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Matters

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issue 201, Oct 2026



New recruits on patrol at Party in the Park!

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Dear Readers...

Much fun was had attending Party in the Park at Goldenhill Sports Ground this September; we are pleased to share some of the joy from the day!

The fabulous community venue, the Old Library, celebrated 10 years of community ownership recently with a wonderful party. Directors are now looking to secure a lease for the next 35 years.

There may be a distinct change in seasons but there is still plenty of activity and events to look forward to in our neighbourhood.

Horfield Organic Community Orchard invites you to their Apple Day on Sunday 18 October, which, after the drought this summer, takes on a different format this year; read more inside.

Halloween falls in half term this year and local venues have some spooky activities for you to join in. The Ardagh is preparing their Spooks and Ghouls Trail running throughout the week. Bristol Civil Service Sports Club (set back on Muller Rd)

invites families to their Fancy Dress Halloween Charity Fireworks Spooktacular on 31 October.

SendaWelcome shares feedback from their recent walk down Gloucester Road when they engaged with many local businesses on how they could become more accessible for all. They also have some great Sensory Garden Workshops and Walks taking place throughout the autumn.

I am delighted that in response to a BM article, a new Chief Lead Volunteer has been recruited for 63rd Scouts. It was great to meet him at their recent Cub Camp, where fifty plus young people led their best lives at Woodhouse Activity Centre.

We also 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.

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

Kerry x

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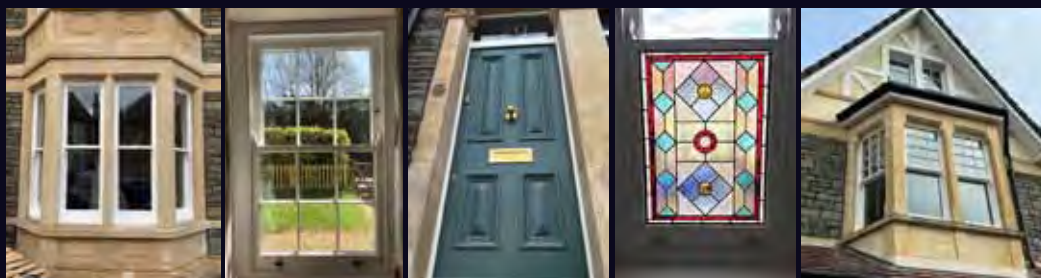


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LtoR: Previous Group Lead Volunteer Mike Evans pleased to pass the torch to Greg Martin



Another epic Cub Camp with the Bristol 63rds!

The first weekend in September saw fifty plus cubs from Bristol 63rd Scouting group embracing all the fun and activities laid on for them at Woodhouse Park Activity Centre. Thankfully, the sun shone and tents remained dry!

Small groups of enthusiastic Cubs toured round the centre throwing themselves into the many varied activities on offer – axe throwing, laser quest, go carting, air rifle shooting, tunnelling, dry ski slope doughnuting, archery, climbing to huge heights and many more!

What a wonderful way for kids to spend their weekend. It was amazing my youngest conquered his fear of heights with the support of one of his best friends, as they successfully tackled the crate stacking challenge, reaching 11 crates – the highest of the day!

While there it was great to meet new Group Lead Volunteer of 63rd's, Greg Martin. Some of you may remember the article we featured in *Bishopston Matters* asking for volunteers for this important role and I am delighted to say Greg read the piece in BM and applied. After celebrating his 70th birthday this year, 63rd legend, Mike Evans is pleased to be now handing over the torch and welcoming Greg into the role. Mike will still very much be an important part of the team but Greg will now take the lead of the local Scouting group, who inspire, educate and bring joy to over 300 young people each week!

I asked Greg what led him to apply for the role?

"An article about 63rd Bristol Scouts looking for a new Group Lead Volunteer appeared in an edition of *Bishopston Matters* and I was browsing through it at breakfast in the lead up to my retirement from the NHS. In the words of my other half 'I do not idle well' and so I knew I had to find something new to occupy my time and the role seemed to fit the bill perfectly. I find working with young people very fulfilling and the role was looking for skills I had built

up in my years in the NHS. So, I took the plunge and Mike, the existing Group Lead Volunteer, and the other trustees seemed to agree I was the kind of person they were looking for.

Greg went on to say, "It is early days and I am just finding my feet, meeting lots of people (and trying to remember all their names) and getting to grips with the complexities of the delivery of the large programme that is 63rd Bristol. I had the chance to attend the Cub adventure day at Woodhouse in the first few weeks of joining and it was a great reminder of why I have joined 63rd as a volunteer. The joy and enthusiasm shown by the kids as they threw themselves into activities, the hubbub of cake time and lunch and the pride and happiness of volunteers. It is special, and I am looking forward to fun and adventures in the future."

Further volunteers in all different capacities would be welcomed with open arms to this brilliant group (and others in the area). I thank the leaders and volunteers of all local Scouting groups: you are doing something amazing for young people and hopefully having fun in the process!

If you would like to find out more, please email:
volunteer@63rdbristolscouts.org.uk



North Bristol Arts Trail 25TH Anniversary Year 28-29 November 2026

The North Bristol Arts Trail 2026 marks its 25th anniversary with 110 artists and makers exhibiting at 56 venues across six Bristol neighbourhoods.

Studios, homes and exhibition spaces in Redland, Bishopston, Henleaze, St Andrews, Ashley and Horfield will open to the public from 10am to 5pm on both days.

Visitors can explore North Bristol through the eyes of its artists, discover original work, meet local creatives and buy directly from them. The free event will feature painting, printmaking, photography, ceramics, textiles, sculpture, jewellery and more, with pieces available across a wide range of styles and budgets.

With 56 venues to discover, visitors can create their own route through the neighbourhoods, find unique Christmas gifts and support Bristol's independent creative economy.

The anniversary marks an important milestone for

the volunteer-led event, which has grown through the commitment and enthusiasm of the city's creative community. This year's event will support Prodigal Arts, which helps ex-offenders reduce re-offending through positive creativity expression.

Caroline Casswell, Co-Chair of the volunteer committee, said: "Over 25 years, the trail has become a much-loved part of North Bristol's creative life. It gives artists and makers a platform while bringing communities together to discover and support independent talent. We expect this anniversary trail to be our biggest and most exciting yet."

Entry is free, making the North Bristol Arts Trail an accessible and inspiring weekend for art lovers, families and anyone keen to explore the city's creative talent.

northbristolartists.org.uk



Above left to right: Laurel Smart | Nancy Chambers | Caroline Casswell



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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Community Party in the Park 2026

I have visited Party in the Park in all different weathers but I am pleased to report the 2026 event, on Saturday 12 September, was dry with many appearances from the sun.

There was a great buzz around the field with all ages being entertained with live acts, demonstrations, stalls, rides and an excellent range of refreshments (my eldest particularly enjoyed his large wedge of homemade Victoria sponge).

It was lovely to chat with friends of *Bishopston Matters* on their stalls – The Friends of Horfield Common and Reco Spinal Care with Red Dragons Martial Arts giving a fab demo in the main arena.

I loved watching the parade of all the children who took part in sporting clubs at the ground, a great reminder of what proceeds from this event supports. Funds go directly towards running costs and facility improvements for the club's many football and cricket teams for all ages.

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, 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.

Bishopston Matters was pleased to sponsor the Horsey Hopper event, where for just 50p kids (and big kids) could enjoy bouncing down the race course with fun obstacles on route with the winner be awarded with a medal. Whoops of laughter and giggles prevailed.

We attended with friends for the afternoon and all felt the community love and said how brilliant it was to have events like this taking place on our doorstep.





Bristol Playgoers Club: Play-reading performances. Curtain up 7.30pm.

Tickets £6 cash/card on the door.

Tuesday 6 October: Two One Act plays: *Georgian* by Mary Komlosy and *In By The Half* by Jimmie Chinn. Nibbles will be served after these readings.

Tuesday 20 October: *The Diary of Anne Frank* by Frances Goodrich and Albert Hackett.

Tuesday 3 November: *Day of Reckoning* by Pam Valentine.

Tuesday 17 November: Guest Speaker: Local actor/musician *John Telfer*.

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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.

Partners Sam & Anthony



The Pavilion



Sri Lankan Head Chef Nuwan



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



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

A fitting celebration to mark 10 years of the Old Library community venue

10 years ago local residents formed a group to manage The Old Library building as a Community Asset. The 100% volunteer-led space celebrated this milestone with a fabulous summer party on Saturday 12 September.

The sun shone over the celebrations that saw local residents, volunteers and directors past and present having a joyful time together enjoying music, games and excellent refreshments.

Over the summer the outside of the community venue enjoyed a glorious makeover thanks to local artist, Vicky Clark, AKA Vikoi (vikoi.com).

When both of my boys were little, we spent many happy afternoons at this relaxed, welcoming venue. Refreshments to restore parents and good value food for the kids. The garden is a wonderful natural play space. We have also attended many whole-class birthday parties – the space works brilliantly for this. If you haven't yet visited, do get along to Basil's Cafe or perhaps join in with one of their regular groups. This a space with something for all ages.

Regular events at The Old Library

Basil's Community Cafe – Monday, Thursday & Friday, 9.00am– 3.00pm. With **DJ Jazzy Jim** entertaining the kids every **Friday at 1pm** with his disco.

Climate Literature Book Club – First Tuesday of the month, 7–9pm. Teas & coffees available. 6 Oct, Michael Christie's *Greenwood*. 3 Nov, Wu Ming-Yi's *The Man with the Compound Eyes*.

Board Game Night – Every second Tuesday, 7.30pm. Teas & coffees available (donations welcome).

Quiz Night – Every third Tuesday of the month. Doors open at 7pm, quiz starts at 7.30pm. £2 per person. BYOB & Food. Come as part of a team or come alone and join our friendly regulars.

Repair Cafe – every second Saturday of the month. 10.30am – 12pm. Free repairs of electrical items, clothes, jewellery and more! Free; donations welcome.

If you have an idea for an activity, please do get in touch with The Old Library: hello@theoldlibrary.org.uk. If you would like to hire the space for parties or events email: hire@theoldlibrary.org.uk.

theoldlibrary.org.uk



Old Library directors and core volunteers



Steve England entertaining with his wildlife knowledge



DJ Jazzy Jim with some young rock stars in the making!



Storytale Festival

Chapter 7 of Bristol's Storytale Festival will take place on Saturday 24 and Sunday 25 October 2026 at We The Curious.

