, mixed session 8pm (60 minutes, £15). What is a sauna sound bath? 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 (60 minutes, £15). Enjoy a deeply relaxing, hour-long guided sauna experience led by yoga teachers, Lindsey and Rachel. The blend of heat, tactile sensation and contemplative practice is designed to relax, restore and rejuvenate from the inside out.

Private bookings – 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

With warm days rolling in and blue skies overhead, The Ardagh is buzzing with life. It's been wonderful to see so many people making the most of our outdoor spaces, picnicking on the grass, meeting friends for coffee and soaking up the sunshine. As the summer holidays approach, we've lined up plenty to keep all ages entertained.

Summer Markets in the Courtyard: Our next market takes place on **Saturday 11 July**, filling the Courtyard from **10am to 3pm** with beautiful handmade crafts, unique gifts and delicious street food. Grab a tasty lunch from one of our brilliant vendors, settle in with friends and enjoy live music from talented local performers. If you can't make this one, don't worry as the market returns on **Saturday 8 August** and continues **every second Saturday** right through to the end of the year.

Holiday Fun for Kids: The ever-popular **Outdoors Project** is back, running their energetic holiday clubs from **23 July to 21 August**, weekdays 9am – 3pm. Expect fresh air, big adventures and plenty of laughter.

National Playday 2026: We're also thrilled to welcome back the **Children's Scrapstore** team and the **Bristol Play and Youth Alliance** for **National Playday 2026** on **Wednesday 5 August**. The whole site will come alive with free play activities, craft workshops, nature trails and outdoor learning. It's such a brilliant day for families to explore, create and play together.



Community Plant Nursery: Now open **every Saturday, 10am to 2pm**, your chance to browse our amazing range of plants, flowers, veg and herbs. Do book onto our **nursery workshop – Create a Flower Bouquet**, on **Saturday 4 July, 11am – 1.30pm**. Learn basic flower arranging skills and how to work with cut flowers. Take home your own gift-wrapped bouquet to enjoy. Details on our website events page and posters on site.

Foodie Fridays all summer long: Kickstart your weekend with Foodie Fridays, running **every week, 4 – 8pm**. Enjoy a varied line up of street food pop ups, a well-stocked bar and relaxed music. Keep an eye on our A boards and social media to see what's cooking each week.

A Couple of Reminders!

Calendar Competition: Final call: Our 2026 Calendar Competition is **open until 10 July**, so there's still time to submit your favourite snaps. We've already received some stunning nature photography so make sure your masterpiece is in the mix. Full details are available on our website and on posters around the site.

Join our Board of Trustees: We're currently recruiting three new trustees to join our active and supportive board. We're especially keen to hear from people with experience in horticulture/biodiversity, accountancy/Tax/VAT, or legal documentation, but all applications are welcome. The deadline for submissions is Saturday 4 July.

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.



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Barcan+Kirby achieves Menopause Friendly Accreditation

Two years after committing to becoming a Menopause Friendly employer, law firm Barcan+Kirby is proud to announce that it has achieved the Menopause Friendly Accreditation. Recognising the firm's ongoing commitment to creating an open, supportive and inclusive workplace.

Established by Henpicked: Menopause In The Workplace, Menopause Friendly Accreditation is industry-recognised and the only accreditation that sets out clear and robust standards. The accreditation is considered a mark of excellence for menopause in the workplace.

Since making its commitment to being a menopause friendly employer in 2024, Barcan+Kirby has worked to raise awareness of menopause both internally and externally and carried out various training sessions for colleagues across the firm.

Ahead of the formal Menopause Friendly Accreditation, Barcan+Kirby was assessed by an independent panel and had to demonstrate evidence of their effectiveness in five key areas, which included: culture, policies and practices, training, engagement and working environment.



Morag McDonald, Documentary Image

▲ Claire Pennell, HR Manager at Barcan+Kirby

HR Manager, Claire Pennell, commented on the firm's accreditation:

"I'm so proud that we have received this accreditation. Normalising conversations to remove stigma around menopause has been key to creating an open and supportive working environment. The openness of our employees in sharing their personal experiences has been truly inspiring, and I'm incredibly grateful to everyone who has contributed and continues to support Barcan+Kirby in ensuring everyone feels they belong."

barcankirby.co.uk

Chris Packham backs The Somerville Club screening of 'The People's Emergency Briefing'

There's an interesting initiative spreading across the UK called 'The People's Emergency Briefing'. In November 2025, ten of the UK's leading experts briefed politicians and leaders on what was named the National Emergency Briefing. The audience of 1,200 were shown the implications of climate and nature breakdown for health, food and water security, and the economy if we continue with 'business as usual'. Alongside the risks, experts in their fields presented evidence-based actions ready to be implemented.

This information, introduced by Chris Packham, was condensed into a 50-minute documentary called 'The People's Emergency Briefing'. Since April 2026, screenings of the briefing have been popping up in communities across the UK.

The film brings together leading scientists to present a clear picture of the challenges ahead, while creating space for local communities to consider what these issues may mean in their local area, and how they can support their MP to call for stronger action.

This comes at a time when concerns are rising around flooding, fuel and energy costs, biodiversity loss and record temperatures.

Chris Packham said: "I'd encourage people everywhere to attend a screening of 'The People's Emergency Briefing'. It creates exactly the kind of honest local conversation we now urgently need, both about what these changes mean where we live, and about what we can do together to address them."

