

Bishopston

Matters

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issue 200, Sept 2026



Celebrating 200 issues!



Pleased to be sponsoring the Horsey Hopper event at Party in the Park, Sat 12 Sept

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Dear Readers...

Wow! 200 issues! Where has that time gone? So much has changed since that first issue went out both personally and professionally but this still remains the best job! I am lucky to work with talented, passionate local businesses and spread the love of all things positive that take place in our community, which is in abundance. Matters Magazines was set up to act as a directory to local traders and celebrate all the brilliant community groups, individuals and events that make where we live special. As national news continues to be dismal it is reassuring that so many positive things take place at a local level and by volunteering, supporting and just enjoying these things we can make a difference to the place we live.

In this issue we hear from the 91st Bristol Scouts who have made and donated 91 much-needed drain bags to the Bristol Breast Care Centre for patients leaving hospital after breast cancer.

The Old Library is celebrating 10 years since the community stepped up to take care of the community space; do join them on 12 September.

The Goldenhill Community Garden, a sanctuary for all who wish to enjoy, heal and rest in this outdoor space, have their Harvest Fair on 19 September.

It is great to share in the success of local wildlife conservationist, Steve England, who has been awarded an Honorary Master's of Science degree.

The Ardagh Community Trust has a host of events lined up this autumn for all to enjoy. Family Food Action continues their excellent work supporting the wider community, and we share information on numerous other local groups and events.

Our family looks forward to Party in the Park on 12 September and Bishopston Matters is once again happy to sponsor the Horsey Hopper event.

To the next 200 issues!

Kerry x

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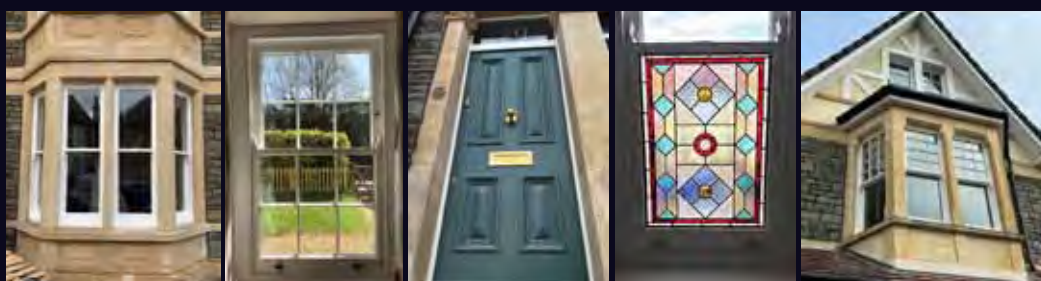


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Bishopston Matters is pleased to sponsor the Horsey Hopper event again this year!

Community Party in the Park 2026

Golden Hill Sports is gearing up for its flagship fundraising event, Party in the Park, which will take place on **Saturday 12 September 2026**.

The much-loved community day out draws thousands of local residents of all ages and promises a fun-filled day for the whole family.

This year's programme includes:

- Family attractions including tractor rides, inflatables and bumper cars
- Live music and demonstrations from local groups
- A wide range of stalls from local businesses
- Food and drink options include a bar and BBQ
- A firework display to round off the day

Funds raised on the day go directly towards running costs and facility improvements for the club's many football and cricket teams for all ages. Organisers are inviting families, friends and neighbours to come together on the playing fields in Henleaze for a day of traditional fun and entertainment.

Speaking ahead of the event, Golden Hill Sports Club President, Gerry Mulholland, said: "As well as being great fun for all ages, Party in the Park helps raise much-needed funds that go towards the running costs and improving the facilities for our boys, girls, men and women cricketers and footballers. We hope plenty of people will come along with family, friends and neighbours, and enjoy this event, which is the highlight of our annual calendar."

Party in the Park, which is sponsored by CJHole, also receives the valuable support of its many volunteer helpers, as well as local businesses (such as *Bishopston Matters*) and organisations who donate prizes for the popular raffle.

Party in the Park began in 2007, when the ground was purchased from the YMCA to protect it from housing development. A group of club members and residents came together to raise the funds needed

to keep the site as a place where people of all ages could enjoy sport and social activities.

Nearly 20 years on, Party in the Park continues to raise vital funds for Golden Hill Sports Club, supporting the ongoing maintenance and improvement of the clubhouse and grounds.

Party in the Park takes place on Saturday 12 September 2026 from 1pm, at the Golden Hill Sports Ground – entrances on both Ridgehill, Henleaze, BS9 4SB and Wimbledon Road, Henleaze, BS6 7YA. Everyone is welcome. Entry charges apply. For more information visit www.goldenhillsports.com.



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Stylemongers Of Bristol

Interior shop and studio

When the weather turns, we naturally start to focus our attention on the indoors again, and notice where our homes need brightening up. If you're in the throes of putting your stamp on a new place, or considering an interior refresh then you need to know about Gloucester Road's newest interior design hub.

Founded by **award-winning designer Zoë Hewett**, who appeared on both series of rural makeover show 'My Unique B&B' on BBC2, Stylemongers Of Bristol is a vibrant interiors shop and studio.

In this **miniature department store** you'll find designer wallpapers, curtain and upholstery fabrics, tiles, eco-paints, vintage furniture, cushions, throws, original art and prints, plus non-toxic and sustainable candles.

You can book Zoë for a **consultation or a full done-for-you interior design service**, and if doing it yourself is more appealing you can get support with that too with one of the **Interior Design Kits**.

As the **Annie Sloan Chalk Paint stockist** for Bristol, you'll also find the full range of colours, waxes, brushes and plenty of inspiration for your DIY furniture upcycling projects.

In the workshop space at the back, you can learn how to tackle designing a room in your home during a **whole-day masterclass**. With access to a comprehensive stash of paint, paper and fabric samples, magazines – and a process to guide you – you get to see and feel the scheme coming together in front of you. Completing a mood board to take away and use at home, it becomes easier to persuade your partner, commit to decisions, then get the job done!

Head to 196 Gloucester Road for a browse or visit www.stylemongersofbristol.co.uk.



Our beloved ultra-local festival is at risk. Could you save it?

Since 2015, Window Wanderland has become a mainstay of the late winter calendar in the Bishopston area and beyond.

If you don't know it already, the festival started here and is based on a simple idea: what if we all put something fun in our windows to delight our neighbours? It typically runs for one weekend in February or March, with communities all over the world taking part over the last decade.

But in 2027, Bishopston Window Wanderland, the original – and best – is at risk, as the current

organiser needs to move on from the role. As this is a well-established festival, this role will embed you at the heart of your community and bring delight to hundreds of local people, plus it can be as big or as little as you want it to be.

Maybe you're looking to add to your CV, or you are part of a local community group? It's great for a PTFA to do, it's cross-generational and raises funds for the school.

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Robots Appear on Old Library as it Celebrates 10 Years of Community

If you have passed The Old Library on Muller Rd recently, you may have spotted some robots emerging from the plant pots and vines as local artist, Vicky Clark AKA Vikoi (vikoi.com), worked on an eye-catching new mural. Vicky approached the Library when she won some funding from Circular Futures UK, a new charity set up by co-founder of Boomtown Festival and Wake the Tiger to support independent Bristol-based artists creating public art for the community.

This mural is to be the first of many creative projects the charity will be supporting in the city.

Vicky said "I walk past the Library regularly and can't help but clock a plain white wall and start thinking about what story it wants to tell. I paint robots and nature together; a mixture we have often been told are opposites. The Library hosts so many diverse community groups and is surrounded by the green space of South Purdown and Stoke Park. I wanted to tell that story on the wall."

The design, which evolved after a consultation with Library users, is now finished and looking fabulous! If you haven't seen the completed design yet the Old Library's 10-Year Celebration Party on Saturday 12 September is the perfect time to soak in the artwork.

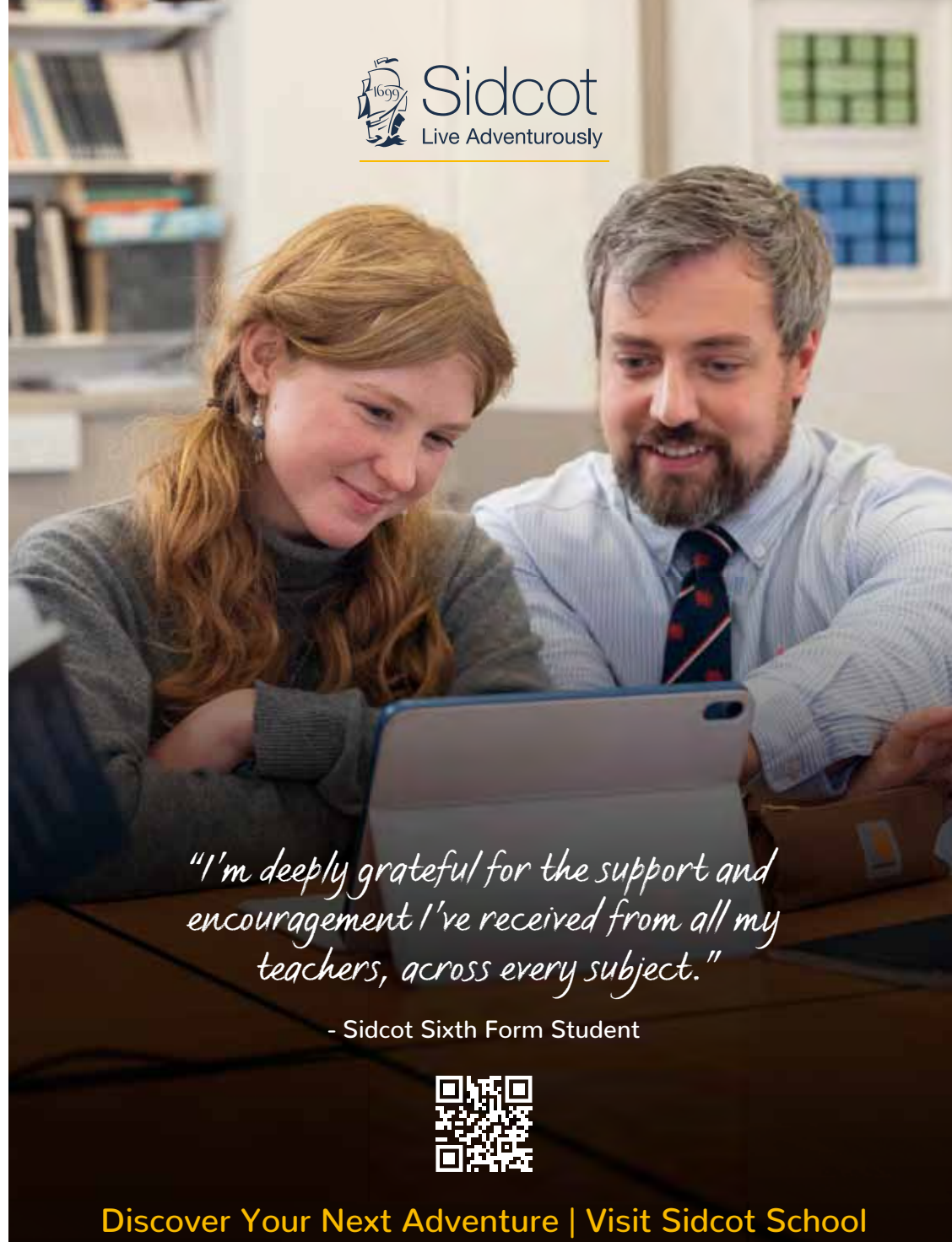
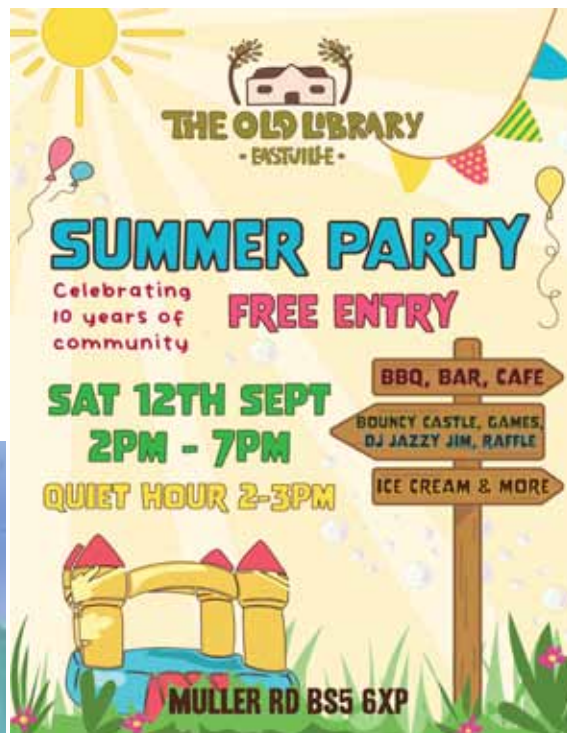
10 years ago local residents formed a group to manage The Old Library building as a Community Asset. The 100% volunteer-led space is celebrating this milestone with several events and a fundraiser to ensure they can continue serving the community for the next 10 years. They are currently working with the council to renew the lease.

