Bishopston Matters

Tel: 07881 924059 issue 202, Nov 2026



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Dear Readers...

See Reader Offers on page 64

As the front cover states, nineteen happy years in print and in our community. Thank you all for keeping Bishopston Matters in print! Some thought will now be given to our big twenty year celebration next year!

Always a highlight on the autumn calendar, the North Bristol Arts Trail is celebrating its twenty-fifth anniversary over the last weekend in November. Do get out and about on this fantastic trail that showcases local creative talent in a broad range of mediums. I hope to see many of you with map in hand, immersed in the art across our neighbourhood.

Local organisation SENDaWelcome is led by people with learning disabilities, autistic people and people with lived experience of disability. This November, the group are excited to be working with Corali, a company led by artists with learning disabilities, to bring an amazing performance to Bristol for the first time. The group are also asking to hear from disabled people and unpaid carers to help make Horfield Common more accessible for all; read more inside.

I know some of you will not be ready to hear this but Christmas preparations are well underway with the many local and varied Christmas fairs, markets and parties that take place in local schools and community venues.

Local businesses too are well stocked and ready to help you tick things off your gift list. Do join Glos Rd Central for their annual night market on the first Thursday of December and please show our local businesses some love this festive season.

Do check out the Reader Offers on page 64, Icon Beauty are offering a fabulous 15% discount this November if you quote BM2026 when booking.

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

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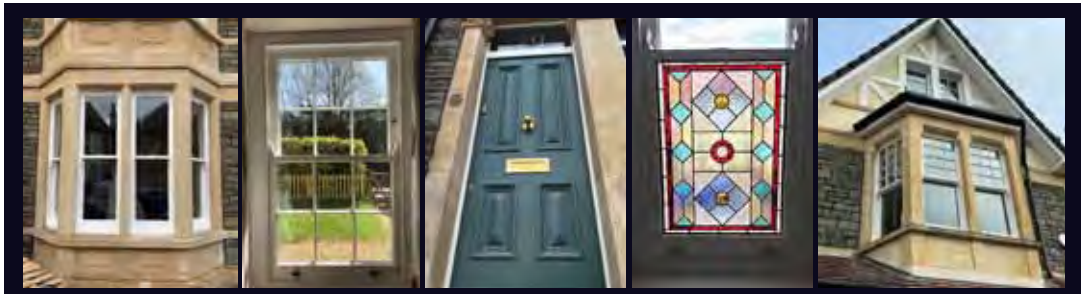
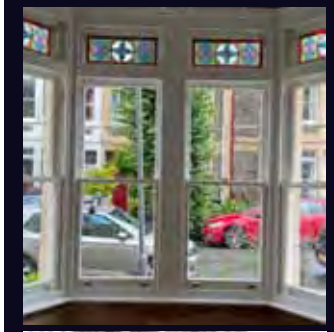





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News from SENDaWelcome



SENDaWelcome gets involved with PHANTASIA

We are excited to be working with Corali, a company led by artists with learning disabilities, to bring an amazing performance to Bristol for the first time.

Corali's PHANTASIA is a contemporary dance performance made up of two contrasting pieces. It explores what an imagined future world could look and feel like through movement, sound, music and visual art.

Special performance workshop

On **Thursday 19 November**, SENDaWelcome will be joining a special workshop from **10.30am to 12.30pm at The Mount Without**, designed with inclusion in mind.

The workshop will explore creative activities, movement, rhythm and connection.

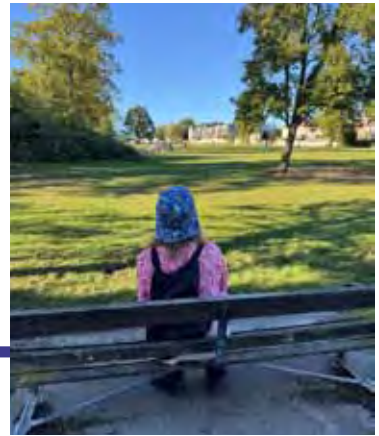
We are really looking forward to being part of this exciting opportunity and celebrating inclusive dance and creativity in Bristol!

Limited 'pay what you can' tickets are available for the workshop.

Get in touch with laura@sendawelcome.co.uk if you need support from Gloucester Road to get there.

Find out more about PHANTASIA and book your tickets:

Please email info@impermanence.co.uk if you require a wheelchair position or have any other access needs. SENDaWelcome is offering to meet up on Gloucester Road, if you need support getting there on the bus.



Help Make Horfield Common More Accessible

We want to hear from disabled people and unpaid carers!

Horfield Common is a much-loved green space where people walk, relax, meet friends, exercise and enjoy nature.

But is it accessible for everyone?

SENDaWelcome, in partnership with Your Park, are looking for local disabled people and unpaid carers aged 18–25 to help us understand what works well and what could be improved.

You must live close to Horfield Common to take part. You do not need to be an accessibility expert. **Your lived experience is what matters.**

We want to hear about things that can make visiting Horfield Common challenging, such as paths, entrances, seating, signs, toilets or other facilities. We also want to know what already works well.

Get involved! Join us in a supportive space to identify barriers and suggest practical changes that could make Horfield Common more welcoming and accessible.