The Somerville club, 23 Sommerville Road, BS7 9AD is providing a screening on 13 July at 7.30pm. To book free tickets, use the QR code above or visit the screening map at www.nebriefing.org.

Following the film, attendees will be invited to take part in a structured discussion, designed to support open, constructive conversation about the issues raised and what they may mean locally.



Refocus Hypnotherapy with Emily Richardson

Imagine feeling calmer, sleeping better and approaching life with greater confidence. For many people, **Solution Focused Hypnotherapy** offers exactly that – a gentle, positive approach designed to help you focus on where you want to be, rather than where you've been.

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I work with children and adults to support **stress/anxiety/overwhelm | sleep issues | anger management | weight loss | loss of confidence | smoking/vaping cessation | fears/phobias and much more.**

For expectant parents, **Mindful Mamma Hypnobirthing** uses relaxation techniques, breathing exercises and positive visualisation. Hypnobirthing helps reduce fear and anxiety around childbirth while building confidence in your body's natural ability to give birth. Many parents report

feeling more informed, empowered, and in control throughout pregnancy and labour, allowing them to approach the birth experience with greater calm, trust and positivity. Group sessions and 1:1 available; please contact me for more information and booking.

I have joined forces with Laura Starr Coaching to provide an **empowering day retreat** to support the illusion of time. With coaching, hypnotherapy and breath work techniques, the day will be a wonderful way to invest in your personal growth and equip yourself with practical tools for long lasting positive change. This takes place at **Westbury Wildlife Park on 18 September.**

Join me for **online Sunday Sessions**. 45 minutes of relaxation to prepare you for the week ahead. **Next session is 12 July, 7.45am**, then every other Sunday.



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



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“ Children at Fairfield do things because they want to do them, rather than they have to. Fairfield **encourages intrinsic motivation**, which comes from within. It’s a **delight to see.**”

Parent

www.fairfield.excalibur.org.uk



Students and families unite to celebrate refugee community

To coincide with Bristol Refugee Festival, Fairfield High School hosted its own mini festival to celebrate the local refugee community, with a particular focus on the students and families who are part of the school community.

The event reflected Fairfield’s dedication to providing an opportunity for families, staff and students to come together in a welcoming and celebratory environment. Guests enjoyed an exhibition of student artwork, shared cultural food, plus had the opportunity to exchange experiences and stories.

The student-led exhibition showcased messages of hope, belonging and inclusion, highlighting the diverse backgrounds and perspectives that enrich the school community.

Mariluz Garrido-Ruiz, organiser of the event and Maths teacher at Fairfield High School, comments: "This was a fantastic opportunity to celebrate the cultures, experiences and contributions that make our school community so special. It was wonderful to see students share their artwork and messages, and for families to come together and celebrate. We are grateful to everyone who helped make the event such a success. We remain committed to creating an inclusive environment where every student and family feels welcomed, valued and a true sense of belonging."





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OPEN DAYS FOR RECEPTION SEPTEMBER 2027



We would be delighted if you could join us for one of our open days exclusively for prospective parents of Reception-aged pupils starting school in September 2027.

We have a number of open days throughout September until January, all the dates and times are on our website; call or email to book your place.

St Bonaventure's, Egerton Road, Bishopston BS78HP
Email: admissions@stbo.newmancatholictrust.com
Web: st-bonaventures.bristol.sch.uk
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 abloom with flowers and vegetables.

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



Cotham School

Achievement - Diversity - Respect

We warmly invite you to our Open Evening

Main School - 24 September 2026

5:30 - 7:30pm

Headteacher's talks at 5:40, 6:15 and 6:50

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

www.cotham.bristol.sch.uk

News from Cotham School

Cotham School's Heroic Woodcock Shield Run Ends in Penalty Heartbreak

Cotham School's Year 10 football team have cemented their place in the history books after an unforgettable run to the Woodcock Shield. Reaching the semi-finals was the furthest the school has ever progressed in this prestigious competition.

The campaign kicked off with a gritty 1-0 victory over Bradley Stoke, courtesy of a spectacular Abdullahi free kick. Momentum built in Round 2 with a dominant 3-0 win against Chipping Sodbury, featuring a brace from Mohammed and another clinical strike from Abdullahi. In the quarter-finals, Cotham turned on the style with a 4-1 masterclass, driven by a sensational Mead hat-trick and a neat finish from Zayn.

The semi-final against Redland Green was a tense, goalless stalemate at full-time. Ultimately, penalty shootout heartbreak halted Cotham's march to the final. Despite the cruel exit, this fantastic group of students embodied the school values of achievement, diversity, and respect, leaving the tournament as true history makers.



Cotham School Honoured in the Jamie Oliver Awards

We are delighted to share that Cotham School achieved **3rd place nationally** in the **Jamie Oliver**

Award community and kindness award out of more than **700 entries** across the country!

As a School of Sanctuary, we were encouraged to apply in recognition of our cooking club, which is regularly organised by the EAL team and supported by staff volunteers. The club provides a welcoming space for asylum-seeking families staying in temporary hotel accommodation, many of whom miss the opportunity to cook and enjoy home-cooked food.