10 Year Celebration Summer Party

Saturday 12 September 2026, 2-7pm
(quiet hour 2-3pm)

Music, BBQ, Bar, Cafe, Ice Cream, Bouncy Castle, Games and much more! All welcome.

theoldlibrary.org.uk



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AGES 3-18

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News from the Friends of Horfield Common



It's been another busy few months for Friends of Horfield Common, with our Talks on the Common programme continuing to bring local people together to explore the Common's wildlife, history and heritage. The programme has been hugely popular, with our upcoming talks booking up very quickly. Due to the demand, we've scheduled an additional **Bat Walk on Wednesday 26 August** – www.friendsofhorfieldcommon.co.uk/whats-on. If you're reading this in time and interested, make sure to get in there fast!



We're pleased to announce that our popular **Twelve Trees Trail** leaflets are being reprinted, helping more people discover and explore the Common. We would like to say a special thanks to our sponsors, Kellaway Bathrooms and Tesco, for making this possible. If you or your organisation would be interested in funding future print runs or other community projects, we'd love to hear from you; sponsorship is a great way to support the local community and the environment.

We have also begun another phase of work on the **Quab Pond** (pictured), where we are re-digging with the aim of reaching the natural clay layer beneath the pond bed. We hope this will create a natural seal, helping the pond retain water more effectively and provide better conditions for the wildlife that depends on it. As with all our projects, we will continue to monitor progress closely and adapt our approach as needed.

Looking ahead to the autumn, we'll also begin putting in some short dead hedges on the Common at the end of Kellaway Avenue. These natural structures will provide valuable habitat for wildlife, while helping define spaces and redirect mowers without the need for fencing. We will be creating these using various resources such as branches and large shrub prunings. If you'd like to get involved or are likely to have branches later in the summer, please do get in touch. Every helping hand makes a real difference!

You can read more about our projects on our blog page at friendsofhorfieldcommon.co.uk, as well as finding plenty of ways to join in and get involved with supporting our wonderful Common!



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Taste of Authentic Sri Lanka at The Kandyan on Gloucester Road

I was delighted to be invited to dinner with The Kandyan owners, Sam and Anthony, to be treated to a taste of their delicious, authentic Sri Lankan cuisine.

Anthony worked as a teacher in Bristol for 20 happy years and then travelled to Sri Lanka to become principle at a Kandyan school. This is where he met his partner Sam. Together they purchased an old tea planter's home and set about transforming the property into the boutique hotel, Rangala House (www.rangalahouse.com).

When this venture was complete, they came back to the UK to set up their delightful restaurant on Gloucester Road. The eatery gets its name as Sam is a Kandyan, in the same way Anthony is a Bristolian.

The pair now spread their time between Rangala House in Sri Lanka



and Bristol. Sam's stays in the UK are largely based around the cricket season! Like many Sri Lankans, he's passionate about cricket and is proud to play for Gloucestershire Seniors as well as Failand & Portbury CC. In fact, the Gloucestershire captain was enjoying food at the restaurant the same evening we were there. As a charity venture, Sam also collects secondhand cricket clothing and equipment to send back to Sri Lanka for local schools and clubs to enjoy. It was wonderful to arrive to a full restaurant and welcoming environment. The kitchen is open and situated in the centre of the venue and they have a lovely outdoor pavilion space; it felt like we were on holiday.

We started our meal with Hoppers – the most famous Sri Lankan snack of all. These light, delicate rice flour, bowl shaped pancakes are served with seeni (sweet) sambol and lunu (onion) miris and are yummy!

Anthony explained that the spice blends they use in the restaurant are grown and ground at home in Sri Lanka; you will not find the same blend anywhere else! They also have an allotment in Ashley Vale where they grow veg to ensure they are using quality ingredients. Everything is cooked and created as Sam's mother did it. They love their tag line embracing both their Sri Lankan and Brizzle roots – Not just Sri Lankan, Proper Sri Lankan!

We were then lucky to share the Gourmet Platter – ten of their top menu favourites served on a sharing turntable. There was a beautiful depth of bold flavour with some dishes producing a real kick! If you are vegetarian like me this is the perfect venue as there is a huge range of traditional dishes to delight both vegetarians and vegans, with some cracking fish and meat dishes too – everyone is happy!

It was interesting to hear the journey of their head chef and restaurant manager both travelling from Sri Lanka to share their skills in the restaurant.

The venue had a happy, joyful feel, everyone was enjoying digging into the great food and chatting in a relaxed way – perfect! If you haven't had the pleasure of visiting this local restaurant with a huge heart, do treat yourself soon.



Sam Gunaratne | 0117 9420 250 | 07947 777645 | sam@thekandyan.co.uk



THE KANDYAN RESTAURANT 405 Gloucester Rd, BS7 8TS | www.thekandyan.co.uk



Kidical Mass Bristol 19 September 2026, 11am at Queen Square

This September, families from across Bristol will come together and cycle through Central Bristol for a fun event with a serious message! September 19 2026 will see the third Bristol Kidical Mass: A mass family friendly bike ride to call for safer streets for the children of Bristol to cycle on.

In 1971, 80% of children were allowed to make their own way to school, compared to around 9% today. It is not a co-incidence that, since 1971, the number of vehicles on British roads has increased from 15.3 million to 42.3 million. Over the last 50 years, children have lost their independence as vehicles have taken over space in our cities and made it unsafe for children to cycle or walk to places on their own. We are at a unique moment where this could all change!

Kidical Mass is calling for decision makers to give children their freedom and independence back. By providing safe, car-free routes across Bristol, children and families could visit friends, get to school, the park, or wherever else they need to go without having to share the road with large and fast-moving vehicles.

The last two Kidical Masses have been a huge success; hundreds of children and families have ridden together around the centre, dingling their bells and chatting with their friends to call for space for children in our city. This year, we are hoping to make the event bigger and more fun than ever! There are feeder rides from all around the city to help families make their way to the starting point at Queen Square safely. From there, the well-marshalled bike parade will snake around the city centre, leaving at 11am, accompanied by music and lots of bell ringing before returning again to Queen Square.

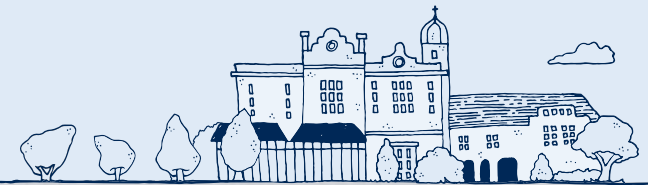


More details can be found on Facebook 'Kidical Mass Bristol' or at Kidicalmassbristol.co.uk



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Master of Stoke Park to Master of Science!



Long-term readers of *Bishopston Matters* will remember we ran a feature on Steve England Outdoor Learning back in 2021. Steve is a much-loved local figure, born in Lockleaze

and known for nurturing Stoke Park and sharing all things nature with the local and wider community.

This July, all of Steve's numerous achievements with the natural world were recognised when he graduated with an honorary Master's of Science, alongside students he had taught at the University of the West of England.

You may have seen his acceptance speech online and smiled at him quickly swapping his graduation tam, for his trusted woolly hat; he shared, "Identity is important; this hat gets me into the zone as an outdoor educator; it's who I am – I was born to be wild!"

Steve spoke of how, when walking through the local fields of Wallscourt Farm as a ten-year-old boy, recording birdsong, did he ever imagine that that very site would become part of the University of West England, where he stood to collect his honorary Master's degree.

During his speech he also reflected that having a plaque stating, 'Steve England, Wildlife Conservationist' on the Bristol Walk of Fame was also a career highlight, especially as it was placed next to West Country music legends, The Wurzels!

Steve did not find school easy nor did he feel supported by the education system at that time. He is proud to have built a career, "through hard work and a deep love of the natural world... Being curious can lead us to extraordinary places!"

We congratulate Steve on the many awards he has received over the years, his honorary degree but most of all for inspiring generations of people to look closer at the natural world, embrace all the wonderful benefits nature has to offer and most importantly to respect and take care of it.

Let Steve's success in something he lives and breathes give reassurance and inspiration to all those out there who have perhaps not received the results needed for the traditional education path or who are working in a job they would not choose, be brave, pursue what you are passionate about and wild things can happen!

To find out more about Steve England Outdoor Learning workshops and events visit:

Website: www.steveengland.co.uk

Facebook: [Steve England-Outdoor Learning](https://www.facebook.com/Steve-England-Outdoor-Learning)



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by Matt C ★★★★★

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Let Martial Arts support your child's growth

And just like that the summer ends and here we all are heading back to school and hoping that our kids can meet the inevitable challenges that the new academic year has in store. New schools, new classes, new classmates, issues with friendships, new teachers, revision, exams, homework etc. Let's be honest it's a lot and we want our children to meet these challenges head on and not buckle.

Martial arts training is an incredible way to develop resilience, self-confidence, discipline and leadership skills along with getting fitter and stronger and learning practical skills. So, my recommendation from someone with nearly 40 years' experience of martial arts training and teaching, a former secondary school teacher and head of year, get your children enrolled in a martial arts school that feels right for you and them and watch them grown.

Sensei Lloyd



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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!

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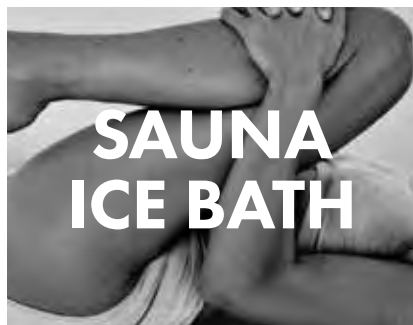
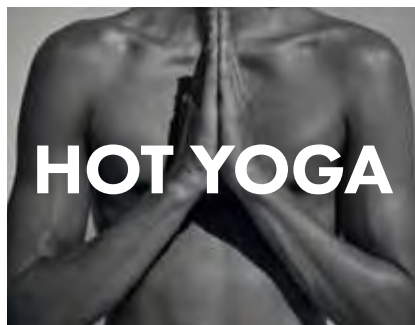
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Movement & Wellness

A NEW APPROACH TO WELLNESS IN THE HEART OF BISHOPSTON

The conversation around health is changing. Increasingly, people are looking beyond traditional fitness, recognising that true wellbeing is about more than simply exercising. Recovery, longevity and community have become just as important as movement itself—and that's the philosophy behind Well Flexed, Bristol's first multi-concept wellness studio.

Located in Bishopston, just off Gloucester Road, Well Flexed has been designed to bring every aspect of modern wellness together under one roof. Rather than treating exercise and recovery as separate experiences, the studio combines movement classes, recovery therapies and holistic treatments to create a more complete approach to health.