There will be 4 workshops. The workshops will run from 1.30–4.30pm on the four Tuesdays in November 2026. **Lunch and refreshments will be provided. Expenses will be covered, and you will receive a £30 voucher for each session you attend.**

Whether you visit regularly or have stopped visiting due to access challenges, **we want to hear from you.**

Sign up to get involved:

SENDaWelcome and Your Park, working together to make Horfield Common a place where everyone can enjoy.

Sensory Garden Workshop Days

Our sensory garden at The Ardagh (Kellaway Ave, BS6 7YL) will be open during half term: Tuesday 27, Wednesday 28 and Thursday 29 October, 10am to 3pm.

The next dates for our Saturday openings are: Saturday 14 November and Saturday 12 December 10am to 3pm.

Join us

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

Visit: www.sendawelcome.co.uk.

Facebook: @MyCommunityBristolPartners





Two Top 40 local Chippies!

WE ARE IN THE TOP 40 FISH & CHIP TAKEAWAY OF THE YEAR
THE OFFICIAL NATIONAL FISH & CHIP AWARDS 2027

Double Fish and Chip shop owner, Nick Lomvardos, is over the moon to share the news that both his local chippies are in the Top 40 Fish & Chip Takeaway of the year list, according to the official National Fish & Chip awards 2027!

The Jolly Fryer on Filton Avenue has been in Nick's family since 1986 and the Bishopston Fish Bar on Gloucester Road since 2010. Nick has consistently received awards over the decades he has been serving up fresh fish and chips and this 2027 award is testament to the excellent standards he and his team consistently adhere to. Never was there a truer slogan – Cooked with Passion, Served with Pride!

This is a double celebration, as Nick has been delighted to secure a fifteen-year lease with the new owner of the Bishopston Fish Shop building, after the venue was threatened with closure when the property went up for sale. You can rest assured your fish and chips will be made with the same love and care for years to come and this won't be the last award the family chippies receive.

As always, Nick extends his heartfelt thanks and gratitude to his loyal customers and staff, for which he says he is nothing without.

Do treat yourself to a chippy tea soon at, the Bishopston Fish Bar, 264 Gloucester Rd, BS7 8PB or the Jolly Fryer, 557A Filton Ave, BS7 0QH.

Facebook: Bishopston Fish Bar



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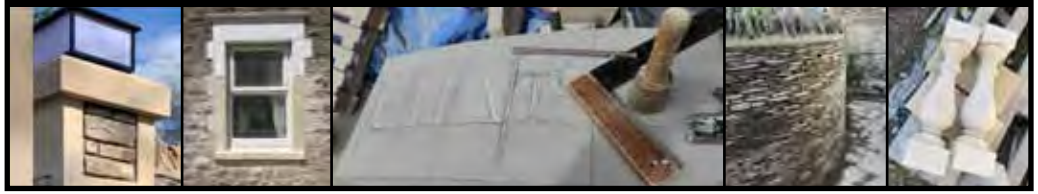
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News from the Friends of Horfield Common

As autumn settles in, we're looking back on a busy and rewarding few months at FoHC...

Our summer programme of wildlife and history walks was a great success. We rounded off the season with our final bat walk of the year, where we were lucky to spot several Common Pipistrelles – a sure sign of the wildlife thriving on the Common.

Work has continued on the Quab Pond, where volunteers have created a hibernaculum using logs kindly donated by The Ardagh. This will provide valuable shelter for frogs, toads and insects throughout the winter months. We've also been working on the Lower Common Wildlife Pond, where we have cleared a large amount of debris and have dug down to the natural clay layer, to help the pond retain water more effectively.

Around the Scots Pine area, we have removed the old metal fencing, allowing the hedgerow to act as a natural boundary. This area will now be left to rewild as we encourage the growth of native plants and monitor any invasive species.

We were delighted to meet lots of locals at Party in the Park and have a chat about our work. It was great to see so much interest, with many people signing up to our mailing list to keep up to date with our activities.

As always, a huge thank you to everyone who has volunteered their time and energy in these projects. Your efforts make all this work possible.

Our next Friends of Horfield Common meeting is on Saturday 14 November, from 10am to 12pm. We look forward to seeing familiar faces – and hopefully new ones too!

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

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Laurel Smart


Nika Nazarova-Evans


Caroline Casswell


Stephanie Geyl


Nancy Chambers

Five reasons to visit the North Bristol Arts Trail, 28–29 November 2026

The North Bristol Arts Trail celebrates its **25th anniversary** bringing an extraordinary 110 artists and makers to 56 venues across our neighbourhood. Artist studios, homes and exhibition spaces across North Bristol will open their doors from 10am to 5pm for a free weekend of creativity and discovery.

Here are five reasons to make the trail part of your weekend.

1. Discover local creative talent – From painting and printmaking to ceramics, textiles, photography, sculpture and jewellery, the trail is a chance to discover an inspiring variety of work the algorithm won't show you, all made by local artists and makers.

2. Explore your own neighbourhood – and somewhere new – With venues across Bishopston, Redland, Henleaze, St Andrew's, Ashley and Horfield, you can plan your own route or simply follow your curiosity. The trail offers a different way to experience familiar streets and discover creative spaces you might otherwise never see.