We are pleased to report that fewer families in our cohort are now living in hotels, with many having moved into housing. However, we still have around five families currently residing in hotels. As long as students and their families remain there, we will continue to run the cooking club regularly, funded through generous staff donations and support from our School of Sanctuary crowdfunding campaign.

We wanted to share this fantastic news because this achievement belongs to the whole Cotham community. It has only been possible thanks to the commitment of Cotham staff and the generosity of



the Cotham School community who have contributed to our School of Sanctuary fundraising efforts.



To mark **Refugee Week**, we will be launching another crowdfunding campaign later this month to help sustain projects like these for our asylum-seeking and refugee students and their families.



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

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

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



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

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

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

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

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.

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

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**



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The joy of excess?

What a strange start-stop growing season. Temperatures, sunshine and rainfall have veered from one extreme to the other, and every week has felt windswept. Did March and May swap over this year?

Fruit trees have a habit of flowering over several weeks – a sensible adaptation to sudden drops in temperature and damaging frosts. The warm weeks of early spring encouraged blossom to open sooner. Plums and pears were slightly advanced. It was more much more startling to see our apple trees beginning to flower 10 to 20 days earlier than any previous dates recorded in the orchard. Flowers are rich in nectar when the daytime temperature is above 10°C, and pollinating insects do not enjoy being blown about. While most of our apple trees seem unaffected by changes in pollinator activity, our plums and pears suffered uneven fruit set, despite being blathered with blossom.

A moderate crop of fruit is a good thing. Too much fruit can do more harm than good. Branches break under the heavy burden. Hundreds of small fruits are tasteless and tart compared with fewer well-sized, beautifully coloured and sun-ripened fruits. Next year's blossom buds can't be nourished if all the resources and energy of a tree are used up by this year's fruit.



Removing surplus fruitlets is an ongoing task at this time of year. Nature lends a hand thanks to the life cycle of insects that have evolved to nibble young fruits and leaves. Timely growing season pruning can make a difference. Hand thinning little-and-often is a mindful, caring and helpful process. Remove damaged or infested fruits first, and reduce clusters down to three fruits. After a few weeks, thin to two fruits, and finally, to one. It feels wrong, but it's right!

**Horfield Organic Community Orchard
Apple Day is Sunday 18 October**

More information: community-orchard.org.uk

Words by Shannon Smith aka The Apple Tree Lady

Photograph by Jamie Carstairs

Summer pet advice from Animal Health Centre

With warmer days forecast, rising temperatures can pose serious risks to our pets, even on days that don't feel especially hot. Your local Animal Health Centre is pleased to share advice on how to keep pets cool as well as spotting the signs of heat stress early.

How to keep your pet cool

Pets should always have access to plenty of fresh water. If they appear uncomfortable, owners can help by wetting their feet, using a cooling mist, or allowing dogs to paddle in shallow water.

Pale-coloured cats and dogs may benefit from pet-safe sun cream on exposed areas such as the nose and ears, while longer coats should be kept well-groomed and free from matting. However, sudden shaving should be avoided as it can increase the risk of sunburn.

Dog owners should consider a couple of 'couch potato' days during hot weather or limit walks to cooler times of day. When outside, owners should carry water, check tarmac temperatures, and choose shaded routes. Extra care is needed for flat-faced breeds such as Pugs, Bulldogs and Shih Tzus, as well as energetic dogs like Border Collies and Spaniels.



Cats often rest indoors during peak heat, but owners should check

they are not hiding in unsafe places such as sheds or greenhouses. More adventurous cats may need to be kept indoors, especially if they have access to surfaces like metal rooftops that can cause burns.

Rabbit owners should raise hutches from the ground to improve ventilation and move into shade or indoors during the day. Owners should provide fresh water and offer water-rich fruit and vegetables. As fly numbers increase, it's also important to watch for flystrike by maintaining good hygiene and checking rabbits' undersides twice daily.

Pets should never be left in enclosed spaces such as cars, conservatories or caravans, as these can heat up rapidly.

How to spot heat stress

Pets that are very young, elderly, overweight, or less mobile are at greater risk. Many cases of heat stress occur on mild days when owners may not realise their pet is struggling.

Early signs include excessive panting, drooling, restlessness, or seeking shade. If these occur, move your pet to a cool area and offer water. If symptoms do not improve within five minutes, or worsen to vomiting, diarrhoea, collapse or loss of consciousness, this is an emergency. Heat stroke can prove rapidly fatal and requires urgent veterinary care.

Cold water immersion can be a safe and effective way to manage severe heat stress in young, otherwise healthy dogs. However, this should only ever be used as an interim measure while arranging veterinary treatment and must not replace professional care.

Samuel Michael, at Animal Health Centre, said: "We're passionate about keeping pets in our community safe, healthy and happy, especially as temperatures rise. If you are concerned about your pet, don't hesitate to get in touch."

If owners have concerns about their pet's health in hot weather, contact Animal Health Centre or visit www.cvsvets.com to book an appointment.

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www.animalhealthcentre.org

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News from the Goldenhill Community Garden

The cucumbers are creeping up their vines, the mulberries are ripe, and we've got lots going on in the community garden. We're having a cracking growing season! The mild winter had me worried about slugs for the year but the dry start to the season seems to have kept them at bay and our courgettes and beans are romping away – unlike 2024's sluggy horror show! We are also trying to grow okra for the first time in the polytunnel and we're even feeling optimistic about our watermelons! The glory of abundance!