With classes running seven days a week, the movement timetable features a diverse range of yoga styles—both hot and unheated—alongside Pilates, Barre, HIIT and strength training. Designed for everyone from complete beginners to experienced athletes, sessions are offered at a variety of temperatures and intensities, making it easy to find the right class to suit your goals, fitness level and mood.

The studio is also the only one in Bristol to use advanced infrared heating technology. A growing body of scientific research suggests

that infrared heat improves circulation, reduces inflammation, supports muscle recovery, lowers blood pressure, promotes relaxation and stimulates collagen production, making it an increasingly popular way to enhance your movement routine and habit stack simple, science-backed practices that support long-term health and wellbeing.



Recovery is equally central to the Well Flexed experience. A dedicated recovery studio offers Nordic and infrared saunas, cold plunge pools, red light therapy, PEMF technology and recovery tools designed to help the body repair, restore and perform at its best. Upstairs, resident practitioners provide massage therapy, acupuncture, craniosacral therapy and lifestyle medicine consultations, creating a truly integrated wellness hub for the local community.

Founded by yoga teachers, a wellness editor and a doctor, Well Flexed was built on a simple belief: that movement, recovery and human connection are the foundations of a healthier, happier and longer life. In a fast-paced world, it offers a welcoming space where people can slow down, reconnect with themselves and invest in their long-term wellbeing.

wellflexed.com

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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!

We're opening up 3 new groups in September, if you'd like more details to book your FREE Trial, please contact me!

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Care Fee Planning: Why Independent Financial Advice Matters

Few life events are as emotionally challenging as recognising that you or a loved one needs care. Alongside finding the right care provider comes another difficult question – how will that care be funded?

For those who are paying for their own care, or for attorneys making financial decisions on behalf of a loved one under a Lasting Power of Attorney (LPA), the choices can feel overwhelming. Care fees are often substantial, emotions are running high and important financial decisions may need to be made quickly.

That's why seeking independent financial advice as early as possible is so important.

Looking Beyond the Immediate Cost

Many 'self-funders' focus on paying the next care bill, perhaps by withdrawing savings, selling investments or considering the sale of a family home. While these decisions may seem sound at the time, they can have significant long-term consequences.

An experienced independent financial adviser will look beyond today's costs and consider your entire financial picture. The aim is to ensure that your assets are used wisely, your income remains sustainable and your money continues to work for you throughout your lifetime.

Care funding is about much more than paying for the next few months; our goal is to help create a strategy that provides confidence for the years ahead.

The Value of Specialist Advice

Care fee planning is a highly specialised area of financial planning. Every family's circumstances are different, and there is rarely a one-size-fits-all solution.

A specialist adviser can help you understand the options available, whether that involves drawing income efficiently, reviewing investments, considering care fees annuities or planning how different assets can be used to meet future costs.

Professional advice can also help families avoid costly mistakes made during stressful situations, such as withdrawing money in an inefficient way, making decisions that create unnecessary tax liabilities or taking reactive action without understanding the longer-term impact.

For this reason, it is worth seeking advice from a **Society of Later Life Advisers (SOLLA) Accredited Adviser**. SOLLA accreditation is recognised as the gold standard for later life financial advice,



demonstrating specialist knowledge and expertise in helping older people and their families navigate complex financial decisions around care.

Making Decisions as an Attorney

The responsibility is even greater if you are acting as an attorney under a Property and Financial Affairs LPA.

As an attorney, every decision must be made in the donor's best interests. You are responsible for balancing today's care costs with protecting their financial wellbeing for the future.

There will be significant decisions to make, and it is understandable that attorneys want reassurance they are making the right choices. Seeking independent financial advice demonstrates that professional guidance has been sought before making major financial commitments on someone else's behalf.

Plan Ahead for Greater Peace of Mind

The best financial decisions are rarely made under pressure. By starting the conversation early, you have time to understand your options, consider different approaches and put a plan in place before important decisions become urgent.

At Harold Stephens, we specialise in later life financial planning, helping individuals, families and attorneys navigate the complexities of paying for care. Our SOLLA Accredited Advisers have the experience and expertise to provide clear, independent guidance tailored to your circumstances.

If care is something you or your family may need to consider now or in the future, don't wait until difficult decisions have to be made. Start the conversation today, explore the options available and gain the peace of mind that comes from having a clear financial plan in place. **For a relaxed chat about your circumstances, call 0117 3636 212 or email office@haroldstephens.co.uk.**

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Find our financial planning videos on YouTube by searching for 'Harold Stephens IFA'



Did you know Horfield Pharmacy (Nexus) has now taken over the pharmacy on Filton Avenue?

It's under new ownership & has a new wide range of Private & NHS Services available!

Please visit us to change your nomination, call us on 0117 969 0808 or scan the QR below to send us an email.



nexuspharmacygroup.co.uk



Horfield Pharmacy on Filton Avenue is now part of Nexus Pharmacy & Health Clinics, and we're delighted to bring a fresh approach to pharmacy care for the local community.

Under new ownership, we have been working hard to provide a more reliable, friendly and efficient service. Our improved medicine availability means we can fulfil more prescriptions promptly, while our helpful team is always ready to offer advice and support. Great customer service is at the heart of everything we do, and we want every person who visits us to feel welcomed and cared for.

As well as dispensing NHS prescriptions, we offer a growing range of NHS and private healthcare services. These include vaccinations, travel clinic and weight management support, and other convenient services designed to help you look after your health without always needing to wait for a GP appointment.

Whether you need to collect a prescription, prepare for a trip abroad, explore support with your health goals or simply speak to a trusted healthcare professional, the Nexus team is here to help.

If you currently use another pharmacy, changing your nominated pharmacy is quick and straightforward – just speak to a member of our team.

Visit us at:

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Call 0117 969 0808 or visit

nexuspharmacygroup.co.uk
to find out more.

We look forward to welcoming you!

SB Counselling – talking 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.

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.

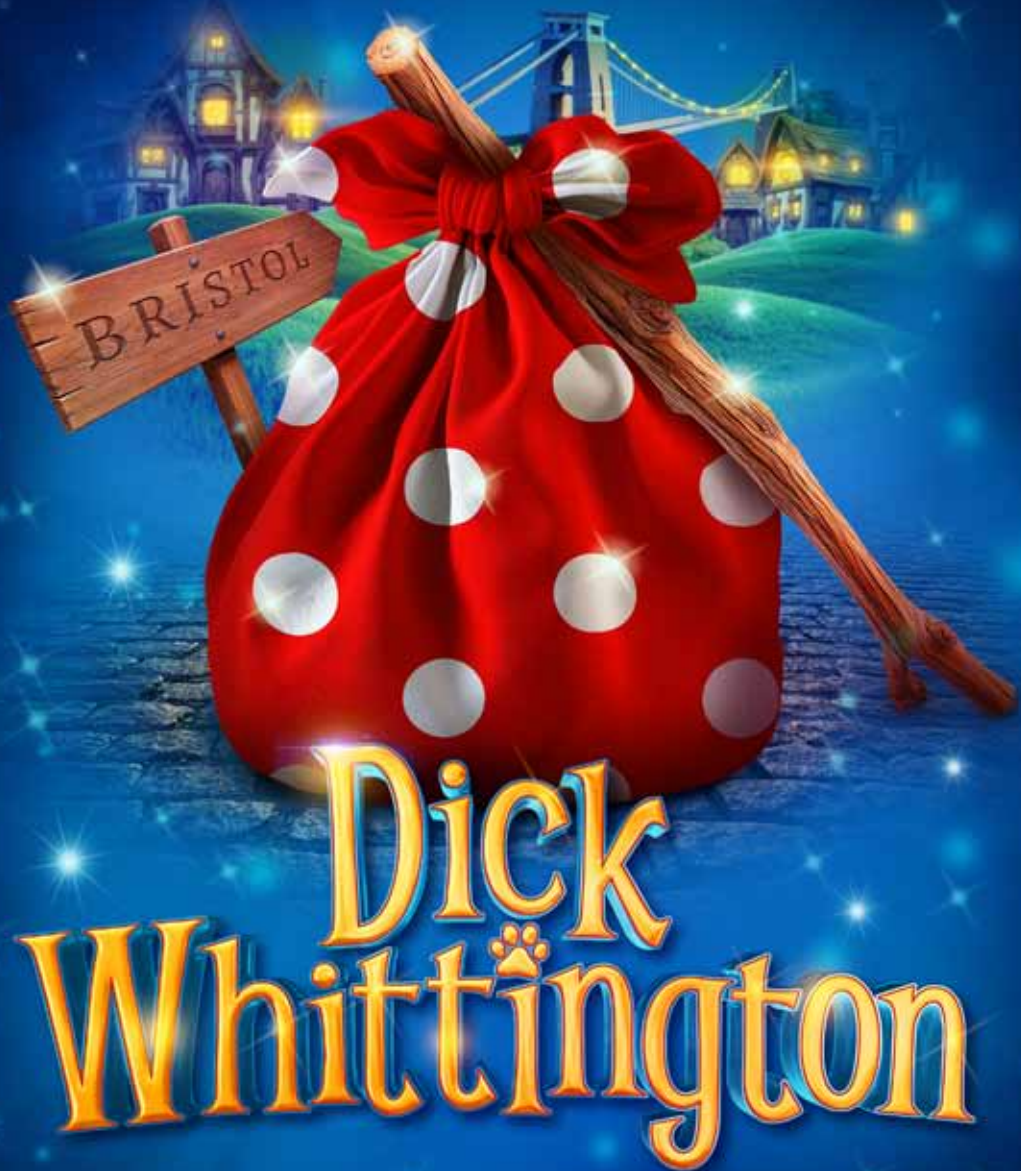


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News from Bishop Road Primary School



Music at the Heart of Bishop Road Primary School

Bishop Road Primary School, with the help of the PTFA, is embarking on an exciting new chapter as it seeks to enhance music at the school, strengthening opportunities for children to sing, perform and create.

As part of this commitment, the school is delighted to welcome Richard Croughan, Primary Music Lead for Bristol Beacon, who will be working alongside staff to develop the music curriculum, enhance the teaching of music and strengthen wider musical provision across the school. His expertise will help ensure that all children benefit from high-quality musical experiences, both in the classroom and beyond.

Over the next two years, Bishop Road Primary School also plans to transform part of the school into a dedicated music studio. This exciting new space will provide a home for music, offering a specialist environment for lessons, rehearsals and performances.

The studio will host informal concerts, music tuition, choir rehearsals and a range of other



musical activities, creating opportunities for children to develop their talents and share their achievements with others. The aim is to create a vibrant hub where music can flourish and become an even

more visible part of school life.

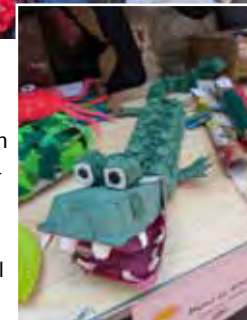
The school's ambitions extend beyond its pupils. As part of its long-term vision, plans are also being explored to establish a community choir, bringing together local residents through a shared love of singing. The hope is that song will continue to ring out across Bishopston long after the school day has ended.

Bishop Road PTFA

Thanks to the incredible support of families, staff and the wider school community, the PTFA ended the 2025/26 school year on a real high, with June's summer fair bringing the school community together for a fantastic afternoon and a fitting end to the year.

The PTFA fulfilled its pledges by donating £47,400 to the school in July, helping to fund a wide range of valuable enrichment opportunities including outdoor learning sessions, books for the class and main libraries, author visits, externally run workshops, playground improvements and resources for the school's new music suite which is in development.

A huge thank you to everyone who has volunteered, attended events or supported fundraising over the past year. We're already looking ahead to our next big event: the **Bishop Road Fireworks Extravaganza on Saturday 7 November.**



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Building a routine that actually lasts this September

September in Bristol has a particular feel to it. The school run is back, the diaries are filling up, and for a lot of us, so is the urge to hit reset. Call it the other new year, it shows up every autumn, right on schedule.