3. Meet the makers – This isn't just an exhibition. Artists and makers are there to talk about their work, share their processes and tell the stories behind their creations. It's a great opportunity to meet the people who make North Bristol's creative community so distinctive.

4. Find something special for Christmas – Looking for a present that's personal and genuinely unique? With original artwork and handmade pieces available across a wide range of styles and budgets, the trail is a brilliant place to start your Christmas shopping, while supporting independent creatives directly.

5. Celebrate 25 years of community creativity
The anniversary is a milestone for this much-loved, volunteer-led event, which has grown through the enthusiasm of Bristol's creative community. This year's trail will also support Prodigal Arts, helping ex-offenders use positive creative expression to reduce re-offending.

North Bristol Arts Trail 25th Anniversary

Saturday 28 & Sunday 29 November 2026, 10am–5pm. Entry is free.

northbristolartists.org.uk

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soulpilates.co.uk/welcome-offers

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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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.


Partners Sam & Anthony


The Pavilion


Sri Lankan Head Chef Nuwan

It was wonderful to arrive to a full restaurant and welcoming environment. The kitchen is open and situated in the centre of the venue and they have a lovely outdoor pavilion space; it felt like we were on holiday.

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

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

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

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

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

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

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

local this Christmas

I know, I know we are only just heading into November but it is good to be prepared when it comes to Christmas!

Gift shopping doesn't have to be taxing when you visit our local high street. Gloucester Road traders are passionate about what they do and will share their enthusiasm with you. Ask Grape and Grind what is the perfect wine for someone who likes dry whites? Finola at Nola will recommend an excellent eco but gorgeous gift. Reason Interiors has original, beautiful gifts for all budgets along with some traditional advent calendars. Room 212 and Fig host stunning original artwork and prints from Bristol creatives and you can pick some fabulous interior items from Stylemongers of Bristol.

Icon and Jo Jo Beauty vouchers will be gleefully received and your loved one can select their own beauty treat. Pick up handmade with love, skincare products from Osna Therapy. I Love My PC has some great stocking fillers to impress gamers in your family. And how about some theatre tickets to one of the Kelvin Players local productions? Grab last-minute Sellotape, baking trays and gravy jugs from Pearce's Hardware that can always be relied upon.

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Take some time with family, friends or work colleagues to make a bespoke fabulous Christmas wreath with experts from the Flower Shop.

Christmas is the perfect time to indulge in sweet baked traditions and Hobbs House Bakery and Joe's Bakery will be laden with goodies to enjoy at home and to gift to those you love.

Glos Road Central will be hosting their Christmas evening on Thursday 3 December, 5–8pm. Traders will be showcasing their gorgeous products and Osna's owner Bridget's mulled wine is not to be missed to get the party season started!

We are spoilt for choice when it comes to taking a break from the shopping and recharging our batteries in local cafés, restaurants and bars; why not make Christmas shopping a day out with friends?

As well as our wonderful high street there are school Christmas fairs to attend; Bishop Road's much-loved Christmas Market takes place on the evening of 26 November at the school and their Christmas Cracker on Saturday 5 December. Ashley Down's Winter Fair and St Bonaventure's Christmas Fair take place on Saturday 28 November and Brunel Field's Craft Fair & Pre-loved Market is on the evening of Wednesday 2 December. The Old Library has their lovely Christmas party on Saturday 19 December with stories from Santa.

You can support local groups by buying your Christmas tree from Refutrees with all profits going to Aid Box. Some local schools and Scout groups are also selling trees to raise funds.

If you can, please do gift some food goodies or giftable toiletries to Family Food Action who support families in food poverty in neighbouring areas. Totally Toys is once again a collection point for the Every Child Deserves Christmas campaign. If you can afford a toy to the value of £7–£10 please drop off a donation that might be the only gift some children in the BS postcode areas receive.

I will be enjoying the merriment of as many local events as possible – it is, after all, the season to be jolly!

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YOUR CHRISTMAS TREATS ARE WAITING



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Why not come and try out the Gloucester Road WI at one of our Christmas events?





Tuesday 17 November – Folded Book Christmas Trees – If you would like to join us for this surprisingly simple, festive craft activity, then we'd love to meet you, but ask that you bring a hardback book of approximately 150–400 pages, ideally 19–25cm tall × 12–18cm wide. Suitable books can be found in local charity shops for around £1.50, if you don't want to part with one of your own!

All other materials to create your impressive masterpiece will be provided, although please feel free to bring any decorative bits/particular colour schemes you'd like to use.

Visitors/non-members: £7.50 (cash or card). Tempting festive bakes and seasonal refreshments will be available to buy on the night.

Wednesday 25 November – Christmas Wreath-Making – This year we've decided to make our much-loved wreath workshop a standalone event, rather than part of our regular WI meetings, so that even more people can join us! Open to everyone aged 18+, this is a relaxed and creative evening with plenty of festive fun – and a beautiful wreath to take home. All materials and instruction will be provided. There'll also be a fabulous Christmas hamper raffle, along with some suitably festive refreshments.

Tickets: £30 per person. All profits will support local charities. To book, **email: info@gloucesterroadwi.org**. Places are limited, so please book and pay by Saturday 7 November – this also allows us time to order materials.

Both events start at 8pm (doors open 7.45pm) at St Bonaventure's Parish Hall, Friary Road, BS7 8AF, with free parking available on site.