It's a very tasty time to come and get involved and share the harvest any Wednesday 10am – 4pm. I show new folks around at 12 or 2.30pm or just come when you can. No need to stay all day or come very week and no experience necessary.

Thanks to funding from the Nisbet Trust we'll be back running our **Family Adventure Days for children with SEND** and their siblings. No

need for a formal diagnosis. We love running these ever-popular days and this summer we'll be here 11am – 3pm on **Thursdays, 30 July and 20 August**. These are lovely, relaxed days full of making, crafting, pond dipping, harvesting and eating scrumptious pizza from the clay oven. Everyone gets a delicious lunch with salads that the children help pick from the garden. It's a great place to explore nature and make friends. It costs £5/£2 or free if that's helpful. Please book through our website or get in touch for more info

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

278-280 Gloucester Rd, BS7 8PD | **0117 942 5770** | conrancarpetsltd.com | See back page for more info.



The House of Stella



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.



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

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?

Flexible short-term storage options

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

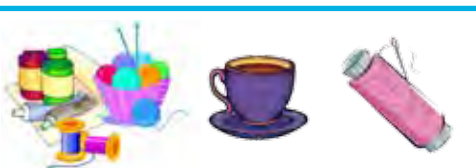
Removing excess furniture, toys and décor can create more breathing room for both your builders and your family. With fewer things in the way, you'll find it easier to maintain routines like mealtimes, playtime and homework – even during major work.

Safe and Secure for Your Valuables

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.

At Stashed Away, we don't just store your things, we help you make space to focus on what really matters: turning your house into the home you've always wanted, without turning your life upside down.

WWW.STASHEDAWAY.CO.UK



Coffee & Craft

10.30am to 12.05pm
at Horfield Baptist Church,
160A Gloucester Road, BS7 8NT

Friday 10, 17, 31 July and 14, 28 August

YOU are invited to attend with your latest creative project.

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

For further info please contact the Church office,

0117 9243608 or

e-mail office@horfieldbaptist.net

www.office@horfieldbaptist.net

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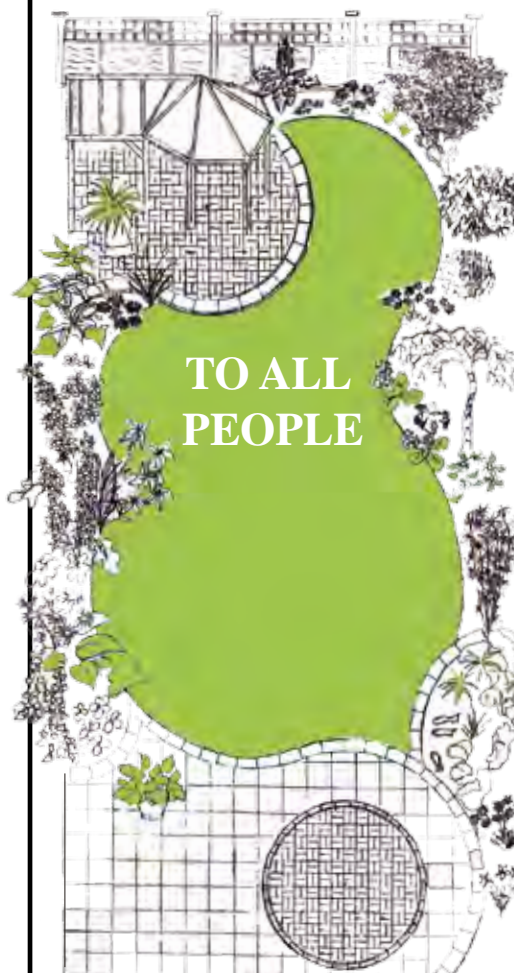
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Bat & Banter For older men



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.





Join Bristol After Stroke's Charity Walk on Saturday 19 September

Join Bristol After Stroke's Charity Walk 2026 and help rebuild lives after stroke.

There are three routes to choose from: a 1-mile accessible route around Eastville Park, a 3-mile route along the stunning Frome Valley Walkway, and a 6-mile walk along the Frome Valley Walkway to Oldbury Court, returning to Eastville Park.

For more information or to register, please visit: bas-charity-walk-2026.raiselysite.com



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.

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



Local author Emily Koch

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.

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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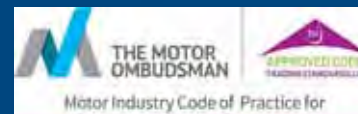
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www.windsorroad.co.uk

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.

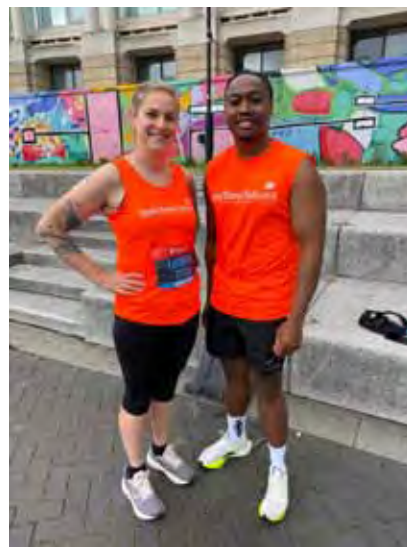
Known for his roles in BBC's *The Outlaws* and recently ITV's *Betrayal*, Gamba joined the Baby Bank Network team in the 10k run, helping raise money so the charity can continue providing essentials for the babies and children who need them most.