The trouble is, most of us try to build that fresh start on the same shaky foundations that let us down last time. We dive back into high-intensity workouts or long runs, forgetting that a summer of holidays, late nights and looser routines has left our bodies a little out of practice.

The result is often the same familiar cycle: enthusiasm in week one, a tweaked back or niggling knee by week three, and a routine abandoned before it's had a chance to stick.

This is exactly why September is such a smart time to start with Pilates.

Reformer Pilates works from the inside out. Rather than pushing the body harder, it teaches it to move better, building strength through the deep core and postural muscles that keep everything else stable.

That's the difference between a routine that lasts and one that fizzles out with the first setback.

A local studio built around exactly this approach is Soul Pilates, founded by long-time BS7 resident Nic Lenny. Over the past decade her studios have grown from a single space into three locations across BS7,

BS1 and BS4, each known for calm, welcoming rooms and expert-led teaching. Their Reformer classes are taught in small groups or as private sessions, so every session is tailored to how your body is actually moving that day, not a generic routine.

The focus throughout is on efficiency: teaching the body to move with better alignment, control and strength, so that whatever else you do, whether that's running, swimming, weights or simply keeping up with the kids, you do it with less strain and fewer setbacks.

It's an approach that works whether you're completely new to exercise or easing back into a routine you've let slip over the summer.

That's what makes autumn such a good moment to begin. Instead of piling straight back into high-impact training, Reformer will rebuild the strength and stability your body needs to make the rest of your routine stick, this time without the injuries that so often derail good intentions.

So, if you're ready to make September the month your new routine actually holds, readers of *Bishopston Matters* can enjoy 10% off any of Soul Pilates' Intro Offers. Try 3 group classes, 3 private sessions or a mix of both. Simply use the code BISH at www.soulpilates.co.uk or call 0117 214 1655 to get started.

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.



Small Gardens Big Impact



You don't need a sprawling country garden to make a difference for wildlife. Even the smallest urban space can become a haven for birds, bees and beneficial insects with a few thoughtful design choices.

One of the easiest ways to garden more sustainably is to make the most of our rainfall. Installing a water butt to collect rainwater runoff provides a free source of water with trace nutrients and minerals for plants during dry spells. It also helps reduce pressure on drainage systems during heavy rain. As our summers become warmer, choosing drought-tolerant planting can also help keep gardens looking good while using less water.

Privacy is often a challenge in city gardens, but fast-growing plants can provide an attractive solution. Bamboo, grown in containers such as corten steel planters, creates a contemporary look while forming a dense green screen. The rust-coloured steel develops a beautiful natural patina that complements both modern and traditional homes, and the raised planters help keep vigorous plants neatly contained.

Every garden benefits from a focal point, and one of the finest choices for an urban setting is an acer. With its elegant shape, delicate foliage and stunning seasonal colour, an acer brings year round interest

without overwhelming a small space. Whether glowing with fresh spring leaves or fiery autumn tones, it draws the eye and adds a sense of calm and character.

The photograph accompanying this article also features a small timber bin store topped with a sedum green roof. Green roofs are a fantastic way to introduce biodiversity where space is limited. The mix of low-growing sedum plants provide nectar for pollinators and are drought-tolerant. Green roofs in general help to absorb rainwater runoff and act as natural insulation – which therefore cools buildings in the summer and reduces heat loss in the winter. They also filter air pollutants and absorb carbon monoxide – improving air quality.

With a little imagination, every garden, no matter the size, can become greener, more sustainable and more welcoming to wildlife. Small spaces really can make a big impact.

 secret_garden_web

 secretgardenlandscape

 secretgardenweb

Ali



Sefton Park School Nursery

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Special Offer! Join us each week for our special **Waxing Wednesday** event, 11am to 4pm. Not only will you receive an excellent service, but when you book any waxing treatment

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What sets us apart? Our commitment to customer satisfaction and our focus on hygiene and safety. We understand that every client is unique, and we tailor our services to meet your individual needs. Whether you're looking for a quick touch-up or a full-body wax, our team is here to ensure a seamless experience.

So why wait? Take advantage of our Waxing Wednesday offer and experience the difference that 17 years of expertise can make.

Book your appointment today! Visit one of our local salons and let our experts guide you through your smooth waxing journey – perfect prep for those summer holidays. We look forward to welcoming you soon!

Visit skinandbeautyboxbristol.co.uk

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

Pilates with Sylvia

This autumn we continue our weekly **Pilates classes Thursday mornings @ Horfield Quaker Meeting House, Gloucester Road, BS7 8PD.**

As we move into a new season, it's natural to think about investing in our health and wellbeing – not as punishment, but as a holistic commitment heading into the darker months. Joseph Pilates put it well: *"Physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind, fully capable of naturally, easily and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure."* That's the goal at any age.

Autumn can get busy, and having a set weekly hour for Pilates helps us regulate and stay grounded amid the season's demands. Knowing that for that hour we can't answer the phone or emails – and returning to the mat each week – supports a more balanced lifestyle.

Pilates strengthens the muscles of the centre, improves posture and alignment, mobilises the joints, improves flexibility and connects us to our breath – all wonderful for wellbeing.

I teach in a mindful, fun way and love holding space for our community to grow, bringing enjoyment and hard work together. If you've never tried Pilates,

come join us in this fabulous venue – £5 taster pass available. All you need is a yoga mat and comfortable clothing.

The Quaker Meeting House is a beautiful, fully accessible building for prams, with a lovely, secluded garden where our postnatal group can enjoy a cup of tea after their session.

Pilates Mixed Ability @ 9.30am is for all abilities; come as you are from complete beginner through to intermediate, with adaptations offered.

Postnatal (Babies Welcome) @ 10.45am is for mums after their first postnatal check. We use the low impact, strengthening and mobilising movements of Pilates to aid you in your postnatal recovery.

For further information and to book, go to www.pilateswithsylvia.com
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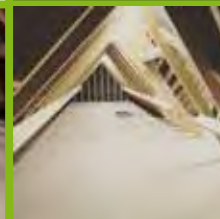
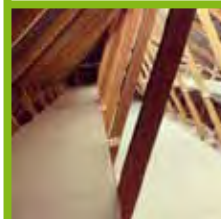
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The Listening Room

The Listening Room was set up by Chris Speller to provide a regular and special performance space for local performers (including himself) and a comfortable place for people to come along and listen to local talent. It has been running successfully for nearly a year.

Its mission is to encourage sharing of the power of words and music through providing a regular and nurturing local event space: Quieting the noise; connecting souls; inspiring people; fostering emotional connection.

Individual performances are generally a little longer than a typical open mic session and each evening's line-up is pre-arranged (so a little different to a typical open mic). For performers, original material is encouraged but interpretation of other's artist's work is equally welcome.

For non-performers it is an opportunity to dip into,

and potentially join in with, a varied line-up of performances that might otherwise be difficult to come across. For both, it is an opportunity to share unique experiences of creative expression.

The Listening Room takes place 7-10pm on the third Wednesday of the month at The Lazy Dog, Ashley Down Road, in a cabaret style, with good food and drink available. Diversity of musical genre and performer style is actively cultivated. It is free and un-ticketed. *Please note it takes place in an upstairs room where there is unfortunately no wheelchair access* Next event 16 September. Interested in performing at future events? Please contact Chris at chrisspeller1@gmail.com

Scan the QR code for up-to-date information about the evenings or visit: headfirstbristol.co.uk/checkout/the-listening-room.



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Our magical folk nights will delight and put a smile on your face

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We are back this autumn with an amazing array of performers for our fab evenings of song and friendship in our intimate club venue. All welcome, old and new faces, beginners or experienced! Don't be shy – come and take the plunge.

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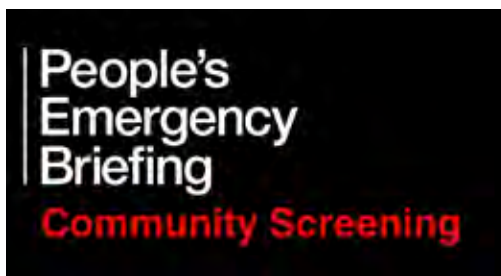
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**Wednesdays 9 Sept, 14 Oct, 11 Nov, 9 Dec,
7.15pm Doors open for a 7.30pm start.**

at St Andrews Bowls Club, Derby Rd, BS7 9AQ

Please note: venue is upstairs. Stair lift available: please let us know if you'd like to use it.

News from the Friends of Bishopston Library



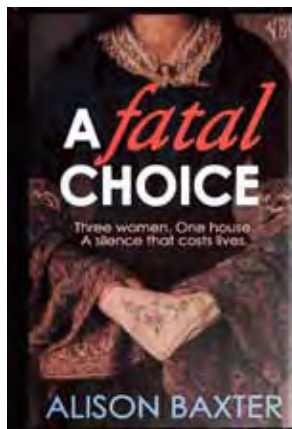
Our memories of this summer are dominated by relentless heat, drought, the gradual browning of gardens and fields and the devastating effects of fires. Strong reminders, if any were needed, of climate change and its impact on our planet. It is easy to feel helpless in the face of such overwhelming harm. But perhaps there are things we **can** do, individually and together, that will make a difference.

If you're keen to be part of tackling climate change, come along to Bishopston Library on Saturday 12 September for a free screening of The People's Emergency Briefing. This is an eye-opening film featuring nine leading UK scientists and experts outlining the impact of the climate and nature crisis on our lives. The 50-minute documentary includes an introduction by Chris Packham who backs the important film.

Following the film we will hear briefly from some local experts, then in small groups discuss our responses to the film and think about actions we can take in our own homes, locally and nationally.

Doors open at 6.00pm and the film starts at 6.20pm. There will be a cash bar selling wine, beer and soft drinks. **Please book your FREE ticket on Eventbrite** https://Bishopston_Library_Peoples_Emergency_Briefing.eventbrite.co.uk

On Thursday evening, 1 October, Alison Baxter will be talking about her recently published historical novel, *A Fatal Choice*, which came about through research into her family history. It opens at the Cumberland Basin in 1859, when the heroine is about to board a steamer and meet her future husband. By the 1860s they're living in the Redland area of Bristol, where a tragic event takes place. They later move to Portishead and the main drama unfolds. Look out for further information and tickets on Eventbrite shortly.



The Friends of Bishopston Library have offered a wide selection of events over the past year. If you would like to find out more about the group, or may be interested in helping organise future events, then **please join us on 10 September at 6.00pm for our AGM.** It will be a brief meeting on zoom, and will offer an update on our activities and a financial statement, as well as electing group members. Everyone on our mailing list has been notified; anyone else is welcome to attend; **please email** friends.of.bishopston.library@gmail.com to be sent the zoom link.

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

Bishopston Library, Gloucester Road, BS7 8BN.

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Refocus Hypnotherapy with Emily Richardson

As September arrives, many of us return to busy routines, balancing work, family and everyday responsibilities. It's the perfect time to pause, reset and prioritise your wellbeing.

I offer Solution Focused Hypnotherapy and Hypnobirthing in a warm, supportive environment, helping people feel calmer, more confident and better equipped to navigate life's challenges.

Solution Focused Hypnotherapy is a gentle, evidence-informed approach for adults and children that combines positive psychotherapy with relaxing hypnosis. It can help with stress, anxiety, low mood, overwhelm, confidence, sleep difficulties and many other issues by focusing on where you want to be, rather than what's holding you back.

If you're expecting a baby, **Mindful Mamma Hypnobirthing sessions** will help you prepare

for birth with knowledge, confidence and practical relaxation techniques. Understanding how your brain and body work together can help reduce fear, encourage relaxation and support the release of oxytocin, helping you approach birth feeling calm and empowered.

I work with clients 1:1, offering personalised support tailored to your individual needs, as well as small group Hypnobirthing courses, providing a relaxed and friendly space to learn alongside other expectant parents.