On the theme of perseverance, the two days will be packed with engaging and interactive events for children, teens and families with a diverse and exciting lineup of authors, illustrators and creatives from the local area and beyond.

The Saturday starts with a special storytelling session with Laura Henry-Allain MBE that will be followed by wildlife filmmaker, Sam Hume, sharing his *Dangerous Animals Survival Guide*. On the Sunday award-winning Bristol author and illustrator Yasmeen Ismail will delight children with a snappy craft and story activity, while middle-grade author Gita Ralleigh will take children on an island adventure.

From magical animal tales from Africa and Europe with Marcus Fagon and sensory storytelling with Cassandra Wye, to plotting the perfect crime with Moniza Hossain and a world-building creative workshop with Asmaa Jama, this year's Storytale Festival will focus on creativity, imagination and the power of perseverance.

The full programme of events, more information and details about how to book can be found at www.storytalesfestival.com

Facebook: [storytalesfest](https://www.facebook.com/storytalesfest) | Instagram: [storytalesfest](https://www.instagram.com/storytalesfest)

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News from the Friends of Horfield Common



As we (slowly) ease into autumn, this is the prime time for the Friends to be getting to work on the Common! We'll be digging out the Lower Common Pond, clearing the ditches along the Common to allow the water to flow better, and we will be starting our dead-hedging fences in earnest. Keep an eye on www.friendsofhorfieldcommon.co.uk/whats-on for details on joining in!

Our Monthly Litter Picks are always fun, but we had an extra spring in our step after Bristol Waste has kindly provided us with a new set of equipment – our grabbers get a lot of use and you'd be surprised how quickly they wear out! Come and try them out yourself, the last Saturday of every month. In particular, do you use Horfield Leisure Centre and want a bit more exercise? We find that the area nearby has the highest concentration of litter, due to being next to the main road – we'd love your help tidying it up!

We've just concluded our summer **'Talks on the Common'** series of educational walks with the final 'Bat Walk with Steve England' for the year. It's been fantastic exploring the plants, animals and history of Horfield Common together – there's so much life at the Common and it's so important to be able to take the time to discover and appreciate it. We'd like to thank Steve, Eric Swithinbank, Andy Buchan, our dedicated Friends for organising, and everyone who joined us for these wonderful events! Let us know what you'd like to see more of next year – there's always more to learn!

The recent work to excavate the centre of **New Quab pond**, to increase its water-holding capacity by reaching its natural summer-low water table, has been a great success. Even with the prolonged arid conditions, water was hit and a great variety of insects have been attracted to the fresh exposure, including Common Darter dragonflies! We know the pond appears empty, but its goal is to be a natural ephemeral pond and develop naturally. We're sure there are good intentions behind it, but please don't introduce duckweed/other plants into the pond as this risks disrupting it and spreading disease.

You can read more about our projects on our blog page at friendsofhorfieldcommon.co.uk.






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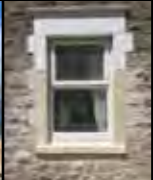
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Looking for the puuurfect person to buy Roxfords Pet Shop

After twenty-seven glorious years of running this much-loved pet shop in the heart of Gloucester Road, Sarah and Michael (age 79!) are looking to enjoy a well-earned retirement together, with their pride and joy, Duke the St Bernard.

When I met with Sarah and Michael recently, they explained they aren't just looking to sell the shop, they would deeply love to find the right people who will bring their own ideas and passion to the business but who will keep the shop open as a pet shop, which serves a wide number of both two- and four-legged members of the community. "We are in search of buyers who will be hands on and enjoy working at the shop as we have."

They went on to say, "If you love animals, you will never do a day's work again running Roxfords, it has been a joy. Everyone who walks through the door adores animals, and many of those who walk through the door are animals! We know all the local dogs by name that pop in for their much-anticipated treats while their owners' shop. It's a privilege to share in people's journey with their pets; we share in the joy of a puppy to the heart break of a loss."

My own dog Monty starts dragging me to Roxfords from a hundred metres in any direction! And, as for my eighty-eight-year-old mum, Michael delivering bags of dog and cat food with all manner of treats and toys has enabled her to keep her independence.

Sarah and Michael shared, "The moment we walked through these doors twenty-seven years ago, we knew we were going to buy it and we have never looked back! We feel this is wonderful opportunity for someone else to now have and experience the joys this business can bring."

If you are interested in buying Roxfords or finding out more, please call 01386 725221 or email: essgeebie@btinternet.com.



"If you love animals you will never do a day's work again running Roxfords, it has been a joy."






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110 years of the WI and still plenty of creativity!

On 16 September, the Women's Institute movement celebrated an amazing 110 years. To mark the occasion, the National Federation of Women's Institutes (NFWI) invited members to wear purple – one of the colours adopted by the suffragettes' Women's Social and Political Union, representing dignity, freedom and loyalty.

Lots of our members wore purple to honour these values at our September meeting. Purple is also said to represent creativity in colour therapy, which we celebrated by making Mod Podge bowls, decorated with scraps of leftover fabric. Some pieces came from children's pyjamas and even old face masks from the Covid years.

Together, they created a wonderful patchwork of our lives, layered on top of each other. And, of course, purple featured heavily!

If you've ever wondered what Gloucester Road WI is all about, October is the perfect month to come along. Our Annual General Meeting will give you a glimpse of what we've been up to over the past year, including a short review of our activities and a look at the accounts. It's also an exciting time for the committee, with a new team stepping up to bring fresh ideas and enthusiasm.

But WI is certainly not all work and no play! After the brief AGM, we'll hear about the story of Ancient Egypt told through a collection of artefacts. Ali Ball, who has an MA in Egyptology and is a committee member of the Egypt Society of Bristol, will bring along items from her own collection for us to explore. As well as being an Egyptologist, Ali is a primary school teacher, so we're expecting a lively and accessible evening. The meeting will be held on **Tuesday 20 October at 8pm** (doors open 7.45pm) at St Bonaventure's Parish Hall, Friary Road, BS7 8AF. **Come along and discover what Gloucester Road WI is all about – we'd love to meet you!** www.gloucesterroadwi.org.

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.

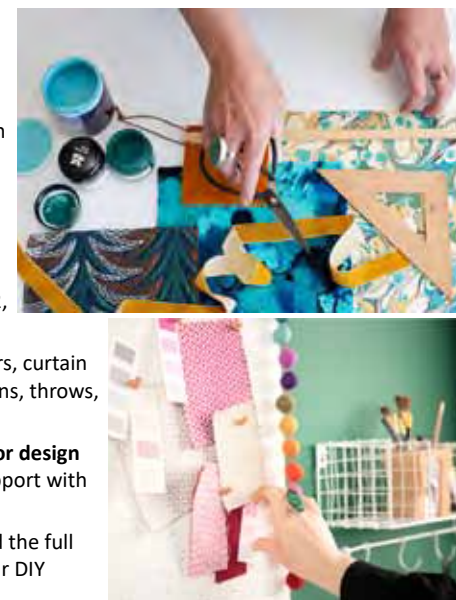
In this **miniature department store** you'll find designer wallpapers, curtain and upholstery fabrics, tiles, eco-paints, vintage furniture, cushions, throws, original art and prints, plus non-toxic and sustainable candles.

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.



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by Matt C ★★★★★

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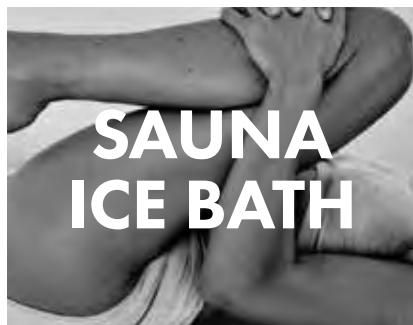
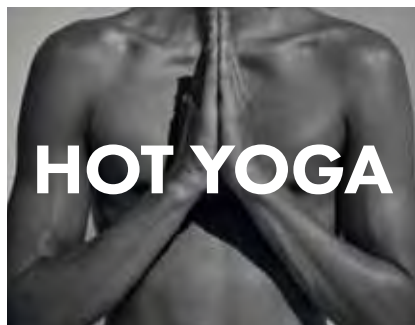
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Movement & Wellness

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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Movement & Recovery

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, 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.

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Learning with the right attitude

At the start of September, I taught a class to everyone that finished with an incredibly difficult combination; I could tell you what it is but reading it would exhaust you and I want you to read all of this!

So, every class, regardless of age finished with a frankly ludicrous combination and my wonderful students did an incredible thing. Not one of them said that they couldn't do it. No one at all. The combination involves two kicks, a jump and there is also a spin in there – see, it's a lot.

So, I pointed out the fact that every single person tried. No one complained. Lots of people failed (everyone at one point got it wrong) but the great thing was they all failed in the right direction. They analysed and adjusted and made improvements. I made it clear to all the children that the mind set they displayed was what they need in school every day. Failing in a positive direction. This will help all of them have a positive and productive year.

We are currently taking new members.
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Sensei Lloyd



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nexuspharmacygroup.co.uk

Nexus now on Filton Avenue



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.

To find out more, visit us at: Horfield Pharmacy (Nexus), 508 Filton Avenue, Horfield, Bristol, BS7 0QE

Call 0117 969 0808 or visit nexuspharmacygroup.co.uk

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.



Scan the QR Code or visit
www.sb-counselling.co.uk
Email: steve@sb-counselling.co.uk or call: 07729 798017.





News from Joe's Bakery

Halloween

Throughout October Joe's spooktacular

treats will be available in both their Gloucester Road haunts! Sink your fangs into gingerbread mummies and pumpkins, eyeball and cobweb doughnuts, ghoulish cupcakes along with Day of the Dead sweet bread – Pan de Muerto.

Bonfire night bangers!

Do get your orders in for hot dog and burger buns for your firework



celebrations. The quality of bread makes all the difference and you can choose from soft, crusty, white, and wholemeal.

A baking trip to Italy

Owner and head baker, Wayne, is travelling to Italy in mid-October to perfect and research Italian bakes. Wayne will work with some bakers on Panettone and other Italian products. We can't wait to see and taste his inspired bakes upon his return – watch this space!

Christmas is coming

During November seasonal products will start to be available at both of Joe's stores. All the traditional classics – mince pies, Stollen, Panettone and Christmas cake... as well as the launch of new festive treats!