Come along and discover what Gloucester Road WI is all about. **www.gloucesterroadwi.org**

News from Joe's Bakery


Pumpkin Spice Bundt Cake

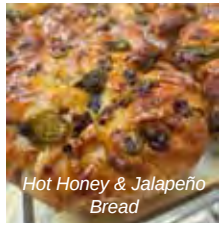
New for Autumn – Pumpkin Spice Bundt Cake – spiced cake, with pumpkin puree, cream cheese frosting and pumpkin crumble!

Hot Honey & Jalapeño Bread – soft white bread, studded with jalapeños, topped with a hot honey and crispy chilli glaze!


Vincenzo Tiri with Wayne

Halloween – All Treats no Tricks! Sink your fangs into, Pumpkin and Mummy Gingerbread, spooky doughnuts and haunting cupcakes!

Christmas – with Christmas just around the corner, the bakers are hard at work perfecting new and existing lines!


Hot Honey & Jalapeño Bread

Invitation to Italy! Joe's owners, Wayne and Jenny, were invited to Verona Italy this October for a Panettone Masterclass! The trip, organised by Brook Food, Polin & Tiri, saw them fly out to Italy for four days and receive a masterclass with Vincenzo Tiri (the don of Panettone!). Watch this space for our Panettone, available in both shops in December.

As well as the Panettone making event, the couple were treated to factory tours, sightseeing around Verona, yummy local food, gelato, panettone and of course a spritz or two! See highlights from the trip on Instagram. The couple has returned hugely inspired and would like to thank Brook Foods for inviting them, and extend their thanks to Vincenzo, Tiri & Polin and all involved in a great trip! Check out their **Instagram pages here: brook_food | polin_group | tiri1957 | vincenzotiri**.

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

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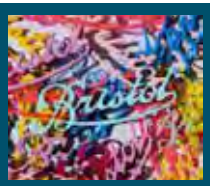
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New immersive drone light show, Sky Kingdom, arrives in Bristol to bring the magical world to life like never before.

On 19 – 20 December 2026, Sky Kingdom: A Dragon Drone Light Show will light up Seat Unique Stadium with dazzling displays of fantastical beasts and magical realms.

Sky Kingdom: A Dragon Drone Light Show is coming to Bristol on Saturday 19 and Sunday 20 December. Picture this: the sun goes down over Seat Unique Stadium, the crowd settles-in beneath the stars, and hundreds of glowing drones lift into the sky to turn a winter's evening into a kingdom of fantasy and fairytales. Tickets are on sale now, and they're selling fast!

The magic starts before the show does. Arrive early to wander through a pre-show programme of street food, drinks and family-friendly entertainment, soaking up the atmosphere as the stadium fills and the evening draws in. Then take your seat in the grandstand for the main event, which begins at 6:30pm.

For around 40 minutes, synchronised drones rise, glide and transform above you, shaping soaring creatures and glowing formations across the night sky. Every moment is choreographed to a powerful cinematic soundtrack, so light, music and movement come together in one immersive experience that you'll feel as much as see.

Behind the spectacle is a team that knows how to make a crowd look up. Sky Kingdom comes from the people behind WILD, Evolution and A Christmas Carol, whose shows have now been enjoyed by more than 200,000 guests across the UK. They've teamed up with Celestial, the world-leading drone artists who were runners-up on Britain's Got Talent and whose displays have lit up Eurovision, Glastonbury and London's New Year's Eve celebrations.

Whether you're bringing the kids, planning a date night or gathering a group of friends, this is a show made to be shared by all ages. Set in a world-class stadium, it's an outdoor experience designed to leave you with that rare feeling of collective wonder, and the perfect excuse to wrap up warm and make an evening of it. Children under 3 go free with a paying adult, and the venue is wheelchair accessible, so everyone can enjoy the show.

Please note that the show contains flashing lights and may not be suitable for those with light sensitivities.

Practical information:

- **Location:** Seat Unique Stadium, Bristol, BS7 9EJ
- **Dates:** 19 – 20 December 2025
- **Price:** Starting from £19.50 per adult and £14 per child (age 3+)
- **Duration:** 40 minutes
- **Tickets:** skykingdomdroneshow.com

St Peter's Hospice Reindeer Run



Bristol children are being asked to dash, dance, prance or walk as part of the St Peter's Hospice Reindeer Run!

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 on a date of their choice in November or December.

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.

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.

Anyone interested in taking part in the Reindeer Run can visit **stpetershospice.org/ReindeerRun**.







Seasonal news from Icon Beauty

Celebrating 17 years on Gloucester Road!

Since 2009, Icon Beauty has been the place to switch off, relax and be properly looked after. This autumn we turned 17, and our senior therapist Taylor marks a wonderful 10 years with us. Gloucester Road has always been our home, and we're proud to be part of a community full of character and independent businesses. Thank you to every client, neighbour and friend who has supported us along the way.



Treat yourself

Choose from manicures, Gel Bottle nails, nail art, pedicures, Korean and LVL lash lifts, brow lamination, facials, massage and waxing.