Alongside my therapy sessions, I also run **relaxation sessions at Bloom Yoga and Westbury Wildlife Park**; combining intention setting, gentle breathwork and a deeply relaxing hypnotherapy trance. These sessions are open to anyone looking to slow down, reconnect and leave feeling refreshed.

Join me every other Sunday for **online Sunday Sessions**; 45 minutes of relaxation to prepare you for the week ahead. **Next sessions are 6 and 20 September, 7.45pm.**



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)

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!

Counselling for Adults and Young People

Helen Papworth



Sometimes, life can feel difficult or maybe even overwhelming and speaking to somebody from outside of your family and friends can give you a different perspective, an opportunity to view things differently and perhaps to speak more openly.

I am a qualified counsellor and work with both adults and young people – I have an additional qualification in Counselling Children and Young People. I am a member of the NCPS (National Counselling and Psychotherapy Society) and have a DBS safeguarding check. I also counsel for a local charity.

I provide clients with a confidential, safe, warm empathic space in my private counselling room where you are listened to, heard and fully accepted without judgement. You, the client, are the expert on your own life, we will work at your pace, you choose what you would like to bring to your sessions, the agenda is yours.

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

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

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

Keep fit with Dance Moves

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

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

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

Ardagh Community Sauna: September News



The Ardagh Community Sauna was created with our local community at its centre. It is affordable, welcoming and open to everyone, whether you are a seasoned sauna goer or simply curious to try something new. We hold social sessions, quieter sessions, women's sessions, Sound Baths, Vasta sessions, private bookings and special events combining sauna with music, sound, movement and wellbeing.

We like to think that what makes the space special is not just the sauna itself, but the atmosphere around it. With our neighbourhood at its heart, it is a space where strangers become familiar faces, where people come to recover after exercise, reset after work, celebrate with friends or simply take an hour for themselves.

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

Sauna sessions cost £10 for 60 minutes. You and your friends are welcome to stay and chill, sunbathe, bring a book or play some board games after. Monthly memberships are available from £35 per month.

Opening hours

Monday – Thursday: 3–9pm

Friday – Sunday: 10am–9pm

At the heart of the retreat sits a beautiful 16-person wood-fired sauna, surrounded by cold showers, plunge pools, changing facilities, a calm relaxation area, and a non-alcoholic bar.

Sauna Medicine

**Saturday 5 September
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.

Sophie's Sound Garden

**Thursday 24 September
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.

Private bookings and celebrations

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

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

Email: info@ardaghcommunitysauna.org

Book online: ardaghcommunitysauna.org

Walk-ups are always welcome, and we accept card and cash 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

Phew, what a hot and busy summer it's been at The Ardagh! We've loved welcoming the community to a whole host of events, popups and activities. From the fun of our Midsummer Party and free play sessions with Bristol Children's Scrapstore for National Playday, to sensory garden workshops, plant nursery sessions and so much more. And we're not done yet as September is already shaping up to be an exciting month.

Community Dog Show

Back by popular demand, our brilliant team of volunteers are hosting another Community Dog Show on **Saturday 5 September, 2–4pm**. Registration opens at 12.30pm, with a variety of categories to choose from – perhaps Fastest Bonio Eater or Best Trick? Entries are £2 per category, check posters on site and online for the full list. Expect fun, laughter and plenty of wagging tails!

Get Growing Trail 2026

We're delighted to be part of Bristol's Get Growing Trail 2026 on **Saturday 12 September**. Join us for a behind the scenes tour of our plant nursery and gardens from 10am to 2pm and pick up top tips

from our fantastic gardening team. Discover how we create our own compost for strong, healthy plants, when to 'pot on', and the best spots for those trickier varieties. Don't forget that our plant nursery is open every Saturday from 10am to 2pm with a wide range of plants available, and daily plant sales outside the café.

Food & Craft Market

Also on **Saturday 12 September**, from 10am to 3pm, our monthly market returns with a wonderful mix of artisan crafts and delicious local food. Stay for lunch from one of our street food traders and enjoy the relaxed atmosphere, complete with performances from local musicians and singers. There's always something new to discover.

Foodie Fridays & Saturday Popups

Foodie Fridays continue into September, 4–8pm, with some exciting new faces coming to The Ardagh. Introducing Jaws, Sri Licious, Bahn Wagon and Fat Rice. We're also planning occasional Saturday popups, so keep an eye on our A boards on site and our online posts for updates. Enjoy an easy-going start to your weekend with great food, a drink from the bar and time to chat with friends and family.

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

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

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

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

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

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

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



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Support local flooring showrooms — they're worth every penny

by John De Pedro-Sewell, MD Conran Carpets Ltd, Gloucester Road

★★★★★ 'Highest rated flooring company in Bristol' ★★★★★

Dear local reader,

We are a well-established third-generation local flooring company that specialises in Luxury Vinyl Tile, carpets and other types of flooring. In recent years, I have noticed an ever-growing trend of customers approaching me to fix their floors.

They had made the mistake of buying a complicated floor, such as herringbone Luxury Vinyl Tile from a non-reputable supplier, out of the back of van or from someone they found online. The quote provided seemed too good to be true and more often than not, it turns out it was! Doing things the correct way costs money; if you cut corners, you can charge less. But at what cost?! Flooring failing in just a year — gaps, water ingress, lumps, tiles lifting... all now needing to be fixed. Which means the whole floor needs to be uplifted, the subfloors' preparation screed latex meticulously scraped up to start again. The £1,500 people thought they were saving has now cost them £5,000, with the person they purchased the flooring from long gone!

Gloucester Road has a vast array of independent shops full of people with excellent product knowledge and experience. Shops that offer real guarantees. Shops that employ local people who in turn spend their money in local shops.

When BBC News Night presenter, Faisal Islam, came in to interview me after we were given the title of 'Highest rated flooring company in Bristol', he was interested to learn that Gloucester Road is the longest road in Europe with independent shops.

If you have any flooring requirements, you are spoilt for local choice. You have Lees Carpets opposite the Wellington Pub (who do a cracking Sunday roast) — a carpet shop that has been there as long as I can remember! Further up on Filton Ave, James Anthony flooring. Further down Gloucester Road, by Bishopston Hardware, there is Natural Born flooring, where Ross and his vast knowledge of flooring will be on hand to help, a little further down and you will find The Flooring Guide, where you will meet the lovely, eccentric Frank. Then of course, us here at Conran Carpets Ltd opposite Fed (the best artisan pastries out there), just up from Pearce's Hardware (where Michel and his wife can provide you with that specific metal bolt that no one else could find!). I am a third-generation flooring person; I work alongside my colleague, Jeff, who with 52 years in flooring is known in the trade as a 'flooring oracle'!

I guess what I'm trying to say is, when you think you are saving money by getting it cheaper from some transient person working from a van, then you

are taking a real risk. If you want your Gloucester Road to continue to thrive, then supporting your local business benefits everyone.

This is what you can enjoy and trust when you buy from your High Street flooring business.

- Safe in the knowledge the floor you buy is A grade
- Installation to the strictest manufacturer's specifications
- Flooring guaranteed by the manufacturer and fitting by the shop, backed up and implemented
- Fully insured and experienced qualified flooring technicians with a proven track record
- Somewhere to go back to if you have any queries regarding your new floor or want some more of the same floor for another area
- Safe in the knowledge your new floor isn't stolen or just leftovers from another job

It is well known in the flooring trade that any skilled, reliable flooring technician will be snapped up by a good shop. He or she will seek out employment by these established businesses because that is where all the guaranteed supply of work is.

I'm not saying all van dealers are like this, but some are. The problem is, you won't know until it's too late. Either way, Gloucester Road shops employ local people. We pay large business rates that, in turn, support the local community. Even our adverts in this little treasure of a local magazine you are holding is supporting another family-run business.

Most of the shops on Gloucester Road are small family-run businesses run by real people with real experience in our particular fields. Our children go to local schools and probably know some of your children. Mine do! ❤️

We genuinely value your custom. We are not massive, greedy corporate entities ready to swallow up any competition. We want all of us to succeed. In an ever-divided world, let's come together and make it happen. 🙌

I leave you with this: a long-standing customer once said to me after making the very mistake I mentioned earlier, "John, in my experience of flooring I've learnt this hard lesson, you can either have your floors done properly or cheaply." The irony being that having them done 'cheaply' is not, as it turns out, cheaper!





Bristol Buddhist Centre

The Bristol Buddhist Centre has been in its current location at 162 Gloucester Road (BS7 8NT) since 1997 and is run by a dedicated community of practising Buddhists

What do we offer?

Buddhism is traditionally described as a path founded on ethics, meditation and wisdom. A good way to start exploring this path is through one of our **6 week introductory courses** – the next one starts on **Monday 14 September at 7.30pm**, bookable through our website. Each session focuses partly on meditation, and partly on the Buddhist teachings

that enable meditation to become a real power for change in our lives and in the world. The course is open and friendly, with small group discussion and opportunities to take your experience deeper.

We also run **drop-in meditation sessions** on **Wednesday 5.45–7pm, or Thursday 1–2pm**, and a variety of other events and classes suitable for newcomers. For example, Bristol Young Buddhists (for under 35s) meets on the first Friday evening of the month, and there are arts events and festivals.

We communicate the Buddha's teachings in a way that is relevant to the modern world, drawing on practices that speak to our everyday lives. Everyone is welcome. We invite you to simply join us and find out if you are interested.

Open Day, 5 September

If you'd like to sample what goes on here, we warmly invite you to our Open Day on 5 September. Just drop in anytime – there will be talks in the morning and afternoon on Buddhism for Today; meditation; mindful movement; tea and cake and the opportunity to sit and talk to our team.

bristol-buddhist-centre.org



BE CURIOUS

Bristol Buddhist Centre OPEN DAY

Saturday 5 September • 10:00 - 5:30

10:30 & 2:00 • Meditation

12:00 & 3:30pm • Talk: *Buddhism For Today*

All day: Mindful movement • Craft activities for kids • Tea & cake!

DROP IN ANYTIME

162 Gloucester Road BS7 8NT • www.bristol-buddhist-centre.org

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Divine Ceremony

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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 reimagined**, 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

The Nature of Grief – a new drop in group at the Penny Brohn Centre, Pill, Bristol, BS20 0HH. Free sessions for adults who have lost a loved one to an incurable illness. **Tues, 25 Aug | 29 Sept, 1–2.30pm.**

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 & 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.

Thursday, 10 Sept | 8 Oct | 12 Nov, 6.45 – 9pm

St Werburghs' Death Cafe

Community Centre, Horley Road, BS2 9TJ.

Saturday, 26 Sept | 31 Oct | 28 Nov, 11.30–1.30pm

Arnos Vale Death Cafe

Spielman Cafe, Bath Road, BS4 3EW.

Sunday, 6 Sept | 15 Nov | 20 Dec, 2–4pm



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Barcan+Kirby

Barcan+Kirby launch divorce advice for farmers

Law firm Barcan+Kirby now offers divorce advice to farmers across England and Wales after members of their Family department received specialist training on the complex area of law.

Agricultural divorces involve legal complexities that general family solicitors often underestimate. A farm is simultaneously a home, a business, and sometimes, a family inheritance, and each of those dimensions is treated differently by the courts.

The department is excited to expand their area of expertise in divorce and is looking forward to helping more clients in need during a difficult time.

Partner and Head of the Family Department at Barcan+Kirby, Tom Powles, said: *"Farming divorces are unique, insofar as the way the assets are all intertwined. It is never straightforward and often highly emotive, given the farm will have often been in the family for generations. To be able to provide this specialised advice is something I am proud to say our firm can offer. Whether it is the departing spouse or the farmer themselves, we can provide detailed, pragmatic advice to assist in navigating the complex process that little bit easier."*



▲ Tom Powles, Partner and Head of Family department at Barcan+Kirby.