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

News from Bristol Civil Service Sports Club



Bristol Civil Service Sports Club (BCSSC) is gearing up for their fantastic annual, family – **Halloween Fancy Dress Fireworks Spooktacular!** This much-loved event, open to everyone takes place on

Saturday 31 October from 6pm when **DJ Kool Kidz** gets the **Neon disco** underway! Enjoy the spooky disco and then make your way outside for the fabulous **fireworks at 7.30pm!**

Early bird tickets – if you purchase your tickets before 10 October adults are £8 and children £6; after that date and on the door (if available) adults are £10 and children £7.50. Numbers will be limited so it's best to buy your tickets in advance. Tickets are available from the bar now!

**All children must be accompanied by an adult. No private fireworks and no sparklers allowed for safety reasons.*

The Club's entrance is on Filton Avenue (near the junction of Muller Road and Filton Avenue, BS7 0AT). It has a large, free carpark. **Club opening times** can vary so it's best to go along from 7pm weekdays and 11am at weekends.

Club membership is open to anyone paid from the public purse. Locally we are now offering access to the club with a local social membership where, in return for an annual fee, you can use the club and most of the facilities, including a bar where the price of a pint starts at just £4!

Join our team as the Assistant Bar Manager at the Bristol Civil Service Sports Club. We are looking to add a suitably qualified person to our team. Experience in hospitality (bar and catering) is essential. Working days and hours will be flexible to suit the needs of the business.

If you think you've got what it takes to add to our team, please send your CV together with any additional relevant information you may wish to share to bristolcssc@virginmedia.com.

Get in touch! To book an event or find out about membership, email: office@bristolcssc.co.uk or call: **0117 951 4259**.



The Reindeer Run is back following a successful first year

Bristol children are being asked to dash, dance, prance or walk as part of the St Peter's Hospice Reindeer Run! The fun festive fundraiser launched for the first time in 2025 and raised over £5,800 for Bristol's much-loved Hospice.

Schools, children's community groups, Scouting groups and after-school clubs will take control of their fundraising and design their own antlers before taking part in a run, jog or walk with their friends in November or December.

Meg Austin, Community Fundraising Officer at St Peter's Hospice, said: "We're delighted that the Reindeer Run was such a success last

year and we can bring it back again this Christmas! I think the reason it was so popular with schools and groups is that it was created with flexibility in mind. Classes can pick the date they want to complete their challenge, raise as much as they can and choose the distance they cover."

The sponsored Reindeer Run will raise money to help support adults with life-limiting illnesses in Bristol, South Gloucestershire and North Somerset, who are cared for by the Hospice. Children will be encouraged to collect small donations from family and friends, just £1 or £2 each, or whatever they can manage.

Meg continued: "This is a really easy and fun fundraiser to get involved with. We provide all the resources organisers need, meaning there's no stress and more time to don those antlers and enjoy the festive activity."

The free downloadable fundraising pack includes guidance for teachers, printable antler templates, a fundraising tracker for the children and festive resources to bring the event to life. Children who take part in Reindeer Run are also invited to design their own reindeer with a chance of their drawing being featured in next year's postcards and designs.

Anyone interested in taking part in the Reindeer Run can visit stpetershospice.org/ReindeerRun for more information and to register.



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Why your body needs a different kind of workout this October

The clocks haven't gone back yet, but you can feel it coming. The mornings are darker, the evenings arrive faster, and for a lot of us in Bristol, that means one thing: the outdoor runs, the park workouts, the easy motivation of long summer light, all start to fade.

What tends to fade with it is consistency. People don't usually quit exercise outright in October, they just quietly do less of it, and the aches that come from sitting more and moving less start to creep in, tight hips, a stiff lower back, shoulders hunched over a desk as the nights draw in.

This is where Reformer Pilates earns its place in an autumn routine. Rather than adding another high-impact session to an already tired body, it works on the things that keep everything else moving well, core strength, spinal mobility, postural control, so the aches of a more sedentary season don't have the chance to settle in.

Soul Pilates, founded by local, Nic Lenny, has been part of the Gloucester Road community for five years. Situated in the heart of Bishopston, the studio offers small-group and private Reformer



sessions tailored to how your body is moving that day. It's an approach built on efficiency rather than intensity, ideal for anyone whose routine has quietly slipped as the seasons changed.

Whether you're managing a desk-bound job, easing back into movement or simply want your body ready for whatever winter throws at it, Reformer Pilates builds the stability that keeps you moving well when the weather makes everything else harder.

If this sounds like just what you need, *Bishopston Matters* readers can enjoy **10% off** any Soul Pilates Intro Offer throughout October. Simply use code **BISHOPSTON** when booking at www.soulpilates.co.uk, or call 0117 214 1655 to get started.

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[smaɪl] noun

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Skin & Beauty Box

What Can I Do About My Jowls?

One of the most common concerns we hear from women over 40 is: “What can I do about my jowls?”

It often happens gradually. The jawline that once looked defined begins to soften, the skin around the lower face and neck feels less firm, and suddenly you notice changes in photographs that you hadn't really spotted in the mirror.

For many women, the next sentence is almost always: “But I don't want injections.”

The good news is, you don't necessarily have to.

At **Skin and Beauty Box**, one of our most popular treatments for women wanting to improve the appearance of ageing or less firm skin is **Collagen Lift**, often described as our **No-Needle Facelift**.

Collagen Lift is a non-invasive radiofrequency treatment designed to help firm, tighten and smooth the skin, making it particularly popular for the **jawline, jowls, cheeks and neck**.

So why does our skin start to change?

As we get older, our natural levels of collagen and elastin gradually decline. These are two of the key proteins that help give our skin its firmness, structure and bounce. Combined with changes in facial volume and the effects of gravity, the lower face can begin to lose some of its definition.

Collagen Lift works by using controlled radiofrequency energy to gently warm the deeper layers of the skin. This encourages the skin's natural collagen-remodelling process, helping to improve firmness, texture and overall skin quality over time.

And perhaps one of its biggest attractions is what it **doesn't** involve.



There are **no needles, no injections and no surgery**, and there is little to no downtime. The treatment itself feels pleasantly warm, with many clients finding it surprisingly relaxing.

While some people notice their skin feels firmer following treatment, Collagen Lift is designed to create **gradual, natural-looking improvements** rather than dramatically changing the way you look. For optimum results, a course of treatments is usually recommended, followed by occasional maintenance sessions.

At **Skin and Beauty Box**, we know every face and every skin is different. That's why we start by looking at your individual concerns and discussing what you would like to achieve before recommending the most suitable treatment plan for you.

So, if you find yourself pulling your jawline back in the mirror and wondering, “**Is there something I can do without needles?**”, Collagen Lift could be worth discovering.

First, book your consultation at skinandbeautyboxbristol.co.uk and let us create a treatment plan tailored to you.

Collagen Lift — our No-Needle Facelift for firmer, smoother, more youthful-looking skin.

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

News from the Friends of Bishopston Library

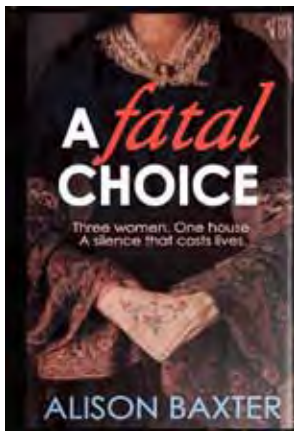
People's Emergency Briefing

We hosted a screening of the People's Emergency Briefing in September at Bishopston Library. 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.

This event 'sold out' and so we are hoping to host another screening in October. Please watch our website: bishopstonlibrary.org.uk and Eventbrite for details.

Author talk

On **Thursday 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.



Please book your ticket through Eventbrite: alison_baxter_author_talk_bishopston_library.eventbrite.co.uk

Kimono Dressing

On **Sunday 15 November**, **Yumiko Ohtsubo** – the founder of the Bristol Japanese Cultural Society – will be giving a **demonstration of kimono dressing** at the library. Please watch our website and Eventbrite for more details.

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 to organise future events, please email: friends.of.bishopston.library@gmail.com for more information.

Visit: bishopstonlibrary.org.uk

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

Bishopston Library, Gloucester Road, BS7 8BN.

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 scotttyartoish@hotmail.com



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FREE club just rock up and play with a load of Lego.

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The Bristol Home Library Service (BHLS)

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

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Counselling for Adults and Young People

Helen Papworth



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

I am a qualified

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

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

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

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

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

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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.**

www.haroldstephens.co.uk | 50 High Street, Westbury on Trym, Bristol BS9 3DZ

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

MBST: Supporting the body's natural cellular repair process

MBST Health and myself at CURA are thoroughly enjoying working with Bath rugby this season. Rugby is an ideal setting to test the efficacy of this technology on trauma. We're using MBST to improve healing quality and speed and the results we're seeing are very exciting.

In terms of player care, and keeping injury numbers low, it's already having the effect we'd hoped it would have. Notable cases we've seen so far are the rapid return to play of fracture cases, halving the return to play time recommended by the surgeon. We're seeing ligament tears avoid surgery and heal so quickly the players were able return to international duty.

Head of medical, Rory Murray is loving using the technology: 'After 19 seasons of working in elite sport I'm getting PB's across the board in return to play. Even the players with chronic slow burning issues have felt improvement.'



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



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



It's an amazing tool to have, especially to safely monitor the progress our patients are making after using MBST to address the deconditioning of bone in Osteoporosis: We're seeing remarkable results when applying MBST to bone, both after trauma and in Osteoporosis patients.

Our observations include;

- Significantly faster fracture healing times
- Significant reduction in fracture pain.
- Improved Bone mineral density
- Improved T scores and reduced fragility



MBST Arthritis: MBST is helping so many patients with debilitating arthritic conditions: From knees hips and spines to hands shoulders and ankles. At CURA we've treated over 2,000 patients with arthritis. It's gentle and safe yet gets powerful life-changing results in a high percentage of patients.

MBST applies electromagnetic energy to cells using precisely targeted resonance/tuning. This energy positively influences the cell's function, downgrading cell inflammation and putting the cell in an energised regenerative state.

This affects conditions such as arthritis in a very positive way, reducing pain and inflammation but more importantly, it takes the brakes off the healing process and creates optimum tissue conditions to repair and heal.

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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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Gardening for Hotter Summers: Drought Tolerant Planting



After an incredibly hot summer season, it's hard to ignore how much our summers are changing. We are increasingly experiencing longer periods of hot, dry weather, and our gardens can really feel the effects. Lawns turn brown, borders look sad and we find ourselves reaching for the hosepipe.

One way to make our gardens more resilient is to think carefully about the plants we choose. Drought-tolerant planting can create a beautiful, colourful garden while reducing the amount of watering needed once plants are established.