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.



Baby Bank Network supporter Lauren Peters and Bristol actor Gamba Cole

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."

Runners for the charity raised a fabulous, £4,327, smashing their target of £3,500!

This JustGiving page is now closed but you can still donate funds to the charity via their website. You may also like to find out what items are currently on their wish list for donation.

To donate or find out more about Baby Bank Network Bristol, visit babybanknetwork.com.

News from Lockleaze Neighbourhood Trust



At over halfway through the year, lots of new things are blossoming at the Hub.

Our newest group, **Friendly Thursdays, 1–3pm**, is becoming a social and creative gathering point, sometimes with crochet, machine

sewing, macramé and chess all happening at the same time! All welcome.



from the Hub on **Wednesday at 10am**, with Hubbub Cafe awaiting you on return. The first of each month is **women only**, and the second is **accessible to wheelchair users and prams**. For people who prefer brisker exercise, join **Stoked to Run** for a **friendly 5K** once a month. **Meet at the Hub at 5pm – next sessions 20 July and 17 August.**

Really Wild Wednesdays volunteering has a summer timeslot of 3 – 6pm as we visit each local rewilded greenspace, so people can join after work. Visit, www.lockleazent.co.uk/reallywildwednesdays for up to date info.

Next dates:

1 July: Romney Avenue, BS7 9TN & Morris Road, BS7 9TT

15 July: Thornycroft Close, BS7 9YJ

29 July: Landseer Avenue BS7 9YL, Linnell Close BS7 9UN & Blake Road

Finally, on **Friday July 10 we're launching the Our Lockleaze Community Plan 2026–2031**, an updated version of the 2019–2024 plan that inspired so much change in our community. This plan is the result of months of capturing the voice and priorities of residents.

The new Community Plan is dedicated to all the residents of Lockleaze in the hope that together, we can make it an even safer, happier, healthier, fairer and greener place to live.

It is also the **launch of Lockleaze Together**, a new project from Lockleaze Neighbourhood Trust which supports residents to take action on community priorities. We'll be launching a **new Lockleaze Community Forum** too – if you're a Lockleaze resident please visit www.lockleazent.co.uk or contact maria@lockleazent.co.uk to get involved.



Play Patch Community Soft Play has now been open for three months, with our youngest community members bringing lots of cheer to the Hub. This year we're opening during the holidays for the first time. Visit www.lockleazent.co.uk/playpatch for all the information.

Our **Wellbeing Walks** are also going strong, and are now take place every week. Each walk leaves



ANDY'S MAN CLUB

Andy's Man Club is a free to attend talking group that runs every Monday, 7-9pm (EXCEPT bank holidays).

There are over 200 ANDYSMANCLUBS nationwide. The groups are open to any man aged 18 and over.



A full list of clubs can be found at www.andysmanclub.co.uk or if you can't travel to a club, please email info@andysmanclub.co.uk and they can send you details to attend online.

If you are in urgent need of support, please contact the emergency services on 999. If you need someone to speak with before attending one of the sessions, please call the Samaritans on 116 123 or text SHOUT to 85258 for dedicated text support.

A new NHS service is also available and details can be found at NHS crisis support including children in England; this service can be accessed using the 111 NHS number and selecting the mental health option.

Here are some more services that could help email jo@samaritans.org | www.hubofhope.co.uk

WORK WITH US

Ardagh Community Trust is Recruiting 3 new trustees
Application details can be found on our website: theardagh.com/work-with-us

THE ARDAGH

Keeping the heart beating in our communities



Defibs4Bristol started the defibrillator network in Bristol in 2018 and have so far installed 61 strategically placed defibrillators across the city. We take the holistic approach, carefully selecting suitable sites, talking to possible hosts, raising funds, registering the defibrillators, instructing guardians and monitoring that periodic checking takes place.



Our aim is to get activated defibrillators back on the 999 system at the first possible opportunity to make them available for the next caller. We also teach community

groups CPR / defib and check others' defibs to ensure they aren't unnecessarily offline and their registration details are accurate.

We have happily assisted other sites with existing defibrillators with registrations, repairs and consumables replacements.

Many local venues now have AEDs installed thanks to **Defibs4Bristol** and supporting businesses.

Immediate CPR and quick access to an AED increase the chance of survival threefold – from 1 in 10, to 3 in 10.

A full list of defibrillators across Bristol and beyond can be found at defibfinder.uk.

If you would like to suggest a venue that needs an AED or can help fundraise, please get in touch via the QR code or website defibs4bristol.com.

Know where your local defibrillators are located – it could save somebody's life

Immediate CPR and quick access to an automated external defibrillator (AED) increase the chance of survival threefold – from 1 in 10, to 3 in 10.