Barcan+Kirby's 2026 Community Fund winners announced

Barcan+Kirby's Community Fund winners have been selected. The Fund provides local not-for-profit organisations and/or charities funding to help better the community.

The firm gave away £5,000 of funding for organisations based in the postcodes around their five offices: BS1, BS3, BS7, BS15 and BS35. Here's more about their 2026 winners:

Ablaze (BS1) is a local, independent charity working across the West of England region to tackle inequality of opportunity for young people.

Bristol Daddin' (BS3) is a monthly Saturday morning children's (0–5) playgroup in Bristol.

FareShare South West (BS3) rescue quality surplus food that would otherwise go to waste and share it with charities and schools to bring health, dignity and joy to people from Gloucestershire to Cornwall.

Lockleaze Neighbourhood Trust (BS7) is a community hub for Lockleaze – a large estate mainly built in the 1950s and 60s, which now ranks as the fourth most diverse ward in Bristol.

Jessie May (BS15) provides specialist nursing care, at home, for children with life-limiting and life-threatening conditions.

The Music Train (BS15) provides live music during the day and welcomes people with learning disabilities and difficulties, disabled people, people living with dementia, autistic people, those experiencing mental health challenges and anyone seeking connection in a safe, welcoming space.

Brain Tumour Support (BS35) provides life-changing emotional and practical help for anyone affected by any type of brain tumour, patients, families, friends and carers, from the moment of diagnosis and for as long as support is needed.

Inspire Arts Trust (BS35) was formed in 2004 with the aim of releasing new creatives and inspiring fresh creativity. They run a bursary scheme to help local children in the community access performing arts classes who may otherwise not be able to attend due to financial or difficult circumstances.

Lucy Harttrup, Head of Marketing and Business Development at Barcan+Kirby, said: *"It's wonderful to bring the Barcan+Kirby Community Fund back to Bristol. Meeting the people behind these organisations and hearing about the incredible work taking place across the city is always inspiring. We're proud to support projects that make a real difference to the communities in which we work."*



▲ Lockleaze Neighbourhood Trust

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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

The 91st Bristol Cubs – showing the community they care



Care – we support others and take care of the world in which we live is one of the Cub Scouts core values and the 91st Bristol cubs have certainly been displaying this in supporting local hospital patients.

They held a sewing evening at which they made 21 wound drain bags for patients leaving hospital after breast cancer surgery. This was inspired by two group volunteers

having had breast cancer earlier this year. One of these volunteers needed a drain bag and was told none were available as they were only donated occasionally by one lone person. This sounded like a job for the Scouts, so a call went out for help. 21 bags were made at that initial Scout meeting and a further 70 followed, made by Scouts, parents and even a neighbour of an ex-Scout!

The 91 bags were handed over to the team at the Breast Care Centre in June and the Group have already heard from one very grateful patient who was cheered up by receiving a Scout-made bag.

In other news the Scouts have also been busy entering a contraption (with the Harbour Masters) in the Bristol Birdman competition plus camping,



91st Cubs presenting the drain bags to Bristol Breast Care Centre

geocaching and building birdboxes. The Cubs have been sailing, learning to cook on fires, making bird feeders and extracting DNA from fruit! The Beavers have set off indoor fireworks, grown cress, navigated around St Andrew's Park, and joined a district sleepover at AirHop.

Join us! The Group has a long waiting list and is always on the lookout for new adult volunteers to help us give these young people a fun and exciting experience while gaining skills for life. If you can support this important local group, please email: chair@91stbristol.org.uk or get in touch via visiting the website 91stbristol.org.uk.

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.

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Cotham School

Achievement - Diversity - Respect

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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.



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“ From transition to GCSEs, staff have been relentless in their **commitment to the young people** in their care, **pastorally and academically**. We appreciate Fairfield’s **incredible community spirit** and the **diversity and inclusion** it embodies.”

Parent

For Open Events, please visit
www.fairfield.excalibur.org.uk



News from Fairfield High School



L to R: Vice Principal Cashan Campbell, Director of Science & Computing Ayat Said, Careers Lead Kelly Thomas, Year 7 students and Principal Edel Cronin.



Katy with Fairfield pupils

Fairfield celebrates prestigious CyberFirst Gold Award

Fairfield High School is proud to announce it has been awarded the prestigious CyberFirst Gold Award, recognising its outstanding commitment to computing, cyber security education and inspiring the next generation of digital professionals.

As part of the successful application, evidence was gathered from across the school, showcasing the computing curriculum from Key Stage 3 through to GCSE, employer and university partnerships, cyber competitions, workshops, careers events and Fairfield's commitment to online safety and digital safeguarding.

The application also highlighted initiatives designed to encourage greater participation in computing, particularly among girls, including Code Divas, CyberFirst Girls and dedicated cyber careers events. Strong partnerships with organisations such as UWE, the University of Bristol, the Cyber Police Unit, employers and STEM Ambassadors further demonstrated the breadth of opportunities available to students.

Ayat Said, Director of Science & Computing at Fairfield High School, explains further: "Receiving the CyberFirst Gold Award is a real honour. This achievement is a testament to the incredible work and dedication of everyone in our school. Every member of staff plays a part in creating the opportunities our young people deserve, and I feel incredibly privileged to work alongside such supportive colleagues."

A representative from CyberFirst, who presented the award, praised the school's achievement, explaining that there are currently more cyber security jobs available than there are people entering the profession. They described the Gold Award as a significant achievement, recognising exceptional teaching, strong careers provision and excellent links with universities.

Fairfield's Katy selected for national teaching campaign

Congratulations are in order for Katy Tyrrell, a Science Teacher at Fairfield High School, who has been selected to feature in the Department for Education's latest national campaign promoting teaching as a career.

After hearing about the opportunity from a friend, Katy successfully progressed through rounds of auditions, including one online and one in London, before being chosen as one of just 11 teachers to take part in the campaign.

Filmed over two days in a London school, the campaign has now officially launched. As a result, posters featuring Katy are appearing across the UK, including on the London Underground, with accompanying video adverts running on platforms such as Instagram and YouTube.

Reflecting on the experience, Katy comments: "It was really fun and has got me in contact with the Department of Education advertising team in the hopes of partaking in more campaigns."

Edel Cronin, Principal at Fairfield High School, concludes: "It's a fantastic achievement to be selected for a national campaign and a wonderful opportunity to showcase the passion and professionalism of teachers. We're delighted to see Katy represent both Fairfield and Excalibur so positively on a national stage."



Katy featuring in the latest national campaign promoting teaching as a career

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BY MAURO FAZION



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Why not join the Kelvin Players this autumn?

So, you've always fancied going on stage, but never quite plucked up the courage. Maybe what you need is a friendly and supportive environment? A local club in the heart of Bishopston where creativity meets sociability? From our base on Gloucester Road at the top end of the incline known colloquially as Pigsty Hill, we are Kelvin Players.

We run our own studio theatre, where we produce five full-scale shows a year. Or why not put a toe in the water with one of our smaller-scale 'black-box' productions, or a play-in-a-day show, or an open-mic scratch night?

And if acting is not your thing, come join our backstage creative teams who make our productions so special through costume, props, lighting, sound and set construction. All ranges of skills are welcome: if you want to have a go, we will teach you how.

You can join the membership via a simple online form, where you will be asked what areas of theatre you are interested in. From there, we run regular 'new member' evenings to break the ice. Or just turn up and watch some shows to get a feel for what we do (but don't leave it too late – we usually sell out).

The range of theatre we do is very broad – from

Shakespeare to experimental new writing. In our current season so far, we've done an intense family drama, a surreal story of King Arthur in WWII and a stage version of the classic film *Brassed Off* in conjunction with Filton Concert Brass. Next up is 'The Rabbit and the Rain' a family-friendly, member-written fable about feelings, friends, and community – it would be lovely to see you there.

And alongside this we are in fundraising mode as we approach an incredible 100th Anniversary in 2029 – what suggestions do you have for our 100th year? We'd love to hear from you and get you involved. Check our website and sign up at, www.kelvinplayers.co.uk.

Chris Thomas

Chair – Kelvin Players



**TRINITY ACADEMY**

TRINITY ACADEMY OPEN EVENTS

OPEN EVENINGS

Y7: Tuesday 22nd September 2026 / Post16: Tuesday 20th October 2026



To find out more visit
www.trinity.amplifiededucation.co.uk



Ofsted Overall: Good
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Leadership & Management: Outstanding

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Don't forget to mention Bishopston Matters when replying to ads!

Donation levels – There has been a lot in the press over the summer about donations to food banks being down, and the impact this is having on the families who depend on them. We are fortunate to have a good number of loyal donors who regularly contribute to their local street collection or financially but inevitably, over time, as people move away from the area, we have noticed the numbers dropping a bit; at the same time, unfortunately, the need for food keeps rising, as do food costs. For that reason, some of our street collectors are going to be spreading the word about FFA and delivering leaflets in their local area: if one drops through your letterbox (a leaflet, not a collector), please take a moment to have a read and consider whether you could start making donations: all the details you need will be on it.

What else you can do to help – If you are thinking about donating but don't receive a leaflet, take a look on our website under 'How you can help' and click on the street donation option: this will take you to a handy map showing where your nearest collection point is. You can then contact us via the website and we will put you in touch with the collector. If there isn't a street collection point near you, you might want to think about setting one up: again, please contact us and we can put you in touch with an established street collector who can talk you through what's involved and how to go about it. If those options don't appeal but you would still like to help, we gladly accept donations of groceries on Tuesday mornings at The Ardagh, and financial donations are always very welcome! We use the money to buy the dairy provisions, as well as supplementary fruit, veg and meat for our Partners.

Allotments – In response to our request for surplus allotment produce, we have been inundated with an amazing array of fresh fruits, vegetables and salad leaves: the care taken to grow them is obvious, and our Partners have been so grateful for such top-quality locally grown food. A huge thank you goes out to everyone who has contributed so far, and please bear us in mind when you are wondering what to do with any autumn gluts.

Playtime – We visited the Vench at the start of the school holidays, to catch up with how things were going. FFA tries to keep them supplied with



healthy snacks for the children to eat when they visit, and the holidays increase the demand. Their summer activities were already in full swing and they reported that the previous day the children had been fed entirely from FFA donations: fresh and dried fruit and breadsticks as snacks then, for lunch, baked potatoes with cheesy beans followed by a choice of freshly baked banana loaf or banana and yoghurt. The Vench wanted to pass on how grateful they are for FFA's support, as it means that they can help so many more children and families than would otherwise be the case; judging by the noise coming from the playground, the children were still very much appreciating the donations!

Market – A date for your diary: on Saturday 12 September we will be holding a stall at The Ardagh Food and Craft Market, so do come along and see us. We will have a team of our friendly Volunteers to chat with you about the work that FFA does, and to answer any questions you might have about how you could support us. We will also be holding a Tombola to raise some funds, and it would be lovely to see you there.

To access our website, please use the QR code below, or visit

familyfoodaction.org.uk



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, Julianne, on 07999 865393.



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Treatments last 15–20 minutes and courses range from 4 to 10 sessions (2–3 times weekly) depending on the diagnosis.



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 facial 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.



MBST UK is the official regenerative Partner for Bath Rugby. Not only is this leading to dramatic increases in the speed of player rehabilitation and return to play, but it's allowing us to gather data and explore the full ability of this technology.

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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Why not offer a space to somebody who needs a place to live?

A local host shares her story

For several years now I have been hosting asylum seekers – two gentlemen and two ladies, some long stay, some short.

As I have a house with a loft extension and its own bathroom I thought, why not offer a space to somebody who needs a place to live? It's not just the physical space of the room, it's also about showing humanity and compassion.

Many asylum seekers find that their first asylum claim is refused by the Home Office. Once refused, they lose their statutory accommodation and subsistence support and become homeless with no recourse to public funds.