Plants such as lavender, verbena bonariensis, salvias, sedum (stonecrop), achillea, erigeron and Russian sage are all excellent choices, as they require little to no watering. Mediterranean herbs including rosemary, thyme and oregano are also naturally well suited to dry conditions. Fig trees can make a lovely addition to a south-facing garden, providing fruit for people and wildlife.

Autumn is a great time to look at your garden and think about the changes that you would like to make for next year. Improving planting areas or planning a new border can all be done ahead of the next growing season. Make a sketch or list for new planting ideas, and if possible install a water butt. Water butts allow us to collect rainwater during wet periods, which can then be used during drier spells. Stored rainwater is better for plants than tap water, as it is naturally soft, free of chemical additives, and contains beneficial dissolved nutrients.

There are other simple ways to make a garden more sustainable too. Small green roofs on top of sheds, bike stores and other garden structures can help absorb rainfall and provide a valuable habitat for insects.

Mulch is also a key component for your garden. A thick layer of bark will protect plant roots during the winter and summer, while reducing the amount of water evaporation from the ground on hot days. It suppresses weeds and enriches the soil when it breaks down, as well as preventing the loss of top soil during heavy rain. Your garden shouldn't be without it.

If you plan on introducing lavender to your planting scheme, then the spring is the best time to plant. Young plants don't enjoy sitting in cold, wet soil over winter while their roots are establishing. However, autumn is the perfect time to plant a variety of bulbs for seasonal interest and colour, as well as hardy shrubs and fruit trees.

A little forward planning can help create a garden that is both beautiful and better prepared for the summers ahead.

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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.

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



Next meetings – **Saturday 10 October and 14 November, 10.30am to 12pm** (then every second Saturday of month).



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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Refocus Hypnotherapy with Emily Richardson

As the days get shorter and autumn arrives, it's the perfect time to slow down, reset and make space for your wellbeing

I offer **Solution Focused Hypnotherapy** and **Hypnobirthing** in a

warm, supportive environment, helping clients feel calmer, more confident and better equipped to navigate life's challenges.

Solution Focused Hypnotherapy is a gentle, evidence-informed approach 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.

Supporting young people – with the new school year in flow now, many young people have moments of anxiety and overwhelm and Solution

Focused Hypnotherapy can be a positive and powerful way to gain confidence and coping skills.

My online **Back to School toolkit sessions** have been a success, reminding parents and children of small ways they can help themselves and improve their mood and resilience.

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 prepared. These group sessions are based at Bloom Yoga and I am also happy to provide 1:1 sessions.

Join me every other Sunday for online **Sunday Sessions**. 45 minutes of relaxation, breathwork and hypnosis to prepare you for the weekend ahead. **October dates are 4 and 18** at 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)

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Ardagh Community Sauna 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.

We have made a small increase to our prices across our sessions and services. Our regular sauna sessions have increased from £10 to £12, memberships from £35 to £42 and £40 to £48. We haven't changed our prices since April 2025, and during that time the costs of running and delivering the sauna have continued to rise. This increase will help us meet those rising costs while allowing us to keep investing in the sauna, our facilities and the experience we offer.

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.

Sophie's Sound Garden

Mixed session 8pm – 60 minutes (£20)

Thursday 29 October | Thursday 26 November

Join Sophie for a deeply relaxing and rejuvenating Sound Bath experience at Ardagh Community Sauna.

What is a sauna sound bath? Carefully layered soundscapes flow through the warmth of the sauna and the cool of the plunge pools, creating a space to release stress, reconnect with yourself and share calm moments with others.

Sauna Medicine

10am – 60 minutes (£20)

Saturday 3, 17, 31 October | 15, 29 November

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.

Tai Chi / Qigong Retreat with Bruce Turner + Group Sauna Session

£50 | Saturday 24 October | 10am – 5pm

Join Bruce for a full day of mindful movement, relaxation and restoration at the Ardagh Community Sauna. Tai Chi and Qigong are time-tested practices combining gentle movement, mindful breathing and relaxation. Often described as 'meditation in motion', they can help develop balance, coordination, mobility and body awareness, while creating a deeper sense of calm and connection. Tickets are available through our booking system. For more info on Bruce, go to flowstates.info/wellbeing.

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

ACT Annual General Meeting

2026 – Our ACT AGM takes place on Saturday 10 October at 11am.

This annual gathering is a chance to reflect on the past year, celebrate achievements and look ahead to future plans for our much loved community space. All ACT members are welcome to attend and contribute. If you're not yet a member, joining costs just £5 per year and gives you a real voice in shaping The Ardagh's development. For membership details, please contact: hello@theardagh.com.

October half-term fun – Get ready for some spooky seasonal excitement with our **Spooks and Ghouls Trail**. Explore the site to find our friendly monsters, complete your trail map and collect a prize from the café. The trail runs all week during café opening hours, making it a perfect half-term adventure for families.

Dog Show Fun! We had a fantastic time at our Community Dog Show in September! Lots of wagging tails, happy smiles and proud owners. Huge thanks to the Animal Health Centre for providing rosettes and judging our 'Best in Show', to Nick Husher (local trainer) who ran the agility course and to all the amazing volunteers who helped to pull this popular event together. Roll on next year!

Regular Activities at The Ardagh

Community Plant Nursery – Our thriving Community Plant Nursery is **open every Saturday, 10am–2pm**, offering a wide range of seasonal plants grown right here from seed or cuttings. Plants are also available daily from our stand outside the café. If you'd like to see the nursery in action, pop in on Thursday afternoons, 1–3pm, when volunteers are busy tending to the plants. A friendly hello is always welcome.



Drop-in Craft Workshop – join us on Tuesdays, 2–4pm, for a peaceful afternoon of creativity. Our volunteers are on hand to help with projects, including handmade cards sold in the café to raise funds for ACT. Whether you'd like guidance on a craft or simply want to bring your own project and enjoy a chat, you'll find a warm and relaxed atmosphere.

Food & Craft Market – Our monthly Ardagh Food & Craft Market returns on **Saturday 10 October, 10am–3pm**. Running every second Saturday from March to December, the market showcases a wonderful mix of local makers of ceramics, woodcraft, jewellery, artwork and more. Street food vendors serve up delicious lunch options, and live music from local performers adds to the welcoming, community spirited feel. It's a great way to support small businesses while enjoying a relaxed day out.

Board Game Evenings – Returning Soon

Keep an eye out for the return of our popular Board Game Evenings. Expect light hearted competition, great company and delicious food freshly prepared in our café kitchen. Come alone or with friends; everyone is welcome in our cosy café space.

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

[TheArdagh](https://www.theardagh.com) [theardagh](https://www.theardagh.com)



The Ardagh Community Plant Nursery is open every Saturday, 10am–2pm



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 21 October. 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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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!





A pop-up community café with a difference!

Once a month, Emmanuel Bishopston hosts The Coffee Pot, a community café for people who are free on a Friday lunchtime.

Since it began in January 2025, The Coffee Pot has welcomed an array of guest speakers. It kicked off with Kate Evans, a local declutterer who shared many hilarious and heart-breaking anecdotes, followed by Tabs Moynagh, a sleep consultant. More recently, there was a flower-arranging demonstration by Roz Evitt of Wild Zinnia and talks by a volunteer at the Bristol North West Food Bank and a director from Refugee Welcome Homes.

Team leader, Claire Walford, explains: "The Coffee Pot is designed to be a community café for people of any age and stage. We have had a real range of visitors – from people in their 20s on a day off from work to 80-year-olds.

"Each month, there has been a lovely buzz in the hall as people have enjoyed tea and home-made cake and the space to chat, make friends and hear an interview from a member of the church. We would love anyone who is free to consider coming along!"

Autumn 2026 schedule

25 Sept – Will Evans talks about SAT-7's surprising work in the Middle East and North Africa. PLUS our big cake sale in aid of Macmillan Cancer Support.

23 Oct – From NHS to HMS and back – the journey of a royal navy medical officer.

27 Nov – Getting crafty – an opportunity to make something special with Rosie Gardner.

11 Dec – Why is Handel's Messiah so wonderful? A talk and musical demonstration from Richard Powell.

The Coffee Pot takes place at Church of the Good Shepherd Hall, Bishop Road, BS7 8NA, 1–2.30pm. It aims to meet on the last Friday of each month but some months, this date is moved because of school holidays. There is a voluntary contribution of £2 to go towards the cost of the refreshments. For more information, email: bishopston@emmanuelbristol.org.uk.

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Divine Ceremony

The celebration of a lifetime

Direct cremation, with local care

Direct cremation has become an increasingly familiar funeral choice. Put simply, it is a cremation without mourners present and without a funeral service beforehand. For some families, it offers a simpler approach, perhaps followed by a memorial or celebration of life at a later date.

Thanks to national advertising, direct cremation is often associated with large online providers. However, you can also choose a direct cremation through a local funeral director – offering all the simplicity of an unattended cremation, but with the reassurance of knowing exactly who is caring for the person who has died.

At Divine Ceremony, we believe choosing a simpler funeral shouldn't mean compromising on care.

Everyone in our care stays with us at The Sanctuary on Gloucester Road, in our onsite mortuary. They are cared for by our team with the same dignity, kindness and individual attention we give to every person who comes through our doors.

We can meet with you in person or by phone to make the arrangements. We will tell you which crematorium your person will be taken to and the date and time of their cremation. One of our team will accompany them on the day and say words of committal and farewell. Families can choose a piece of music to be played as we enter the chapel. Although nobody is attending, these small details can still carry meaning.

For many people, direct cremation is simply about choosing less: less formality and the freedom to remember someone in another way, at another time.

Choosing less doesn't have to mean receiving less care. Arranging a direct cremation locally offers simplicity alongside something equally important: personal care, transparency and the reassurance that the person you love is being looked after close to home.

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

Bereavement support

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

Cruse Bereavement Support

0117 926 4045 | www.cruse.org.uk

The Compassionate Friends

0345 123 2304 | tcf.org.uk

The Good Grief Trust

thegoodgrieftrust.org

The Harbour

0117 925 9348 | the-harbour.org.uk

Let's Talk About Loss (for 18–35 year olds)

letstalkaboutloss.org

St Peter's Hospice

0117 915 9400 | stpetershospice.org

SANDS (stillbirth and neonatal death)

0808 164 3332 | sands.org.uk

Winston's Wish (support for children)

0808 802 0021 | winstonswish.org

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

Talking about death, dying & 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, 8 Oct | 12 Nov, 6.45 – 9pm

St Werburghs' Death Cafe

Community Centre, Horley Road, BS2 9TJ.