Above: Icon owner Lucy and left: Senior therapist Taylor

15% off in November*

To celebrate our birthday and Taylor's 10 years, we're giving you 15% off a new treatment you have in November with Lucy or Taylor. December is filling up fast, so it's an ideal chance to get ahead of the Christmas rush! Book online or call us, then bring this page with you or **quote BM2026**. Discount will be applied at your appointment.

**Offer valid on NEW bookings for treatments taken with Lucy or Taylor between 1 and 30 November 2026. Not valid on existing appointments, and existing appointments cannot be cancelled and rebooked to use this offer. Excludes massage, facials and gift vouchers. Bring this page or quote BM2026 when booking. Cannot be used with any other offer.*

The perfect gift

Whether you're already ticking off your Christmas list or leaving it to the last minute, here's one present you can rely on.

From relaxing facials to beautiful nails and lashes, an Icon gift voucher is a present that always fits. Vouchers can be used on any treatment, for any amount, and are valid for 12 months. Buy online with a personalised message to send by email, or pick one up in the salon, ready to go under the tree.



ICON BEAUTY

iconbeauty.co.uk | 0117 924 5566

269 Gloucester Road, BS6 8NY

Lucy and the Icon Team x

osna
THERAPY CENTRE





Christmas gifts – Osna owner, Bridget, will be showcasing her beautiful, handmade aromatherapy candles in time for Christmas shopping! She also has gorgeous crystals, luxury soaps, lip balms, scrubs, face creams, body oils, souffles, aromatherapy wax melts, hand and foot creams. All these natural products are handmade in-house with love.

Vouchers – If you would like to spoil a loved one with a holistic treatment you can purchase vouchers from Osna's website, along with all of Bridget's vegan, organic skincare range and products.

Christmas events – Do visit Osna during **Glos Rd Central's Evening Christmas Street Party, on Thursday 3 December, 5–8pm.** Pick up some lovely Christmas gifts and enjoy some of Bridget's legendry mulled wine, guaranteed to warm you up.

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

Every Child NEEDS CHRISTMAS!

Gloucester Road's Totally Toys is happy to once again be a collection point for the Every Child Needs Christmas campaign.

It's so easy to get involved and makes a massive difference to lots of underprivileged children in the BS post-coded areas.

To join in, all you need to do is donate a new gift/s (not wrapped or edible) around the value of £7 to £10 for a 0–16 year old.

The cut-off date for donations in store is Friday 4 December 2026.

You can either pick up items from Totally Toys or bring your own in to donate.

Totally Toys, 109 Gloucester Road, BS7 8AT





Gifts galore at REASON INTERIORS



As always, Reason is packed full with gorgeous gifts to inspire you for the festive season. The ever-popular Angela Harding annual calendar and 3D advent calendars are now in stock, along with a selection of beautiful calendars from Germany, with pretty seasonal scenes (as previously available from Playfull Toys).

Reason has everything you need to cosy up as we head into winter, with soft, luxury socks and blankets and new to store is Harth hot chocolate that smells dreamy. These little parcels of joy originate from Somerset and are perfect for an indulgent pick me up!

I loved the earring collection from Être, super-stylish, light weight to wear, made from recycled metals and at a great value price.

The Christmas range of St Eval candles with their selection of seasonal scents always make lovely gifts. The Christmas collection of candles from Plum & Ashby also boast delightful scents. Their 'Wave of Light' candle is a chance to join with bereaved parents, families and friends to light a candle in commemoration of all babies who have sadly died. 100% of the profit from the sale of this candle is donated to Tommy's charity.

Rooted in the heritage of Greece, the Aeolis skincare range are natural olive remedies with organic extracts and enchanting fragrances.

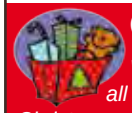
Vintage items are added to the shop each week and there will soon be an abundance of fabulous Christmas decorations to choose from. A great **Reason** to visit **97 Gloucester Road, BS7 8AT.**

Pearce's Hardware



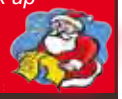
Trading for over 130 years, Pearce's Hardware is a traditional store with traditional values, we sell just about everything you can imagine you might need for your home and garden.

We are proud of our heritage and our contribution made to the Gloucester Road over many years.



Christmas ready!

We have a huge range of gifts to suit all budgets. You can also pick up Christmas essentials such as baking trays, gravy boats, decorations, festive lights and of course sellotape!



295 Gloucester Road, BS7 8PE
Tel: 0117 924 5787

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Bishop Road Primary School, BS7 8LS

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- SELFIE STATION

90 MINUTES
£30 PER CHILD

* MINIMUM GROUP OF 6 PER PARTY



SPACES AVAILABLE

DM OR CALL TO BOOK NOW



Ashley Down Primary School Playground Project

Ashley Down Primary School is continuing its fundraising campaign to improve and enhance the school's playground for all our pupils. Phase 1 was a huge success, with the generous support of our local community helping us to install a fantastic new MUGA (multi-use games area) over the summer.

We are now launching Phase 2, which will focus on raising funds for exciting new play installations in the infant area of the playground, creating an engaging and inspiring space for our youngest children. We would love to hear from local businesses who may be interested in getting involved by sponsoring the project and supporting our school community. **If your business would like to find out more**, please contact the Ashley Down Primary School Association at **ashleydownpsa@gmail.com**. A huge thank you goes to Kasa Chiropractic (kasachiro.com). Charlie Herbert and the team attended our summer fair and donated all the money made on the day towards the playground project. They have since raised further money, making a grand total of £1108.98. We are hugely grateful for their support.