All 'guests' are referred to Bristol Hospitality Network (BHN) via Bristol Refugee Rights (BRR). The referral comes with good information about their history, health and asylum claim progress. BHN spends some weeks getting to know them at their weekly drop-in to get a feel for who they are and whether hosting would be suitable for them and by matching the 'guest' with a suitable host.

So, if you're thinking about hosting but feel unsure – asking questions like.... How will it work? Will we get on? Do I need to cook for them? – then be assured that none of those things will be a problem – BHN will put your mind at ease.

Want to do something positive?

Do you have a spare room?

Join our hosting community!

- Host for short term (3 weeks, 3 months, 6 months...) or longer - whatever suits
- Get regular support from BHN and your peer hosts

"It's been a great experience. Offering safety & privacy, and in return reaping great intercultural connections."
BHN host

"It was the right place, at the right time, with the right people."
BHN guest

Bristol Hospitality Network supports asylum seekers and we always need more hosts

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Scorched earth and a plague of grubs – all change for Apple Day



Fifty hot and rainless days. Every tree, and every living thing in Horfield Organic Community Orchard (HOCO) is in distress – including us. Every one of our trees has been afflicted by moth grubs – affecting almost all the fruit. We have never experienced devastation on this scale before. Even if rains return, it will be too late for this year's crop of fruit.

The picture at midsummer was full of hope. A good fruit set, spread across most of our trees, was testimony to years of good pruning, mulching and other acts of care. These combined actions had shifted the trees away from the habit of fruiting every other year. In previous even-numbered years, most of our trees bore few fruits, or none at all,

because too much fruit had been borne the year before. Readers may have noticed this pattern with their trees.

Every October we look forward to welcoming hundreds of visitors to celebrate the orchard, the harvest, and Apple Day. Sadly, this year, we won't even be able to salvage enough fruit for our much-loved Tasting Table. Clearly, carrying on as if nothing has changed is no longer an option.

Sunday 18 October, 2026. Please put this date in your diary! Orchard members and supporters are a resilient and creative bunch. It's too early to say for sure how this year's heartbreak will be reshaped into an inspiring community resilience event. We are sure some good can rise from the ashes. HOCO is open for new connections. Are you creating community-based action for climate and nature? Get in touch, c/o the website, if you are open to sharing your experience, knowledge, and skills for a fruitful future.

Horfield Organic Community Orchard, BS7 8JP
Fruitful Future: Climate & Nature Orchard Action event is Sunday 18 October.

More information: community-orchard.org.uk

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

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News from the Goldenhill Community Garden

Hi everyone,

Autumn is just around the corner so it'll be time for our **Harvest Fair!** Come along for a day of gentle fun, music, crafts and free kids' activities and don't miss Guess the Weight of our Massive Pumpkin! **Saturday 19 September, 1-4pm**, suggested donation £2 adults, £1 children – or just pay what you can.

As I'm writing this it has been another baking hot week. Oooof! What have all these heat waves meant for the community garden? Well, we're super grateful for the shade of our big new shelter to sit in for a tea break and the shade of our old shelter as a new potting shed. But also we can't get much work done on the really hot Wednesday volunteer days and the weeds in the paths have been running wild as the garden enters jungle mode. It means we've had to work hard to keep our afterschool kids and holiday club kids cool, but we're grateful that the big beautiful garden has lots of lovely trees that provide shade for them to play in. We're lucky to have a team of excellent volunteers watering to keep parts the garden green and gorgeous and the baking hot polytunnels watered. And there are benefits – we've grown and harvested our first ever okra, our watermelons were delicious and the cucumbers loved it!

Each unpredictable season brings new lessons for us gardeners and we just have to learn that things are different year on year. Especially with watering. This year we've watered more and mulched more and done more targeted watering into sunken pots by the roots but we normally rely on spring rains to get carrots and potatoes going and leave them to their own devices and this year these have really struggled.

So, things need more water but water is a finite resource. Our flood prone site has a shallow well so we can make the most of the wet ground. The solar pumps up water to our wheelie bin water storage system. Last year because

of the dry winter it had dried up by the end of May and we were back on the mains. This year's wetter winter and the early-summer massive downpours have kept it replenished until mid-July. For the future we're plotting to harvest rainwater over the winter off the new shelter roof into a 5,000-litre tank that's available on site. That should help us get through another dry year as well as cutting down how far we have to carry watering cans. Last year when we ran out of harvested rainwater on the far side of the site, we had to water our acid-loving blueberries with our alkali Bristol tap water. The drought-stressed blueberry bushes were furious and had dropped all their leaves before the end of August and we thought it might be the end of them. Though I'm happy to say they bounced back this year and have been lavished with love and are rewarding us with a fantastic crop.

We've got space in the autumn term of our Tuesday toddler group, 10-11.30am! This week we were making and floating boats, digging up spuds, and munching mulberries as well as the usual watering, digging, singing, chilling, climbing and driving. We take bookings by the term and the sessions are £8/£6 and we've a couple of spots for free as well. Book via <https://bookwhen.com/ghcgarden>.

Come and get involved any Wednesday 10am – 4pm; we're through the second set of gates just behind Horfield Prison. If you come at 12 or 2.30pm we'll show you round or just come when you can. No need to stay all day or come every week and we've always got a range of things to do including sit-down jobs and our toilet is wheelchair accessible.

See you in the garden!

Lucy

thegoldenhillcommunitygarden.com

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

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

Did you know lip licking and yawning could mean your dog is travel sick?

Horfield vets share little-known signs to watch for in your pet when you're planning a trip.

As one of the family, we often take our dogs with us when we travel on holiday or to visit friends. A local veterinary practice is urging local pet owners to be aware of the often-overlooked signs of car sickness in dogs – many of which are easy to miss.

While most people associate travel sickness with vomiting, veterinarians at Animal Health Centre at 358 Gloucester Road say more subtle behaviours – like lip licking, excessive yawning, restlessness or panting – can be early indicators that a dog is feeling unwell during a journey.

"These signs are often mistaken for excitement or nervous energy," says Debbie Coles, Practice Manager at Animal Health Centre. "But in many cases, they're actually early warning signs that a dog is experiencing motion sickness."

Travel sickness is particularly common in younger dogs, but it can affect pets of all ages. For many, it's linked to both motion and anxiety – meaning symptoms can begin even before the car starts



moving. Other signs to look out for include; drooling more than usual; whining or vocalising; refusing to get into the car; and sitting still or appearing withdrawn.

"If left unmanaged, travel sickness can worsen over time, with some dogs becoming increasingly reluctant to travel altogether," Debbie Coles adds.

Animal Health Centre recommends a number of simple steps to reduce the risk of travel sickness, including:

- Gradually building up journeys, starting with short drives
- Ensuring good ventilation in the car
- Avoiding large meals before travel; and,
- Using familiar bedding or toys for comfort.

In some cases, veterinary support may be needed. "There are effective treatments available, so if your dog shows signs of travel sickness, it's always worth speaking to your vet," says Debbie Coles.

With people increasingly opting for domestic holidays, and with more pet owners taking dogs on staycations or day trips, Animal Health Centre is encouraging owners to plan ahead – so both pets and people can enjoy stress-free travel.

"Recognising the early signs can make a huge difference," Debbie Cole says. "With the right approach, most dogs can learn to travel comfortably and confidently."

For more advice on travelling with your pet, visit www.csvets.com/health/travelling-with-your-pet. If you wish to consult with a vet or nurse over travelling with your pet, contact Animal Health Centre or visit www.csvets.com to book an appointment.

Animal Health Centre

"A passion for pet care"

- The AHC team have been providing expert, friendly and dedicated care since 2002
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- Modern surgical, x-ray and dentistry facilities

"Absolutely amazed by the service. Wonderful, knowledgeable people."



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News from Lockleaze Neighbourhood Trust



As we enter the autumn season, 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, macrame and chess all happening at the same time! All welcome.



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 now take place every week. Each walk leaves 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 on the third Monday of the month. **Meet at the Hub at 5pm – next sessions 21 September and 19 October.**

Really Wild Wednesdays volunteering has a timeslot of 4-7pm throughout September, 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:

9 September: Dovercourt Road Green Space.

16 September: Nash Drive Verges

19 September: Orpen Gardens & Coppers Green

23 September: Danby House & Morris Road

30 September: Blake Road and Linnell Close

7 October: Stanfield Close

14 October: Landseer Avenue & Thornycroft Close.

Buzz Community Garden Sessions

Grow food using permaculture methods, make space for local wildlife and of course meet new people. No experience is needed and refreshments will be available. **Sundays 1-3pm.**

Buzz Community Garden Get Growing Trail
Come on a free, edible adventure as part of Bristol Get Growing Trail on Sunday 13 September, 1-3pm.

Enjoy a treasure hunt around the garden focusing on edible plants, herbs, vegetables and pollinator-friendly species. Explore, and increase your growing knowledge! You can also get involved in our community gardening session: sowing seeds, planting bulbs, drinking tea, etc. All are welcome!

Buzz Community Garden is a hidden oasis behind Gainsborough Square, BS7 9XA. Enter off Bonnington Walk next to Hong Kong takeaway.

Contact 0117 914 1129, email: info@lockleazent.co.uk or visit: www.lockleazent.co.uk.

Moments of surprise, colour & joy in St Andrew's Park

Have you spotted the beautiful spring mosaic nestled under a lucky park bench in our much-loved St Andrew's Park? The Friends of St Andrew's Park (FOSAP) kicked off an exciting new public art initiative designed to bring moments of surprise, colour and joy to everyday park visits. The overarching concept 'Our park through the seasons' aims to build a unique artistic trail of mosaic artworks across the park over time.

The inaugural mosaic, centred around the theme of celebrating spring, was installed in late May. Crafted by talented local mosaic artist, Caroline Casswell, the artwork transformed from a painted concept into a rich, tactile piece depicting iconic spring blooms, including snowdrops, crocuses, daffodils and bold tulips rising through a vibrant wildflower meadow set against rolling hills and blue skies. Every single bloom was hand-cut and meticulously placed to capture the fresh energy of the season.

Led by FOSAP Vice Chair, Jonny Gibson, this project aims to highlight local talent while creating small, unexpected moments of discovery as people sit, pause and enjoy the green space.

Help Grow the Trail – With the spring mosaic now in place, FOSAP hopes to expand the project to cover all four seasons across different benches in the park. To bring the remaining installations to life, FOSAP is looking for local artists, sponsors and community members who share a passion for public art and green spaces. Whether you'd like to collaborate, sponsor a future bench, or simply find out more about the project, we'd love to hear from you!



Learn more and view progress: fosap.org/mosaic

Get involved / Enquiries: Contact Jonny Gibson (Vice Chair, FOSAP) Info@fosap.org

To stay in touch with park news, visit fosap.org or go to the Facebook group: **Friends of St Andrews Park**



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Horfield Baptist Church
Horfield Methodist Church
St Peter's Community Centre



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.



This fantastic local group meets weekly for some exercise, socialising, free

hot drink and to learn something new from their guest speaker. Everyone is invited and you will be sure of a warm welcome.

All of the meetings below run 10am – 12pm at The Seat Unique Stadium, Nevil Rd, BS7 9EJ.

2 September, Q & A with The Beaufort Boys
Local group of singers raising money for charity.

9 September, TBC

16 September, Q & A with Zaheer Abbas
Former Gloucestershire and Pakistan Cricketer.

23 September, Q & A with Darren Bicknell
Former Surrey and England Cricketer.

30 September, TBC

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



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

**Friday 4, 25 September &
2, 23, 30 October***

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 | www.horfieldbaptist.net

***Please note, meetings may be cancelled due to building works. Please contact office@horfieldbaptist.net for further information.**



News from SendaWelcome

Learning Disability Week brings Gloucester Road together – SENDaWelcome was delighted to celebrate Learning Disability Week in June with 14 activities and events across Gloucester Road, bringing together people with learning disabilities, local organisations and residents.