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

Arnos Vale Death Cafe

Spielman Cafe, Bath Road, BS4 3EW.

Sunday, 15 Nov | 20 Dec, 2–4pm



The Sanctuary

THE DYING WISH

BY MAURO FAZION



DIRECTED BY
PETER SPENCE

27-31
OCTOBER
2026

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www.kelvinplayers.co.uk
@kelvinplayers

27-31 October 2026
19:30 curtain

kelvinplayers.co.uk/tickets

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 Dying Wish*, an original piece from Kelvin's own Mauro Fazion. An eclectic whirlwind of contrasting styles and tones, flourished with poetic codas – 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



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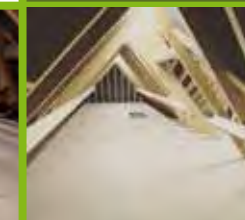
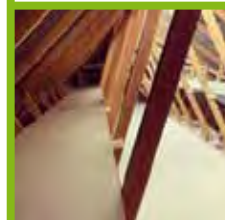
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OPEN DAYS FOR RECEPTION SEPTEMBER 2027



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

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

St Bonaventure's, Egerton Road, Bishopston BS78HP
Email: admissions@stbo.newmancatholictrust.com
Web: st-bonaventures.bristol.sch.uk
Phone: 0117 353 2830

News from St Bon's primary school

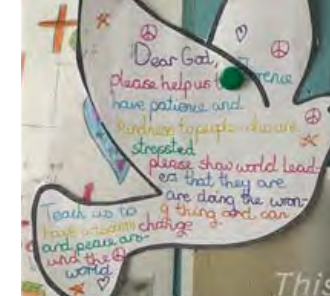
Term 1 at St Bonaventure's

What a wonderful start to the school year we have had at St Bonaventure's.

We welcomed our new Reception pupils and it has been lovely getting to know all our new families.

Applications for Reception 2027 are open and so if you have a child that was born between 1 September 2022 and 31 August 2023, we would be delighted for you to come along to one of our many open days that are running most weeks until the closing date in January. Check our website for the tour dates and get in touch to book.

We also have some spaces across the school if you are thinking of transferring your child from their current setting for any reason. Please do get in touch to book a tour.



Love thy neighbour

This term our whole school theme is Love Thy Neighbour. Children's learning is explored through the context of loving their neighbour. For example, year 5's WW2 learning is focusing on how people looked after evacuees. Each year group has an end of theme outcome which is shared with the wider school community.

At St Bonaventure's we work really hard to support our local community; one way we do this is by supporting the St Bonaventure's church food bank. For harvest we ask children to donate an item of food which they then take to the pantry at the church. We are also busy planning different fundraising events for CAFOD to support our global neighbours.



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spanishforyourchildren.co.uk
 07958 309828 | spanishforyourchildren@gmail.com



Primary tutor for children aged 6-11

Qualified teacher Liz Romero

Until December 2025, I was a primary school teacher for over 15 years, working in many Bristol schools including St Bonaventure's, Westbury Park Primary School, St Mary's in Bradley Stoke and most recently, Our Lady of the Rosary. I have been tutoring since 2020.

I love helping children to grow in confidence and my teaching style is positive and warm but focused. As well as supporting children generally in English and Maths, I can also prepare children for entrance exams and provide booster courses in the school holidays.

I am happy to tutor local children in their homes or online. I am fully DBS checked and can provide references from parents of current students. My terms and rates are reasonable and flexible.

Please call me on 07824 700439 or email me at eromerotutor@gmail.com



News from Cotham School

Cotham School Exam Success

Cotham School is celebrating an outstanding set of GCSE results this year, marking a significant achievement for students and staff alike. Across all subjects, students demonstrated resilience, ambition and a commitment to high-quality learning, with many achieving grades that exceeded their targets. These results reflect the strength of Cotham's curriculum, the expertise of its teachers and the determination shown by students throughout their studies.

Notably, outcomes were particularly strong where a large proportion of students secured top grades. Success was seen across a range of subjects, highlighting the breadth of talent within the school community. Headteacher, Ms Butler, praised students for their "exceptional effort and character", emphasising how proud the school is of their achievements.

As students prepare for their next steps – whether A levels, apprenticeships or college – Cotham School celebrates not just their grades, but the hard work and growth that made them possible.

NBP16 – Cotham

Every summer, Post 16 results day tells a story; this year's is one of ambition, resilience and genuinely exciting next steps for

our 2026 leavers. Across academic and applied routes alike, our students

have gone on to a wide range of competitive destinations. University offers came thick and fast, with most applicants securing their first-choice place at several of the UK's top universities. Perhaps most striking this year has been the continued rise of the apprenticeship route: more students than ever are choosing this path straight into industry, with several securing highly competitive degree apprenticeships in fields like creative media and engineering. Behind every one of these outcomes is a young person who has spent their time with us building confidence, discovering their strengths and confidently pursuing their ambitions. That's what Post 16 is really about and why we're so proud of this year group!

www.cotham.bristol.sch.uk



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NORTH BRISTOL
Post 16 Centre



We warmly invite you to our Open Evenings

1 | **October** | 4:30pm - 6:30pm | Redland Green

8 | **October** | 4:30pm - 6:30pm | Cotham

Please visit our website for information about open mornings



“ 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

Fairfield students celebrate strong GCSE results and remarkable resilience

Students at Fairfield High School are celebrating a strong set of GCSE results, reflecting their aspiration, talent and hard work, alongside the remarkable resilience shown throughout their secondary school journey.

Fairfield’s focus on academic excellence has delivered strong results, with a remarkable ‘no gap’ between girls’ and boys’ attainment at grades 4+ and 7+ in English and Maths. Overall attainment at grades 5+ and 7+ also improved on previous years.

Subjects across the Sciences, Humanities and Arts sustained or improved attainment at grades 5+ and 7+. Sports Science also performed strongly in Cambridge Nationals, with over 85% of students achieving a Level 2 Pass or higher. Fairfield was even recognised by Cambridge OCR, with a student named as “one of the top performers in Child Development across the country”!

At Fairfield High School, students sit RE in Year 10. This year’s Y10 Religious Education cohort achieved fantastic results, including an incredible 36.6% achieving grade 7, 8 or 9.

Beyond the headline figures, Fairfield proudly recognises the achievements of students facing significant medical, social or emotional challenges



who, with the support of many internal teams, are celebrating strong results. The school has seen marked improvements in its headline measures for disadvantaged students.

Cashan Campbell, Vice Principal at Fairfield High School, explains further: “Through our collaborative approach across the school community, we have worked hard to ensure that our most vulnerable students have been supported to show their best selves and achieve some great results. We are proud of their achievements and want to ensure they are empowered to build on this success as they take their next steps.”

Edel Cronin, Principal of Fairfield High School, shared her pride in the

departing cohort and the wider school community: “We are immensely proud of our Year 11 students and all that they have achieved. Their attitude, dedication and commitment have been second to none. As they prepare to take their next steps, we hope they do so with a genuine sense of pride in their achievements, confidence in their abilities and a strong foundation on which to build their futures.

“Days like these remind us that every student’s journey is unique, and success is shaped not only by outcomes, but by resilience, determination and growth. They also reflect the strength of our school community and our commitment to helping every student flourish.”

Reflecting on the wider impact of these results, Edel added that GCSE outcomes are one of the primary ways schools can improve life chances in society. This community impact is felt daily; whether walking across the city or running errands, school staff are routinely greeted by thriving FHS alumni eager to share their journeys and their gratitude for the foundation Fairfield provided.





News from the Goldenhill Community Garden

Hi everyone,

Autumn's in the garden – and the September rains were so welcome after the summer heat and drought. It's lush to see the world and the garden go green again and put in a final burst of growth before the winter. But let me talk about our ponds. Our big pond level went very low but never dried up but the small one had no water for months. This sounds bad but it's not a huge disaster. In fact, the venerable Charles Darwin viewed the drying out of small ponds as a completely natural, driving force of evolution. Rather than seeing a dry pond as an ecological disaster, he recognised it as the exact reason why freshwater wildlife is so astonishingly mobile and resilient. Darwin noted that because small, isolated land ponds have a natural lifecycle of drying up over centuries, decades or single seasons, the creatures living in them had to adapt or perish which is why so many of them can fly.

Many of the UK natural ponds are only seasonal and some species have evolved to cope by having a short life cycle; most of the larvae will have emerged by June – any frogs or newts can cheerfully survive out of the pond or can walk off to cool down in another one. Our pond is lined but it does have a thick layer of silt and mud at the bottom so hopefully the freshwater hog lice (woodlouse's watery cousin) and the southern hawker and emperor dragonfly larvae that lives for 2+ years will have burrowed in there to wait out the heat. If we didn't have the mud we would have topped it up or rescued the beasts into a bucket or into our big pond. Last year we topped it up with water from the water butts, the well or the other pond, or even some water from the tap that we let stand for a couple of days. This is the first time we've let it dry and so we'll see what comes back next year.

But what about any fish? Well, we didn't have any in the little pond but if we had, and had followed the advice of Darwin, we'd have had to harden our hearts and say farewell. Losing a top predator is actually good news for lots of the

little things they usually gobble up and, amazingly enough, once the fish all are dead... they can move back in! We didn't have all our stickleback fish in the big pond 13 years ago and yet they arrived and multiplied. But how? It's down to our occasional visitors and hungry guests – the ducks! Fish eggs are often stuck to the vegetation they gobble down and then survive the journey through the duck and through the air to arrive at a new pond to get pooped out; happy and healthy and ready to hatch in a new place! Little pond snails can even arrive stuck to the ducks' feet. Incredible! Even the marsh marigold that looked dead and had gone totally brown was just biding its time put out a new green leaf days after the first September rain.

Basically, nature is incredible, ponds are amazing and a never-ending source of joy to us here; and, if you have the space in your garden to put one in, your only regret will be not making it bigger. The novelty of having huge bright blue emperor dragonflies whizzing round just a stone's throw from Gloucester Rd never wears off. Just make sure there's plenty of shallow areas or rocks or ramps for thirsty hedgehogs etc to climb out and vegetation around the side so little frogs can climb out on a hot day. Also, if you do have a clay bottom or plenty of mud and silt and you let it dry out then put out some bowls of water for any passing wildlife that needs a drink.

Also, we'll be back at **half term running our holiday clubs** and our **Family Adventure days for children with SEND** and their siblings. Just £5/3/ free thanks to the Nisbets Trust including a delicious lunch. They'll be making, baking, crafting, printing, playing, climbing, chilling in the hammocks and cooking pizzas in the clay oven.