Kasa Chiropractic



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Bishop Road Primary School PTFA is pleased to be hosting the ever-popular Bishopston Christmas Market once again.

Looking for Christmas gifts that feel a little more special? Step away from the shopping malls and online shopping and discover something truly unique at this year's Christmas Market.

With a wonderful mix of returning favourites and exciting new makers, it's the perfect place to find thoughtful gifts for family and friends and perhaps a little treat for yourself along the way, while supporting talented local artists, makers and independent businesses.

From beautiful jewellery and handmade crafts to delicious condiments and festive treats, there'll be plenty to browse and discover. With so many unique, locally made goodies under one roof, Christmas shopping becomes an enjoyable evening out rather than another item on the to-do list.

Once you've found the perfect presents, take a well-earned break with a glass of mulled wine and a mince pie from Joe's Bakery, and soak up the festive atmosphere.

Come along, shop local, discover something different and enjoy a more personal way to get your Christmas shopping started.

Bishop Road Primary School, Bishop Road, BS7 8LS. Thursday 26 November, 7–9pm. Entry £2. Over 12s only.

And for more festive fun for the whole family, come and enjoy the 'Christmas Cracker' and Tree Sale at Bishop Road Primary School on Saturday 5 December (1–4pm). Christmassy kid's stalls, mulled wine and Christmas trees galore!

Facebook: @BishopRoadPrimarySchoolPTFA



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BY MOIRA BUFFINI

1-5 DECEMBER

DIRECTED BY KATIE KNEEN & TIM WHITTEN

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Bristol, BS7 8NY

www.kelvinplayers.co.uk
@kelvinplayers

1-5 December 2026
19:30 curtain each evening
14:00 matinee on 5 December

kelvinplayers.co.uk/tickets

This amateur production of "Welcome to Thebes" is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French Ltd.

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

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News from the Goldenhill Community Garden



Hi folks,

Christmas is coming! And let's be honest Christmas can be a time of plastic tat and corporate profits so how about doing a Christmassy something that is environmentally friendly And supports a local community project at the same time And coming to the community garden to make a unique and beautiful **winter wreath** out of natural and locally collected materials is a great way to kick off the festive season.

We'll be running our lovely sessions Saturday/ Sunday 28/29 November. Each wreath costs £30, it takes about an hour and you can come along as a family or with pals to make one together or book separately if you want to make one each. Also, it's just £15 for under 16s/low waged or just choose one of our free spots when you book if money is a barrier.

You'll learn how to weave a willow hoop with local freshly harvested willow and then be provided with everything you need to decorate it with gorgeous natural foliage and we'll show you how to make it fabulous. Every wreath is different and they **always** turn out beautifully. We've got lots of space and it's a lovely break from hectic shopping and screens and what not. Children are welcome and booking is essential and the details are on our website thegoldenhillcommuntitygarden.com or look up 'bookwhen golden hill' for our booking site. Our site is wheelchair accessible including the loo and we have covered and indoor spaces.



The community garden is open on Wednesdays all winter though we're closed on 30 December. It's a great time to get involved and get outdoors. Every week we share a delicious soup from the garden and with our new kitchen we're always happy to cook up treats to keep up morale. We're a friendly and welcoming bunch; there's always a range of jobs and even in midwinter there's always bits and bobs to take home even if it's just rosemary for your roast potatoes.

See you in the garden!

Lucy

thegoldenhillcommunitygarden.com
Instagram: @ghcommunitygarden.
Facebook: TheGoldenHillCommunityGarden



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Skin & Beauty Box
BRISTOL

What can you expect from a Jan Marini chemical peel?





Jan Marini chemical peels are professional exfoliating treatments designed to improve the appearance of pigmentation, uneven skin tone, dullness and rough texture.

In simple terms, a chemical peel helps encourage tired, dead skin cells to move along and make way for fresher-looking skin underneath. Think of it as a polite eviction notice for the dull bits.

The treatment uses a carefully selected exfoliating solution, chosen according to your skin type and concerns. Depending on the peel used, it can help improve the appearance of pigmentation, fine lines, congestion, rough texture and general lack of brightness.

Pigmentation is one of the most common reasons people choose a peel. Darker patches can appear for lots of reasons, including sun exposure, hormonal changes, previous inflammation and the natural ageing process. Unfortunately, pigment can be a little stubborn. It rarely disappears after one treatment, so the best results usually come from a consistent treatment plan combined with good home skincare.

Before treatment, the skin should always be assessed properly. Not every peel is suitable for every person, and stronger does not always mean better. The right treatment depends on your skin type, sensitivity, current products, pigmentation and previous treatments.

During the peel, you may feel warmth, tingling or slight tightness. Some people experience mild redness afterwards, while others may have light flaking over the following days. And despite the name, you do not have to dramatically shed your face like a snake for the treatment to be working.

One of the most important parts of any pigmentation treatment is SPF. Sun exposure can make pigmentation darker and can undo some of the progress made during treatment. Daily broad-spectrum SPF is therefore essential, especially during a course of peels.