Defibrillators installed, and in use, in the local area:

- Apple Green Service Station, Gloucester Rd, BS7 8NL (at the bottom of Berkeley Rd)
- Beehive pub, Wellington Hill West, BS9 4QY
- Bristol Chiropractic, 2 Kellaway Ave, BS6 7XR
- Bristol Property, 14 Chandos Rd, BS6 6PE
- Cat & Wheel, 207 Cheltenham Rd, BS6 5QX
- Corner of Wellington Hill West & Harbury Rd, BS9
- Haig Harrison, Cotham Hill, BS6 6JZ
- Manor Farm Boy's Club, at the junction with Kellaway Ave, BS7 8ST
- Max Minerva's bookshop, North View, Westbury Park, BS6 7PY
- St Matthew's Church, Cotham, BS6 5TB
- The Cambridge Arms, Coldhambour Rd, Redland, BS6 7JS
- The Crafty Cow, 635 Gloucester Rd, BS7 0BJ
- The Gloucester Old Spot, Kellaway Ave, BS6 7YQ
- The Key Café, Gloucester Rd, BS7 8NZ
- The Kingsdown Vaults, BS6 5UE
- The Lazy Dog, 112 Ashley Down Rd, BS7 9JR
- The Shakespeare Pub, Lower Redland Rd, Redland, BS6 6SS
- The Sportsman, Nevil Rd, BS7 9EQ
- Waitrose, Gloucester Rd, BS7 8AA (next to the Prince of Wales pub)

Shared reading. For free, for everyone

At shared reading groups people connect and share experiences using stories and poems.

There is no pressure to talk or read aloud. Shared Reading is for free, for everyone. You are welcome to come along on the day or speak to a member of staff at the venue for more information. Or visit thereader.org.uk

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

Bishopston Library, Gloucester Road, Bishopston BS7 8BN

Library open hours:

Monday – 1 to 7pm,
Wednesday, Thursday,
Friday, Saturday – 11am to 5pm, Tuesday & Sunday – closed.

The Bristol Home Library Service (BHLS)

BHLS is available for anyone over 18, living in Bristol, who is unable to get to their local library for reasons of age, disability or responsibility. There are HLS DBS-checked volunteers in most parts of the city, who will be happy to come around to your house and keep your book pile topped up. They will fetch you a specific book you want or bring suggestions for your pleasure (librarians are very helpful with this). The free service is offered monthly and most of our volunteers have time to stop for a chat when they visit.

E: BHLSVisits@royalvoluntaryservice.org.uk | T: 07714 898 558



News from Bishopston & Ashley Down & Redland Councillors



Ashley Ward

A few things to report on Bishopston from Ashley ward which covers St Andrew's, Montpelier, St Werburgh's and St Paul's.

Plans for a residents' parking zone (RPZ) for St Andrew's are

progressing but it is still a way off (spring 2027 at the earliest); there will be consultation before any decisions but a lot of residents are supportive and many have complained to us about people from other RPZs parking second vehicles here or people 'parking and riding for work'. So, please watch this space as the plans progress.

We were very pleased to see some of the faded and unenforceable yellow lines on roads coming off Cromwell Road being repainted. Residents and councillors have been bringing this up for about five years so it's good to see it finally happen! Also on Cromwell Road, several residents have raised the loss of the quiet electric no. 70 bus. This has been temporarily withdrawn but we have spoken to First bus and these are due to be reinstated in the autumn when capacity and new vehicles have been replaced. Cromwell Road is really busy but at the same time is a key bus route. We are working with officers at ways we can improve this. Stopping people parked on corners should help.

The proliferation of vape shops has been raised both in Ashley and Bishopston wards. It is really distressing as Gloucester Road is so unique and needs protecting. There is a limit to what can be done by the council but we are working with planning enforcement about the signage, which does not always comply with planning regulations; and making sure that vapes are legal with trading standards. This is a national issue, and you might be aware that new legislation to give more powers to tackle this is being developed. More locally, residents are starting a campaign to address the issue and have given me this email to get in

touch. Local councillors will be supporting them and making sure we pull in council officers to take action: novapesglosrd@gmail.com.

And it's great to see the pond refurbishment progress. Well done to the Friends of St Andrew's Park.

Outside Bishopston we are busy in the rest of the ward. Highlights include a large survey in St Paul's around crime and antisocial behaviour (ASB), and meetings with council officers and police to try and address really entrenched issues like drug dealing, street violence, and ASB. We've had encouraging engagement so far. We are also campaigning to support the no. 25 bus that is threatened again. This is an important connection for St Paul's and St Werburgh's but does not make money; we have raised this with WECA for possible subsidy. And we continue to work with Bristol waste to try and address some of the problems of rubbish and fly-tipping in St Paul's. They have been developing a service improvement plan that is currently being costed. And more!

So, all in all, quite busy at the moment!

Cllr Tim Wye, Green Party
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Councillor Abdul Malik, Green Party
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Councillor Izzy Russell, Green Party
Cllr.Izzy.Russell@bristol.gov.uk

Bishopston & Ashley Down

Bike marking success – We were once again grateful to Avon and Somerset Police for coming to do some bike marking in the ward at the end of May. We set up outside the Sainsbury's on Gloucester Road on a Sunday afternoon and got through quite a lot of bikes! At the same time, we got to chat to residents about transport issues in the ward. We know how popular these events are and will be looking to do another one at the end of summer.

Women's T20 World Cup comes to Bristol
It has been lovely to see Bishopston and Ashley Down getting ready to welcome part of the Women's T20 World Cup this month. Bristol is hosting six matches at the County Ground, and banners have gone up along Gloucester Road and Ashley Down Road to mark the occasion and help with wayfinding



for visitors. The city dressing forms part of Bristol's host city commitments for the tournament, and we are glad that specific issues reported by residents about the banners have now been addressed. It is exciting to have a global women's sporting event on our doorstep, and we hope many local people will enjoy being part of it.