Lucy

thegoldenhillcommunitygarden.com

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

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

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
Insta: [@pilateswithsylvia](https://www.instagram.com/pilateswithsylvia) | 07812 923324



Refutrees – Bristol's Favourite Charity Christmas Tree Sale

It's nearly that time of year again! Get ready to buy your Christmas tree and help support refugees in Bristol.

Refutrees, Aid Box Community's annual Christmas tree fundraiser, is back for another festive season. Each year, around 1,500 locally grown Nordmann Fir trees are sold across Bristol, raising more than £30,000 to support refugees and people seeking asylum in the city.

The trees, from 3ft to 10ft, are grown locally in Frenchay and are available through **online ordering for home delivery only** and the seasonal Refutrees Christmas tree shop. Delivery is £10, with all profits helping fund Aid Box Community's work, including emergency support, essential items and community activities.

Refutrees is powered by a fantastic team of volunteers and has become a much-loved Bristol Christmas tradition, bringing together volunteers, supporters and thousands of households.

This year, online ordering opens Thursday 12 November, with deliveries starting Friday 27 November. The Christmas tree shop opens Thursday 26 November until we are out of stock. Visit the shop at, **Refutrees, St Bart's Church, St Andrews Park, Maurice Rd, St Andrew's, BS6 5BZ.**

www.aidboxcommunity.co.uk/refutrees



AidBoxCommunity

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

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.

Get in touch with our Host Manager, Laura, at
hosting@bhn.org.uk
to find out more

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New Pet Healthcare Plan launches as vets urge owners to stay alert to Autumn hazards

Animal Health Centre's new **Healthy Pet Club Advanced** (HPCA) provides unlimited consultations with veterinary surgeons and nurses, alongside routine preventative healthcare including vaccinations, parasite protection and annual health checks. The plan has been introduced at a time when many families are feeling financial pressure, helping pet owners access professional advice whenever they need it.

Recent research found that almost one in four pet owners have delayed booking a veterinary appointment due to household budget concerns. Veterinary professionals warn that postponing treatment can allow minor health issues to develop into more serious conditions.

Lizzie McLennan Green, Veterinary Director of the CVS Vets family, said: "We know that for many owners there's often a moment of hesitation before booking a consultation. That's completely understandable, but it can sometimes mean pets are seen later than we would recommend. We are making the cost of consultations, vaccinations and preventative healthcare predictable while empowering owners to seek advice, whether it's a minor concern or something more serious."



The launch comes as vets remind owners that autumn presents several seasonal hazards for pets.

Seasonal Risks to Watch For

Conkers are a common sight at this time of year and can be dangerous if swallowed. They contain a toxin called aesculin, which may cause vomiting, diarrhoea and, in severe cases, neurological symptoms. They can also create a choking hazard or cause digestive tract blockages.

Antifreeze poisoning is another serious autumn risk. Ethylene glycol, found in many antifreeze products, is highly toxic to pets. Even small amounts can lead to kidney failure and may be fatal without prompt treatment. Owners should store antifreeze securely and clean up any spills immediately.

Halloween can also bring dangers. Chocolate and sweets containing xylitol are toxic to dogs, while decorations, candles and electrical wires may lead to injury. Costumes can cause stress or discomfort if pets are not used to wearing them.

Bonfire Night fireworks remain one of the biggest causes of anxiety in pets. Loud noises, bright flashes and unfamiliar smells can leave dogs and cats feeling frightened and distressed.

Owners can help by:

- Creating a safe, quiet space at home
- Closing curtains and providing background noise
- Using calming products where appropriate
- Considering anxiety wraps such as Thundershirts
- Speaking to their vet if additional support or medication is needed.

By combining preventative healthcare with unlimited veterinary consultations, HPCA aims to make it easier for owners to seek professional advice early and keep their pets healthy all year round. HPCA monthly prices: Dogs/Puppies: £34.99, Cats/Kittens: £29.99, Rabbits: £24.99.

For more information, visit www.cvsvets.com/

healthy-pet-club or speak to the team at Animal Health Centre, 358 Gloucester Road, BS7 8TP. Call **0117 924 7832** for advice or to discuss your pet's health and wellbeing.

CVS Vets **Animal Health Centre**

"A passion for pet care"

- The AHC team have been providing expert, friendly and dedicated care since 2002
- A welcoming and relaxing atmosphere
- Free preventative health clinics for your pet
- Modern surgical, x-ray and dentistry facilities

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



358 Gloucester Rd
Horfield
Bristol BS7 8TP

0117 924 7832

www.animalhealthcentre.org

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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."*

Morag McDonald,
Documentary Image



▲ 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

With harvest festivals taking place around now, it seems like a good time to pass on some of the many messages of gratitude that FFA has received, and for us to thank everyone who makes it possible to do the work we do.

From our Partners

When we deliver the donations to our Partners on Tuesdays, we are reminded how very much our support means to them and the families they help, and what a difference our contributions make to those households.

Lately FFA has received some lovely feedback about some specific (and rather unusual) donations. The first was from a family supported by Southmead Family Hub, to whom we passed on a brand new pregnancy pillow. The grateful recipient couldn't thank us enough for the effect it had had on the whole household: she had finally been able to get a good night's sleep and, as you can imagine, this had made a huge difference to family life for everyone!

One of our volunteers recently offered to donate an air fryer she no longer needed and, after making enquiries with our Partners, we passed this on to the Vench. They have put it to good use in their kitchen: over the summer they prepared around 120 meals each day for the children attending the adventure playground, and the airfryer was really useful for keeping the food warm until it was served. They were also able to use it to rustle up some last-minute food for one hungry little boy who arrived too late for lunch and who otherwise would have missed out.

Thanks to financial donations, we have been able to make a series of grants to Evergreen Primary Academy to help fund healthy snacks and fruit for their KS2 pupils (who are not included in government funding) during morning breaktimes. They wrote to us to say that the money had "helped us provide essential food and support to children and families who may otherwise go



without. It enabled us to respond to need quickly and sensitively, helping to ensure that children have access to nutritious food and can come into school feeling cared for, supported and ready to learn." They are so appreciative of our support, and it is something we hope we will be able to continue throughout the current academic year.

Our Donors

We are, of course, entirely reliant on our donors and supporters for everything we do, which includes a great many of you. Thank you for the help you provide, in whatever way you give it.

Every week, FFA collects food and groceries from local households who are kind enough to share what they have with local families in need. Without fail they donate tins, packets, boxes and jars of all sorts of store-cupboard items, as well as fresh fruit and vegetables and breads. They also contribute nappies, toiletries and household cleaning items which are all so necessary.

Our financial donors enable us to purchase dairy items, meat and additional green grocery to supplement the weekly street collections.

We also have some amazing commercial supporters: Hobbs House Bakery provides some fresh loaves each week, and our allies at various Sainsbury's and Co-Op stores allow us to share in their customers' donations.

Both the local branch of the Labour Party and Bristol Brunel Lions Club have been steadfast supporters for a long time, and their regular generous contributions really bolster what we can give to our Partners.

And we very much appreciate the support given by everyone who attends our events and buys tombola tickets, or puts money in the tin, or buys cakes from our cake stalls, or who turns up at the Ardagh on a Tuesday morning to donate groceries, or who organises one-off events such as street parties or Christmas crafts to raise money for FFA, or who nominates us to benefit from their sponsored events: the list is endless.

Everything we receive is passed on to our Partners, and every item makes a real difference to the families they help.



Our Volunteers

Next, we want to say a very big thank you to all our volunteers (several pictured above) and the many and varied ways they help FFA over many hundreds of hours every year: together, you keep FFA functioning.

Thinking of Helping?

While we have had lovely feedback about the airfryer and the pregnancy pillow, we should make the point that those were very much one-offs and not the sort of donations we generally invite or can easily pass on!

The things that really help our families week in and week out are: cereals; tinned baked beans, pulses, veg, meat/fish, fruit, custard; jars of vegetarian cooking sauces; pasta and rice; bread products; long-life milk; cooking oil; tea and coffee; sweet and savoury snacks (the healthier the better, although a few treats are always welcome); baking ingredients; and fresh fruit and

vegetables. Toiletries such as nappies, sanitary towels, soap, toothpaste and toothbrushes are always needed, as are cleaning and laundry products. Some families have pets, so dog and cat food is also much appreciated.

You might be able to donate via a street collection if there is one close by (you can check the map on our website and contact us for more information), or you can bring items to the Ardagh on Tuesday mornings between 10.30am and 12pm. Alternatively, you might want to think about making a one-off or regular financial donation: again, please contact us for more information. Finally, you can always support us by volunteering: check our website for details.



Thank you!

To access our website, please use the QR code below, or visit familyfoodaction.org.uk

Advertising Sales Exec/Account manager

8-16 flexible hours per week, based from home



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

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- Excellent communication skills
- Great organisational skills and discipline
- Passion, commitment, drive and determination
- A personality that shines bright!

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This is a sales role and resilience is key.

Submit your CV, salary expectations and a covering letter to:
sales@mattersmagazines.co.uk

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





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

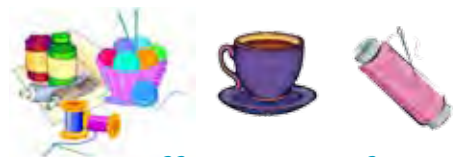
while creating small, unexpected moments of discovery as people sit, pause and enjoy the green space.

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**



Coffee & Craft

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

Friday 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.**

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.



Apple Day – celebrating community resilience and action

The whiplash weather events of 2026 are forecast to become more extreme during 2027. Farmers and gardeners around the world are wondering how to prepare for another challenging year. We all need to eat. What can we do to ensure a fruitful harvest next year, and in future decades?

Horfield Organic Community Orchard (HOCO) is organising a **Climate Emergency Apple Day** on **Sunday 18 October**. It's a do-it-ourselves festival of resilience that features positive, practical action for food, nature and climate. Action, education, celebration, and joy are powerful antidotes to doom and gloom.

Our inspirational programme is shaping up. There's a mix of drop-in and book-in-advance activities, and something for all ages. It wouldn't be Apple Day without **Pigsty Morris**. Julian Gregg returns for **Art in the Orchard**. Meet **Street Goat** volunteers (and goats – if it's not raining). Ry from **Moyses's Mushrooms** needs helping hands to inoculate apple wood logs for the orchard and is sharing tips for growing your own edible fungi. The **Apple Tree Lady** shows how to nurture and protect trees and fruit, and shares plans for future experiments in the orchard. There's more to come! See our website for updates and advance booking information.