Results are generally gradual. Some people notice brighter, smoother-looking skin after one treatment, while concerns such as pigmentation and texture may benefit from a course of treatments. The aim is not to completely change your skin overnight, but to improve clarity, smoothness and overall tone over time.

Jan Marini peels can also work well as part of a wider skincare programme. Professional treatments are usually most effective when supported by suitable homecare, rather than relying on one heroic facial every six months.

A consultation before treatment allows the skin to be assessed and the most suitable peel to be chosen.

So, if your skin is looking a little dull, uneven or like it has collected a few too many souvenirs from the sun, a Jan Marini chemical peel may be worth considering.

Brighter skin, smoother texture, more even tone – and no need to disappear into hiding for a week.

Book in at: skinnandbeautyboxbristol.co.uk

Westbury-on-Trym
16 High Street, Bristol,
Westbury-on-Trym,
Bristol, BS9 3DU
0117 9507080

Coldharbour Road
121 Coldharbour Road,
Redland
Bristol, BS6 7SN
0117 3291750

Clifton Down
Unit 1, Clifton Dn Shopping Centre,
Whiteladies Road,
Bristol, BS8 2NP
0117 3297005

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

Vouchers make a fabulous Christmas gift!

Autumn Restore Wellness Day 2026

Restful. Rejuvenating. Contemplative.

Sylvia (@PilateswithSylvia) and Lucy (@YogaForAll) have been collaborating on day retreats in Bristol for the last year. After the success of our “Bloom into Summer” Wellness Day, we’re delighted to bring you **Autumn Restore**: an opportunity to slow down, connect with nature and celebrate the new season. We’ll give you the space to return to you.

Our retreat takes place at The River Rooms, a yoga studio set in the beautiful oasis of Westbury Wildlife Park. With the soothing sound of the stream outside, it’s the perfect place to take a break from the world and nurture your body and mind.

Through yoga, Pilates, meditation and reflective creative sessions, you’ll have time for deep rest and self-nourishment as we move into the darker winter months. Taking time to rest supports our health and wellbeing through the season and gives us space to pause and take stock, with mindful attitudes such as self-compassion and gratitude.

Morning: Begin with a gentle, refreshing yoga class with Lucy to welcome you into your body, release tension and reset from daily stresses. After a snack and mid-morning cuppa, enjoy quiet reflective time with a simple creative session.

Lunch: A nourishing, warming meal, specially prepared and served at the onsite café.

Afternoon: Start slowly by finishing your creative work, then move into an aligning, centring Pilates session with Sylvia. We’ll close the day with a grounding deep-rest meditation, giving you time to fully unwind.



Sylvia & Lucy



Details

Saturday 7 November, 10am–4pm

The River Room, Westbury Wildlife Park Foundation, Trym Road, Bristol BS9 3ET.

Only £100 (classes, equipment, tea break and lunch included). Open to all levels. Spaces are limited, so book your place soon!

www.yogaforall.co.uk

Please email: **pilateswithsylvia@gmail.com** or **lucy@yogaforall.co.uk** with any questions.

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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!”

Forthcoming meetings

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

11 December – 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.

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.couneselling@gmail.com**.

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

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

Keep fit with Dance Moves

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

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

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

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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





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

Tickets £6 cash/card on the door.

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

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

Tue 1 December: *Gaslight* **by Patrick Hamilton.**

Tue 15 December: *Touch and Go* **by Derek Benfield.** Mulled wine and mince pies will be served after this reading.

bristolplaygoersclub.co.uk | 07504 254499

Newman Hall, Grange Court Road
Westbury-on-Trym, Bristol, BS9 4DR

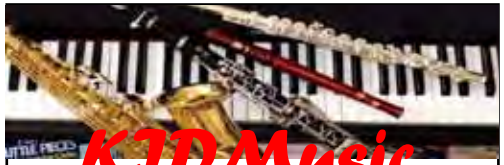


Do want to be in the Bartholomites 2027 panto? *Oh yes you do!*

The Bartholomites will be commencing rehearsals for their annual pantomime on Sundays at Horfield Methodist church. It's not too late to join as part of the ensemble or to help backstage.

We are a friendly inclusive Pantomime group that has been running for over 50 years. Rehearsals are on Sundays with the pantomime being performed in February half term.

If you have any questions please email:
thebartholomites@gmail.com



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piano / theory / GCSE / A Level

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

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



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

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

Lessons can be for fun or focused on passing graded exams. Lessons typically last half an hour and cost £25.

E-mail: katherine@kjdmusic.co.uk

www.kjdmusic.co.uk **kjdmusiclessons**

STAN DREWS FOLK NIGHTS



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

"the best folk club I've been to"

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

Folk, blues, jazz – traditional & contemporary.

Curated session: floor slots for new and established performers. All welcome.

Email: StanDrewsFolkClub@outlook.com

FREE entry – BAR – not free!

Wednesdays 11 November & 9 December, 7.15pm Doors open for a 7.30pm start.