Update on 349 Gloucester Road – We have also had an update on 349 Gloucester Road, the long-vacant site that many residents will know well. A planning pre-application has now been submitted to Bristol City Council and is awaiting validation before it appears on the planning portal. The developers say they have made a number of changes following feedback from local residents, including reducing the building height, adding a small retail unit that could suit an independent business, changing the housing mix and carrying out a further parking survey. As always, we know residents will want to look closely at the details once the application is published, and we will continue to keep an eye on it. A big thank you to all residents who have engaged with the developers and given feedback.

Summer holiday hub opens for bookings
Families may also be interested to know that bookings have now opened for Your Holiday Hub, which provides free summer holiday activities and trips for children and young people who receive benefits-related free school meals. This year there are more than 28,500 places available across Bristol, with 56 providers offering sessions between 22 July and 28 August, all including a healthy meal. Activities range from theatre and climbing to arts, nature sessions and holiday clubs, with support available for many children with SEND or an Education, Health and Care Plan. We know school holidays can be a difficult and expensive time for

families, so it is really positive to see this support available again over the summer. You can find all the activities on www.yourholidayhubbristol.co.uk/activities/.

Area Committee transport projects move forward – There has also been progress on local transport priorities through Area Committee 2. At the last Area 2 committee we put forward our proposal for some transport improvements in the area, based on feedback from residents and submission to the 'improve my street' tool. While there is still a way to go to secure these, we are one step closer.

Blue Badge parking survey launches – Finally, Bristol City Council has launched a new Blue Badge parking survey, inviting disabled people, their families and carers to share their experiences of travelling and parking across the city. The survey has been developed with the Disabled People's Strategic Transport Advisory Group and will help shape future transport and street design projects so they work better for Blue Badge holders. This is exactly the kind of input we need if we are serious about making Bristol more accessible, and we would encourage anyone with relevant experience to take part.

As ever, if there is a local issue you would like to raise with us, please do get in touch. We always appreciate hearing from residents and it helps us keep pushing on the things that matter most locally. You can find this survey and others at <https://www.bristol.gov.uk/ask/find-consultation-engagement/>.

Cllr Emma Edwards, Green Party
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Councillor James Crawford, Green Party
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Redland ward

Traffic scheme being progressed – We've long known that more can be done for road safety and tackling rat running across the ward.

We're delighted that, after we submitted a proposal to our Area Committee (the group of four wards that allocate capital projects funding from developers and money for replacement trees), we now have the start of a project to work up a proposal for street improvements in our ward.

Continued from page 67 ►

We'll be working with a highway engineer to review suggestions and she is planning to visit the streets on a walkabout. Thanks to everyone who has made suggestions and been in touch – we appreciate you've waited a long time in many cases as this wasn't a priority for the council for many years. We're discussing how to involve people from each street at an early stage in the process.

While we can't promise what might be drawn up and the budget available, we're hopeful this is the start of some long-awaited improvements.

Culture and arts consultation – There's still time to take part in the council's consultation on the role of culture and the arts in the city. We know this sector is a vital part of the local economy and much appreciated by creative people, participants and audiences. Here's a chance to help shape the future strategy. The consultation can be found at Bristol.gov.uk/arts-and-culture.

Swift boxes – Well done to local residents who installed swift boxes in Egerton Road and more planned in Berkeley Road. Making space for nature, especially for species at risk like swifts is something



we can all play a part in. Thanks to everyone who's helped make, plan, and install the nest boxes. There's also work in the city through the Nature Together project to make working on pieces of council land to enhance nature around the city a more straightforward process with every part of the council involved.

The Downs – Both Fi and Martin attended the recent Downs Committee where we were delighted to hear from the biodiversity engagement and learning manager that the Downs are recovering very well following efforts from the council and others to clear waste and fly-tipping. The number of vehicle dwellers has also greatly reduced, again following introduction of new council policy to support people into more appropriate locations and accommodation. We know that many Redland residents have been worried about the situation so it is a real joy to see matters improving thanks to the hard work of so many volunteers alongside council officers.

More streets opt out of glyphosate spraying – We've been impressed at the way residents have responded to the new opt out scheme to carry out community weeding instead of spraying. Thanks to everyone who's been in touch and shared their applications. The scheme is described on the council website – search for 'glyphosate' and you'll find the survey form to work with neighbours and opt out of spraying. Taking part in weeding parties, as with litter picks, is a good way to get involved in looking after the street with neighbours. ■

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John Frost – Chartist

Portrait of John Frost

Local history research by Andy Buchan ©

John Frost, a Welsh man, is probably the most famous person buried in the graveyard of Holy Trinity Horfield, but who was he, who were the Chartists and why is he buried at Horfield?

John Frost was born in 1784 in Newport, Gwent, and his parents were innkeepers. His parents died when he was young and he was brought up by his grandparents. He was apprenticed to a tailor in Cardiff, before becoming an assistant to a woollen draper in Bristol. Later he moved to work in London, where it is said he frequented coffee houses and attended radical debating societies. In 1806 he returned to Newport and set up his own tailoring business, which was successful and he became prosperous. In 1812 he married Mary Ginch, a widow, and they had eight children.