Apple Day is our most popular event, and it's an essential fundraiser for the orchard. We are selling tickets (by donation) in advance and limiting the number of tickets available on the day. Please book in advance! There will be homemade cake for sale. We hope to have juice, or other refreshments, and preserves for sale. Payment is cash only.

Our excellent value HOCO grafted Apple and Pear trees will be listed for sale in October. Please order them in advance for collection from the orchard in November.



Horfield Organic Community Orchard Climate Emergency Apple Day is Sunday 18 October, 2 – 5pm.

Information and updates:
community-orchard.org.uk

*Words by Shannon Smith aka The Apple Tree Lady
Photographs by Jamie Carstairs*



This fantastic local group meets weekly for some exercise, socialising, free hot drink and to

learn something new from their guest speaker. Everyone is welcome to this friendly group.

All meetings are on Wednesdays, 10am–12pm.

7 October, Q & A with Gareth Chilcott

Former Bath and England Rugby player.

At The Memorial Stadium, Filton Ave, BS7 0BF

14 October, Q & A with Frankie Prince

Former Bristol Rovers player.

At The Memorial Stadium, Filton Ave, BS7 0BF

21 October, Q & A with Nimesh Joshi

ITV West news presenter.

At The Seat Unique Stadium, Nevil Rd, BS7 9EJ

28 October, Q & A with Glyn Howells

Hospital Managing Director at Southmead.

At The Seat Unique Stadium, Nevil Rd, BS7 9EJ

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



News from SendaWelcome

Making Gloucester Road more accessible!

We recently spent some time out on Gloucester Road with PCSO Charlotte and Beth from our Community Action Group, talking to local businesses about accessibility, licensing and the barriers that people with disabilities can face when using shops and services. Most shopkeepers were friendly, listened to our ideas, and were keen to understand how they could improve.

Some of the things we noticed and discussed included:

Ramps and entrances – blocked ramps, unclear edges, and small lips or steps at doorways can create significant barriers.

Clear signs – we suggested clearer signage around ramps so people know they are there, as well as thinking about how the outside seating area could be made less cramped.

Pavement signs and displays – keeping signs more organised and to one side of the pavement.

Steps inside shops – several businesses had larger steps that could be difficult for some people.



Gloucester Road traders chat with Beth from SaW Community Action Group & PCSO Charlotte, about improving accessibility on the high street

Accessible toilets – this was a big issue, and something many businesses were already aware of. We also found two businesses that had contacts with accessible toilets across the road.

Good examples too! We saw some really positive examples of good sloped access, gates that were tucked out of the way, and outdoor tables arranged neatly with space for people to move around.

Businesses must provide reasonable access and step-free alternatives under the Equality Act 2010. This isn't about criticising local businesses. It's about working together to spot barriers, share ideas and find practical solutions. Small changes can make a big difference to whether someone feels able to access their local community independently.



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, Coldharbour 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)



Happy days spent in the wonderful Sensory Garden at The Ardagh

We'll be visiting Gloucester Road again to see what has changed and whether businesses have been able to find solutions to some of the issues we discussed. Accessibility works best when we work together – and we're really grateful to the businesses who took the time to listen.



A Summer of Sensory Fun in Our Garden

We had a fantastic summer of special activities at our Sensory Garden at The Ardagh, with lots of opportunities for people to get creative, connect with others and enjoy the outdoors.

We started with badge making, where people could design and create their own colourful badges. We then got crafty with Betty and pom-pom making, and, Lucy making books into hedgehogs.

As part of the All Together Now project, we held a creative workshop where people could get involved in making and exploring art together. We also enjoyed a Makaton session with Better Communication Together, helping everyone learn some useful signs in a fun and relaxed environment. Our Sirona Art Therapy with clay session gave people the opportunity to explore creativity through touch and making, while Tom's Sensory Walk encouraged everyone to slow down and notice the sights, sounds, smells and textures around the garden.

We finished our summer specials with a brilliant Bee Day, celebrating these important little pollinators through fun activities and learning about the role

bees play in our gardens and wider environment.

It has been wonderful to see the garden buzzing with activity and to create so many different ways for people to connect, create, explore and enjoy nature together.

A huge thank you to all our wonderful volunteers – your time, energy and support is golden; you make a big difference.

Sensory Garden Workshop Days – Join us at, The Ardagh (Kellaway Ave, BS6 7YL) on 27, 28 and 29 October, 10am to 3pm at the Ardagh and always open on the second Saturday of the month, 10am to 3pm.

Sensory Walks – all welcome! Saturday 10 October and Saturday 14 November at 2pm at The Ardagh. With more dates coming soon!

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

Support our work! We're currently fundraising to help us continue creating opportunities for people with learning disabilities to lead, build confidence, get involved and make their communities more inclusive. Our Action Group are even taking on a very exciting challenge, a triathlon! Every donation, however big or small, helps us continue this work. Scan the QR code to donate. Thank you for supporting SENDaWelcome and helping us make inclusion happen in our communities.

Join us – We look forward to welcoming more local people to our events in the future.

Visit: www.sendawelcome.co.uk

Facebook: @MyCommunityBristolPartners





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 chose, 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)

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 20th October

**The Port of Bristol
Clive Burlton**



Steve spoke of how, when walking through the local fields of Wallcourt 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.

Farms around Horfield Common

Local history research by Andy Buchan ©

Horfield was a rural parish in which the predominant activity was farming until the latter part of the 19th century. Most farms had livestock, although there was some arable. Indeed, some farms were working farms until WWII. Sheep and cattle were still being grazed on the Common at the end of the 19th century, and sheep into the early 20th century.

With two exceptions most of the buildings around the Common that are shown on the 1841 map were still present 60 years later, but by the end of WWII, most of the remainder had gone, as farmland became housing. See the map for the locations of the buildings mentioned below.

Horfield Court Farm (1), stood at the top of Muller Road, and had gone by c1905; this would have been the most important building in the parish, barring the church. It would have been a grand building; but sadly, no good photographs exist, but there are records from earlier times including a description from the late 19th century of the inside. This refers to rooms panelled with oak, ceilings with extensive plasterwork and a large "ancient" open fireplace. On the first floor in one room was a large ornate plasterwork, referred to as "The Trial of Abraham's Faith." This is likely to have dated from the late 16th to early 17th century when the house was 're-modelled' to the latest style in the 16th century. This sadly broke up when an attempt was made to remove it, prior to the demolition of the house.

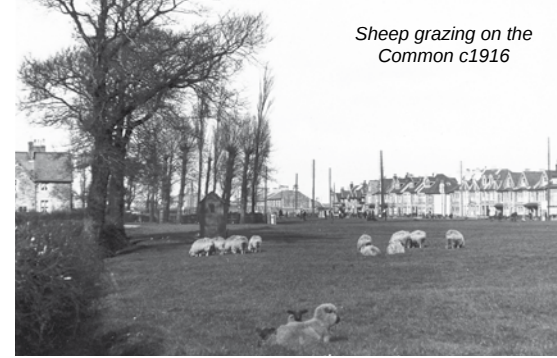
On the opposite side of the Common stood Manor Farm (2), which many people may remember, but the building they will remember, was built in c1887, and replaced an earlier smaller farm building.

St Anne's Cottage (3) stood at the top of Abbots Way – it is not known why the house had this name, but it was demolished by 1946. This cottage stood on a large plot; there was a well in the garden.

On Abbots Way there is a break in the row of houses, this is because there was a small terrace of four c19th century cottages (4), demolished before WWII. In one of those cottages lived a woman, Rachel Jones, and when she died in 1869, she was 105 years old.

Just after the bottom of Abbots Way stood Duckett Farm (5) and on the opposite side of 'Wellington Hill West' was Broadway Farm (6). Broadway Farm occupied the site that is today the 'garage.' Duckett Farm had been demolished by 1946 – it is not known when Broadway Farm was demolished, but it was probably in the 1950s.

Hughes, later Rose Cottage, now called 1 Wellington Hill (7), is the second oldest secular building in



Sheep grazing on the Common c1916

Horfield. It underwent extensive re-building in the mid-20th century, but the core of the building is probably very late 17th or early 18th century in date.

Lamberts, later Horfield Castle (8), stood almost opposite Tesco at Golden Hill. The name Horfield Castle was given to the property in c1851 and was a nod to the castellations on the wall and the turrets around the gate; some of these features may still be seen today. When it was sold in 1935, it was envisaged that the house would be kept, and up to six villas might be built in the southern part of the grounds. It was also demolished.

Quab(s) Farm (9) was another of the old farms; photographs of it early in the last century show it looking derelict, it had been demolished and replaced by 1946. It stood where the garages west of the Ardagh stand.

Poplar Cottage (10) was a farm renamed Ardagh in 1896. Ardagh is a Gaelic name and may be translated as High Place/High Field. This was purchased by the city council in 1921 and part of its home field, which is marked by the arch of trees, was added to the Common.

Home Farm (11), stood at the junction of Hughenden Road with Rozel Road; this would have originally fronted onto the road up into Horfield from Gloucester Road before Gloucester Road was built in the late 18th century.



Map thanks to: maps.bristol.gov.uk/kyp/

News from Ashley, Bishopston & Ashley Down & Redland Councillors

Ashley ward

We hope everyone has enjoyed the summer and is now preparing for the arrival of autumn. There are several updates from the St Andrew's part of Ashley ward that we thought readers would be interested to hear about.

Pond in St Andrew's Park – One of the highlights of recent months has been seeing the refurbishment of the pond in St Andrew's Park take shape. Councillors previously helped secure Community Infrastructure Levy (CIL) funding towards the project. In the end, however, the Friends group successfully raised the necessary funds themselves. As a result, we are exploring the possibility of redirecting that CIL funding towards longer-term repairs and improvements to the park's paddling pool, which we know is highly valued by local families. We are also aware of some rumours suggesting that the paddling pool is due to close soon, and we would like to reassure residents that this is not the case.

Vape shops – Councillor Izzy Russell has been supporting residents who are concerned about the growing number of vape shops along Gloucester Road. This is an issue that has been raised by many people over recent months. As a member of the Licensing Committee, Izzy will continue working with residents as new regulations affecting these businesses are introduced. Anyone interested in the campaign can get in touch via novapesglosrd@gmail.com.

Parking issues – Parking remains a key issue for many residents in St Andrew's. Councillor Tim Wye has continued to work with local people to push forward plans for a Residents' Parking Zone (RPZ). Residents may recall that the Transport Committee agreed some time ago to progress a scheme for the area. Since then, a new project manager has been appointed to help move these projects forward.