Highlights included a participant reading aloud in public for the very first time at our Creative Showcase, a community Wellbeing Walk led by one of our Action Group members, and an Accessible Streets Workshop with Avon and Somerset Police and Bristol City Council to explore how we can make our local area more inclusive.

There were far too many special moments to mention them all. From creative workshops and health activities to social events and new friendships. All organised by our disability-led action group, a truly inspiring group full of community spirit.

A huge thank you to all the local venues, volunteers and organisations who helped make the week such a success. Together, we created opportunities for people to build confidence, make new friends and feel part of their community.

Sponsor our Disability led Triathlon!

On 17 and 18 October 2026, SENDaWelcome will be taking on a triathlon to raise money for our community projects.

Please sponsor our team (scan the QR code featured) and help us continue creating opportunities for people with learning disabilities, autistic people and people with lived experience of disability to connect with others, develop new skills and create positive change in our community. If you see us on Gloucester Road, give us a cheer!



Sensory Walks – all welcome! Saturday 10 October and Saturday 14 November at 2pm at The Ardagh (Kellaway Ave, BS6 7YL). With more dates coming soon!

Inclusive Skittles – From 8 September come and join our inclusive Skittles at The Nev (2B Nevil Rd, BS7 9EQ) on Tuesdays, 5pm to 6pm.

Sensory Garden Workshop Days at The Ardagh

27, 28 and 29 October, 10am to 3pm at the Ardagh and always open on the second Saturday of the month, 10am to 3pm.

Find out more – Check our Eventbrite page for more free/low-cost, inclusive activities. We look forward to welcoming more local people to our events in the future.

Visit: www.sendawelcome.co.uk. Facebook: [@MyCommunityBristolPartners](https://www.facebook.com/MyCommunityBristolPartners)



SENDaWelcome

John Frost – Chartist

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 through 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.

Portrait of John Frost



▲ 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 15th September

Holy Trinity Horfield Graveyard

Andy Buchan

Tuesday 20th October

The Port of Bristol

Clive Burlton

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www.mattersmagazines.co.uk – 21 years in the community

Don't forget to mention Bishopston Matters when replying to ads!

News from Bishopston & Ashley Down & Redland Councillors

Bishopston & Ashley Down

Boundary review: have your say

The Local Government Boundary Commission for England is currently reviewing Bristol's council ward boundaries. These reviews happen roughly every ten years and are intended to make sure councillors represent similar numbers of electors, while also reflecting local communities and how neighbourhoods work in practice.

The second stage of the consultation is now open, with residents invited to comment on the proposed new ward boundaries, ward names and councillor numbers. Local knowledge really matters in this process, so we would encourage residents, community groups and local organisations to look at the proposals and make their views known before the consultation closes on Monday 7 September 2026.

You can find the Bristol review and respond online by searching for 'LGBCE Bristol review'.

Missed waste collections

We were very unhappy to see the return of multiple weeks of missed collections across the ward, and we really appreciate everyone who contacted us to raise this. We know how frustrating missed collections are, particularly during hot weather when waste can quickly become unpleasant and difficult to manage. Bristol Waste has advised that the problem was caused by the compounding effect of the heatwaves, which reduced the period of times that crews could work safely, alongside a shortage of qualified HGV drivers which limited the number of vehicles available. They have been working to rectify this, including by pausing garden waste collections so crews could focus on catching up with household waste and recycling.

We will continue to press for reliable collections and will keep reporting missed streets when residents let us know. If your street is still not being collected, please report all missed collections to Bristol Waste and let us know too.

The lighting petition for Concorde Way

It is your last chance to sign our petition for environmentally friendly lighting for the walking route between Muller Road and Ashley Down Station, as we will be presenting the petition this September. We have been blown away by the number of people who have got in touch about this, signed and shared the petition, with over 650 signatures already. If you haven't signed yet and wish to, you can sign by visiting: www.change.org/p/improve-street-lighting-on-concorde-way or click on the QR code featured above.



Share your views on food waste and composting

A PhD researcher from Brunel University London has contacted us to invite Bristol residents to take part in a short survey exploring how people think about food waste, soil and composting in everyday life. The questionnaire takes around 10 minutes to complete and is open to anyone aged 18 or over living in Bristol. No prior knowledge of composting is needed. The researcher hopes to hear from a wide range of people across the city so that the study reflects Bristol's diverse experiences and perspectives. If you'd like to take part, you can complete the survey at: https://businessschoolusers.fra1.qualtrics.com/jfe/form/SV_b4uH46ogZiiOhNQ. The study has received ethics approval from Brunel University London and participation is entirely voluntary.

The heatwave and cooling spaces

The recent heatwaves have also been a reminder that Bristol needs to adapt to hotter summers. Bristol City Council's 'Keep Bristol Cool' webpage includes advice on coping with hot weather and information about free places where people can cool down, with a focus on making cool spaces welcoming, safe, free and easy to access.

We would love to hear from any local venues, faith groups, community organisations, shops, cafés or public buildings in Bishopston that could help by registering or offering themselves as a cool space during periods of extreme heat. If you have somewhere with shade, seating, drinking water, accessible toilets, or simply a friendly welcome for people who need a break from the heat, please get in touch with us so we can help connect you with the council's work and share the offer with residents.

Cllr Emma Edwards, Green Party

cllr.emma.edwards@bristol.gov.uk

Councillor James Crawford, Green Party

cllr.james.crawford@bristol.gov.uk

Redland ward

Barbecues hazards

We hope reminders aren't needed for as long as dry weather continues but despite recent respite there are still hazards due to the tinder dry nature of many open spaces.

There have been worrying reports that despite warnings and news about wildfires people might still be tempted to use portable barbecues in the open. Please never rest a barbecue on the soil and please avoid any fires, flames, smoking or glass that could start a blaze. Never leave a hot barbecue untended. If at all possible don't use them in the open. We really do want to protect our precious open spaces and avoid damage.

Community speed watch

People often contact us with concerns about speeding in their streets. Fi and Martin recently met with local police officers to exchange recent policing-related issues in the ward and the officers reminded us that they are happy to support residents wishing to set up a community speed watch. This involves residents monitoring cars using a speed gun on the roadside and forwarding detail of any problems witnessed to the police. Although this won't lead to any formal action from the police, owners of speeding vehicles are sent a warning letter and it also helps the police to build a picture of where problems are occurring as they record details of what's observed. It's usually carried out on a regular basis such as the same time each week or two. Guidance of how to do this can be found on the Avon and Somerset police website. If you're struggling to find it, do let us know and we will try to help.

Proposed new ward boundaries

Electoral ward boundaries are reviewed every few years in line with the government requirement for numbers of electors per councillor to be balanced evenly around the city. A formal review by the Boundary Commission has been published and is out for consultation now. It says the growth in city electorate means the council should grow from 70 to 76 members, with wards having one, two or three councillors pro rata to the size of the electorate in the ward. Most ward boundaries within the city are likely to change. In our area the last change was 2016, but in future the existing Redland ward may disappear to create a new three-member Bishopston and Ashley Down ward to the east, and the other part could become a three-member Redland and Cotham ward in the west.



You can have your say via the Boundary Commission website until 7 September. Rest assured we'll keep serving the whole of the current ward until any changes that would start at the next election in 2028.

Youth Council priorities

At the city council meeting in July councillors were able to hear from several recently elected new Youth Council members. This was an important opportunity to hear from young people now engaged in raising their concerns and engaging with the political process. Their confidence and eloquence was an important lesson for the assembled councillors. We hear their concerns about safety and knife crime, the need for a fully inclusive and tolerant city, mental health stigma, and their wish for young people's voices to be heard and acted on. Thanks to all young people who engaged in their recent election and especially those who stood. We hope there will be practical collaboration as their term of office continues.

Redland Green needs TLC

Thanks to residents who've been in touch with concerns about conditions on Redland Green.

We're pursuing two matters. The zip line was closed due to concerns about deterioration of the timber and the risk this could be unsafe. Tests have been carried out and professional examination is underway to assess whether it is repairable or needs replacing. We're sorry this has taken some time but external specialists were needed. As soon as we have any news, we'll let resident know.

The other matter is the sighting of rats in the play area. We've taken this up with the play team and pest control and hope to have action on this soon due to health risks. ■

Fi Hance, Green Party

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

Martin Fodor, Green Party

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

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

Keeping the heart beating in our communities



A new defib recently installed at The Cat and Wheel on Cheltenham Road at the bottom of Cotham Brow by the Arches

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, Coldhabor 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)

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

One of the most significant advantages is the reduction in energy bills. Solar panels generate free electricity from daylight, allowing households to cut costs by up to 50–70% depending on system size and usage. In Bristol specifically, homeowners can save an estimated £800–£1,200 annually, making solar PV a strong long-term investment. Additionally, the UK's Smart Export Guarantee (SEG) enables users to earn money by selling excess electricity back to the grid, further improving returns.

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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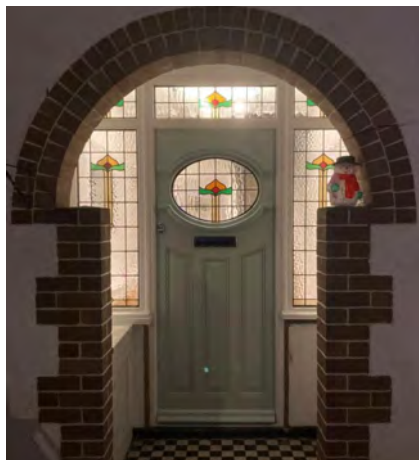
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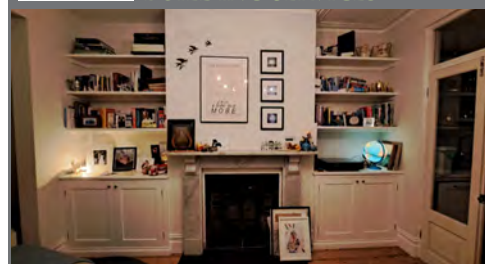
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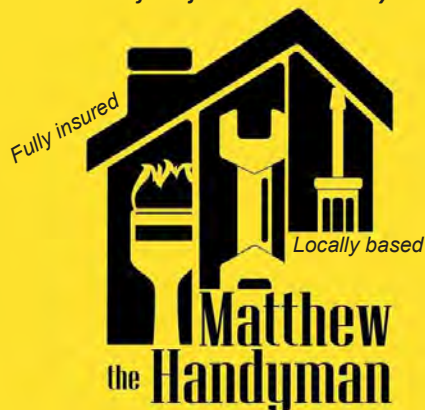
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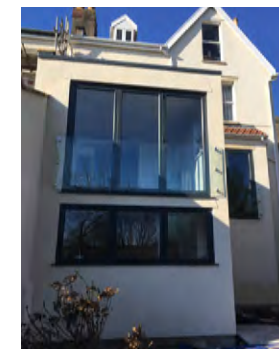
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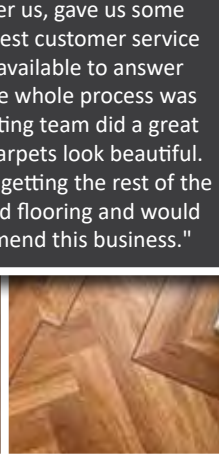
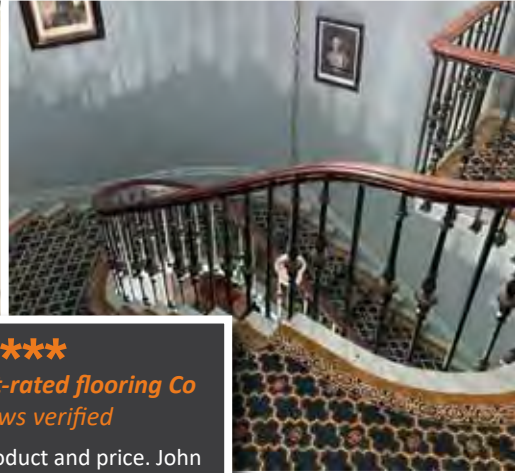
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