Through meeting various people, reading the works of people like Thomas Paine, author of the *Rights of Man* and his experiences with certain local 'dignitaries' in Newport, Frost came to believe that there was a need for a change/reform.

In the early 1830s Frost supported the election of the Whigs, the forerunners of the Liberal Party and the Great Reform of Parliament; however, this reform did not happen as hoped. Chartism took its name from The Peoples Charter published in 1838, which called for:

- All men to have the vote (universal manhood suffrage)
- Voting to take place by secret ballot
- Parliamentary elections every year, not once every five years
- Constituencies to be of equal size
- Members of Parliament to be paid
- The property qualification for becoming a Member of Parliament should be abolished

He continued to argue and campaign for reform, throughout the 1830s, mainly through speeches since he risked imprisonment if he went into print.

On 3 November 1839, John Frost, William Jones and Zephaniah Williams led a Chartist march into Newport. They marched from the valleys gathering followers as they went and it has been estimated that there were thousands of men – from iron and coal mining villages – by the time they reached Newport. There were armed troops in Newport and the protest failed; 22 people lay dead and 50 others were wounded or dying.

An arrest warrant was issued for the three leaders who were quickly arrested, charged with high treason and sent for trial; on 16 January Frost,

Jones and Williams were convicted and sentenced to death. A national campaign then took place to get the sentence commuted to transportation. At this time there was heightened concern in South Wales, Bristol and elsewhere about further Chartist unrest.

The sentences were commuted to transportation for life and the transportation ship left Portsmouth in February 1840.

In the meantime, because of conditions in Newport, Frost's family moved to Bristol and initially lived at 117 Richmond Road in Montpelier.

While Frost served his sentence in Tasmania, in the UK there was a campaign to get him pardoned. Eventually in 1854, Frost was given a conditional pardon; the condition being that he never came back to the UK. Eventually he sailed to the USA, with his daughter Caroline who had joined him in Tasmania. He toured the USA giving lectures.

In 1856 Frost received an unconditional pardon and sailed back to the UK to his family, now living in Stapleton; he lived there until he died in 1877.

The first of Frost's family to be buried at Horfield was his son Henry Hunt in 1842; at this time the family was living in Montpelier and most of the city graveyards were full or charging expensive fees to be buried there; in contrast Horfield was a poor rural parish, who welcomed people from Bristol who could afford to be buried there.



▲ The Frost memorial in Horfield Parish grave yard, a replacement, from 1986. Andy Buchan ©

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 21st July

Bath and Bristol's Hotwells in the 18th century

Alan Clarke

August – no meeting

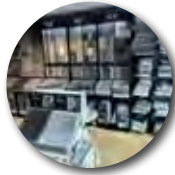
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Holy Trinity Horfield Graveyard

Andy Buchan

Tuesday 20th October

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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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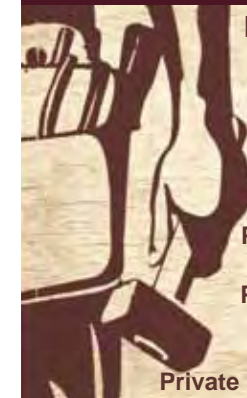
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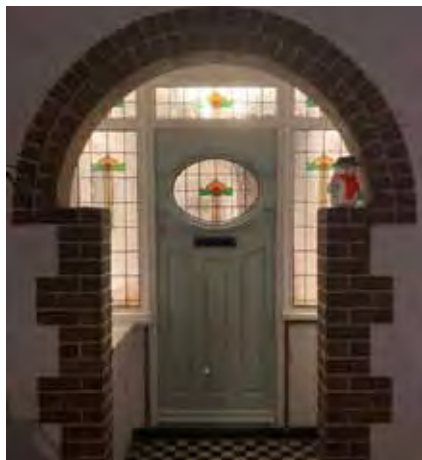
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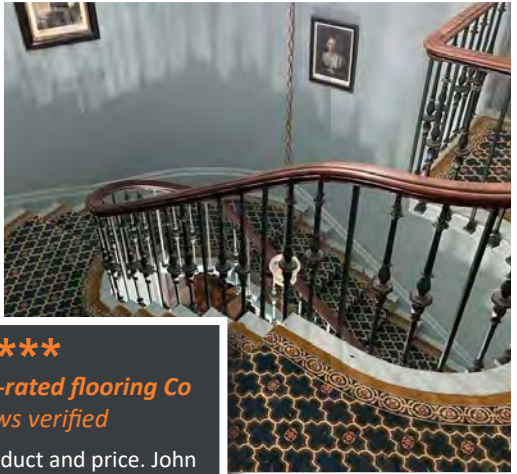


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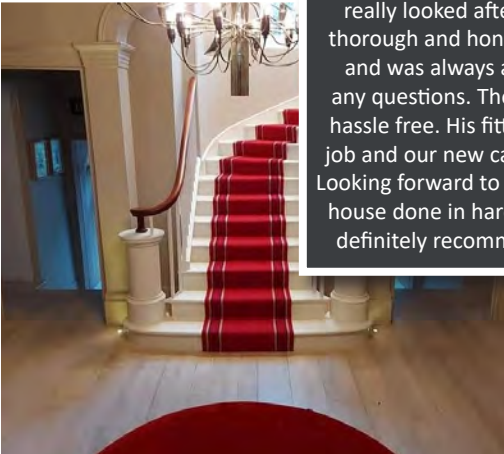
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