Unfortunately, following a citywide assessment of transport priorities, officers have concluded that they do not currently have the capacity to deliver a new RPZ within the previously suggested 2027 timescale. These schemes require extensive design work, legal processes and public consultation to ensure they reflect local needs and secure community support. St Andrew's presents particular challenges, with dense parking demand, narrow streets and pressures created by visitors to both the park and Gloucester Road's shops and businesses.



LtoR: Tim, Izzy & Abdul

is unlikely before late 2028 or early 2029. We recognise that many residents will be disappointed by this revised timeline. However, it is important that any scheme is thoroughly planned and workable. Tim remains committed to seeing an RPZ delivered. Encouragingly, officers have already begun undertaking the initial street surveys that form the first stage of the process. Recently, Councillor Ed Plowden, Tim and council officers met with residents to discuss progress and provide

reassurance that work continues behind the scenes. Of course, Ashley ward extends well beyond St Andrew's, and as your three ward councillors we each tend to focus on particular neighbourhoods and policy areas. With that in mind, we wanted to highlight some of the work taking place elsewhere across the ward.

Anti-social behaviour in St Pauls – Councillor Abdul Malik has been leading collaborative work with residents, Avon and Somerset Police and council officers to address crime and antisocial behaviour concerns in St Paul's. A resident survey has been completed, action plans have been developed and applications are being prepared for funding to support practical improvements in the area. Abdul also continues to hold weekly drop-in sessions at the Green Melon Community Shop, providing a valuable face-to-face opportunity for residents seeking help or advice.

Emergency accommodation in St Werburgh's – Meanwhile, Tim has been working closely with residents and council officers in St Werburgh's to review the concentration of emergency accommodation in the area and to improve oversight and management arrangements for those properties. Discussions are ongoing, but progress has been positive.

Traffic management in Montpelier – Finally, Izzy and Tim have been engaging with both residents and council officers to explore options for improved traffic management in Montpelier, including the possibility of introducing a School Street around Fairlawn Primary School. While these discussions are still at an early stage, the conversations so far have been encouraging.

As always, thank you for your continued support and engagement. Local government is rarely about finding solutions that satisfy everyone all the time, but we appreciate the many residents who share

their views and thank us for our efforts on behalf of the community.

Cllr Tim Wye, Green Party
[Cllr.Tim.Wye@bristol.gov.uk](mailto:Tim.Wye@bristol.gov.uk)
Facebook: Cllr Tim Wye

Councillor Abdul Malik, Green Party
Cllr.Abdul.Malik@bristol.gov.uk

Councillor Izzy Russell, Green Party
Cllr.Izzy.Russell@bristol.gov.uk

Bishopston & Ashley Down

As we move into autumn, we would like to update residents on four issues we have been working on over the last few weeks.

New recycling bags rollout and collection news – You may have heard about the new recycling bags that are due to be rolled out across the city. These bags come after feedback from residents and councillors about what would make recycling easier. These bags have a much larger capacity than the green boxes, are easier to secure and less breakable. They have a weighted base to stop them blowing away, and they should be easier to store.

We have been receiving regular councillor updates from Bristol Waste and continue to feedback residents' experiences. The rollout is taking place across the city in phases, and Bristol Waste has told councillors that it will continue to monitor how the new system is working and respond to issues that arise. If you have experienced any problems with deliveries, collections or storage of the new bags, please let us know so that we can pass this information on.

We have also been reassured by Bristol Waste that they are getting back on track after the difficulties over the summer, when there were many missed collections due to staff shortages. However, please do still report any missed collections via the Bristol Waste website, and get in touch with us if your collections have not resolved.

Concorde Way lighting petition – Thank you to everyone who signed the petition calling for improved lighting along Concorde Way.

Concorde Way is a vital walking and cycling route used by many people travelling to work, school and local amenities. However, the lack of lighting on parts of the route can make it feel unsafe, particularly during the darker months of the year, which is something residents have been raising with us for a while. The petition, with over 620 signatures was presented to Bristol City Council's Transport and Connectivity Committee on 17 September.



Emma & James

The petition demonstrates the strength of local feeling and the importance residents place on making active travel routes safe and accessible throughout the year. We will continue to push for progress and will keep residents updated on the outcome.

Delivery robots and national legislation

On 14 September, Emma attended a panel discussion in Westminster to speak about the growing use of delivery robots on pavements.

Many residents will know that this has been an ongoing issue locally. While new technologies can bring benefits, they also raise important questions about pedestrian safety, accessibility, and how public spaces are shared. We continue to hear concerns from disabled residents, people with visual impairments, wheelchair users and others about the impact these devices can have on busy pavements.

Have your say on adult social care services

Bristol City Council has launched a public consultation as part of its Strategic Review of In-House Provider Services. The consultation gives Bristol residents who use the services, their families and carers an opportunity to share their views. The consultation will close on 17 November. These services are incredibly important to many people across Bristol. Decisions about their future should be informed by the experiences of those who use them and those who support or care for loved ones.

We encourage anyone with an interest in these services, whether as a person who uses care and support, a family member, carer, member of staff, stakeholder or resident, to take part and make their voice heard. The consultation is available through the council's Ask Bristol platform. Enquiries can be sent to ASC.Consultation@bristol.gov.uk.

As always, if there is an issue you would like to raise with us, please do not hesitate to get in touch.

Cllr Emma Edwards, Green Party
cllr.emma.edwards@bristol.gov.uk

Councillor James Crawford, Green Party
cllr.james.crawford@bristol.gov.uk

Redland ward

Changes to recycling containers this month

New recycling containers are being delivered in a phased programme over the next few weeks. Larger capacity will include bigger blue bags for cardboard, newspaper and cartons plus new red recycling bags for plastic and metal containers. Both are designed to be more litter-proof and to encourage more recycling and less waste.

The old green boxes will be taken away for recycling. (If you order replacement recycling containers before the rollout reaches your area, a delivery charge will apply.)

When the rollout reaches your street, the crew will remove your old blue bag and green recycling box and replace with a new blue bag and red bag. Your brown food waste caddy and bin could also be replaced if they are not presented or are damaged.

Black recycling boxes will remain the same to present glass containers for recycling. There will be full instructions available by leaflet and online. A collection service for plastic film (soft plastic bags) is still being developed.

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

We've been pursuing two matters. The zip line was closed due to deterioration of the timber and the risk this could be unsafe. Tests were carried out and professional examination to see how serious the damage was, but the good news is that it can be fixed and this has been followed up to get it repaired.

The other matter has been the sighting of rats in the play area. The play team have liaised with Pest control and Parks maintenance. Hedges are being cut back to discourage nesting rats but it does seem there are limits to what can be done in an extensive open area. If more advice becomes available then this will be looked at.

A charter for the River Avon – We're delighted that the city council made an all-party decision in September to approve a charter of rights for the river Avon. We join all the other local councils in the Avon river basin who have agreed with campaigners for a cleaner river that these rights should be taken into account when future developments or management decisions are proposed that will affect the natural flow and health of the river.

Trader prosecuted – Following reports of illegal vape sales the council has investigated and enforcement teams have acted. They secured the withdrawal of a licence to trade by a shop selling illegal vapes and cigarettes in another neighbourhood and if any evidence is available about local shops then they will take action.



Martin & Fi

Trees protected – Following concerns by residents a Tree Protection Order (TPO) has been served to protect the two cypresses at Redland Green School. Because of community concern about the copper beech, that tree was also included in TPO 1531 so we can better control what happens to it in the future. While this doesn't rule out felling or cutting back, the order does mean an application has to be made and justified.

Adult social care providers' consultation – A consultation relating to the five in-house provider services of adult social care is now underway until 17 November. You will find the consultation on the Ask Bristol website (www.bristol.gov.uk/ask).

It will provide opportunities for colleagues, people who draw on the care and support of the services, their families and carers, residents and other stakeholders to share their views. We know there's a lot of interest and concern about these services.

Once it closes, responses will be analysed and an outline business case will be developed, including recommendations relating to the future of the services. This may be decided in committee in March. If you have any questions, please contact ASC.Consultation@bristol.gov.uk.

Cut back hedges – It's near the time of year when hedges, trees and shrubs are most likely to be overhanging pavements. If your boundary plants are over the pavement please do cut them back to avoid obstruction.

City centre bus changes – Several local bus services are being rerouted around the Broadmead area. This is to allow redevelopment and investment to support long term improvements to the area. See: travelwest.info/bus/broadmead-bus-changes. ■

Fi Hance, Green Party
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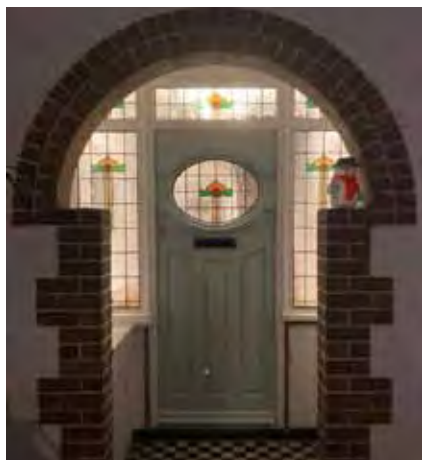
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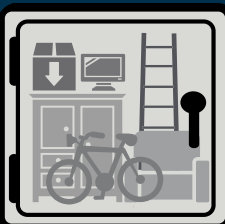
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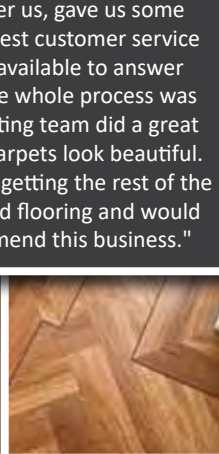
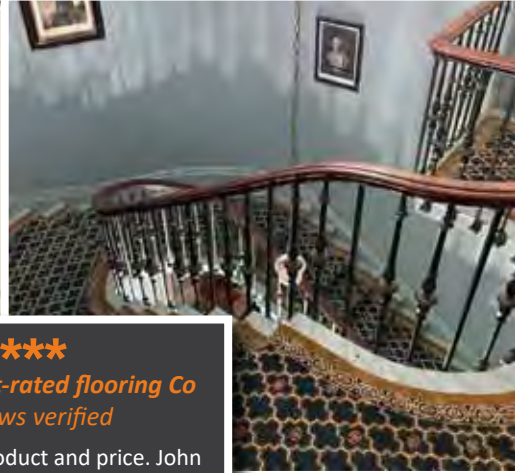
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