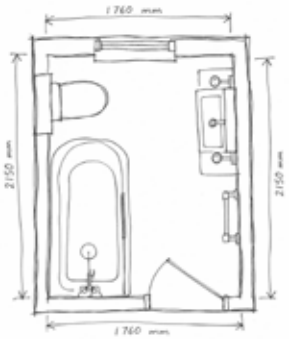
at **St Andrews Bowls Club, Derby Rd, BS7 9AQ**

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

Let's create a bathroom you'll love

Planning a new bathroom but not sure where to start? You might have a rough plan, a few saved pictures or simply a feeling that your space could work better. Wherever you're starting from, Little Bathroom & Boiler Company is here to help you take it one step at a time.

You can pop into our showroom on Gloucester Road North, take a look at our ever-changing displays and talk through your ideas. Our team doesn't work on commission, so there's no pressure to decide anything before you're ready.









How does it all work?

Come in and get inspired

Visit us at our local showroom and take your time exploring our displays and browsing through our brochures and samples. If you have photos, plans or ideas you like, bring them along. We have access to excellent products you will not find at superstores.

Tell us about your space

At a design appointment, we'll talk about how you use your bathroom and what you'd like to change. Photos and measurements are helpful if you have them. Our 3D design software can bring your design to life and show you what's possible in your space.

See the plan come together

We'll explore layouts, products and finishes that fit your space and budget, then prepare an initial quote. We can create a 2D plan and, where useful, 3D images to help you picture the room.

Work through the details

If the room needs a closer look, we can arrange a home visit. Jamie, the business owner and a plumber with over 30 years' experience, can help with practical questions about pipework, drainage and more challenging layouts.

Take the time to choose

We'll go through the design with you and make any changes you'd like. Once you're happy with the layout and products, we'll prepare a quotation based on your final choices.

Leave the order with us

We'll provide technical information and any guidance that your installer needs, then check, label and store your products when they arrive. You or your fitter can collect them, or we can arrange delivery.

We're here to help

If you or your installer have questions before, during or after installation, we're only a phone call or email away.

Whether you're planning a family bathroom, shower room, en suite, cloakroom or making adjustments for mobility, we'll help you find a design that feels comfortable, practical and yours.

Visit our showroom at: 32 Gloucester Road North, BS7 0SJ

Call us on: 01179 792 860 or book an appointment online at:

www.littlebbc.co.uk | Instagram: little_bathroom

Nexus®
Pharmacy & Health Clinics

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

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

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





nexuspharmacygroup.co.uk

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!



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9:30 – 10:30am also 10:30 – 11:30am

THURSDAY
9:30 to 10:30am

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

MONDAY
7:00 – 8:00pm

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0117 903 0331 | 0784 732 2954



Ardagh Community Sauna: November 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.

Our regular sauna sessions cost £12, single monthly memberships are £48 for five sessions and six-monthly memberships are £42 per month for five sessions a month. **If you work for the NHS, show your ID and get 25% off!**

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.

Quiet sauna sessions – November

As the sauna season heats up for autumn, we realise sessions can get a bit chattier so we have blocked off two sessions a week for those of you that prefer some quiet contemplation.

10am – Sun 1, Sat 7, Sun 15, Sat 21, Sun 29
6pm – Mon 2, Tues 10, Weds 18, Thurs 26, Mon 30.

Sauna Sounds presents

Kayla Painter – extended ambient DJ set
Friday 13 November, 6–10pm

Featuring music from Kayla's latest release, Tectonic Particles.

Known for her captivating sonic worlds and a unique approach to electronic music, Kayla creates soundscapes that invite you to slow down, tune in and experience music in a different way. This extended set is an opportunity to lose yourself in the details, from shimmering synths and evolving textures to deep, atmospheric frequencies that complement the warmth of the sauna and the refreshing energy of the cold plunge.

Music only – £10 – available through Headfirst.

Sauna + Music – £20 – book through the sauna website below.

Come for the music only or buy a ticket for both music and sauna. Whether you're looking for a mindful evening of deep listening, a chance to unwind with friends, or a new way to experience ambient electronic music, we'd love to welcome you.

Sophie's Sound Garden | Mixed session 8pm 60 minutes (£20)

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 14, 28 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.

Private bookings & celebrations

Planning a special occasion? Our sauna is available for private hire from £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

Even though the days are shorter and cooler, it's just as busy here on site at The Ardagh!

We've restarted our popular **board game evenings, every Tuesday from 6pm to 8pm**. It's a chance to enjoy a relaxed evening with friends, old and new. You can play board games, cards or bring a favourite from home if you wish. There's always fabulous hot food available, freshly cooked in the café plus a range of drinks from the bar, hot drinks and cake. In addition, there is a **self-led writing group** too if you want a chance to express yourself in words. No booking necessary, just drop in to the café and soak up the ambience. It's a cosy, friendly atmosphere so you can be assured of a warm welcome.

If it's daytime activity you're after, you can also pop in to our **craft workshop, Tuesdays 2–4pm**. This is run by our talented volunteers who can give instruction on a current project, or you are welcome to bring your own craft and just enjoy the company and chat.

In the spring we launched a calendar competition for 2027. It proved to be popular and we've had some excellent entries. We were planning to close entries this year but have now decided to extend this into spring 2027 to enable people to capture year-round images. So, if you are a budding amateur photographer, or just a point and click type, why not send us your favourite photos of The Ardagh. Full competition details can be found at: form.jotform.com/260972660915060 or on our website.

Dates for the diary

Saturday 14 November, Ardagh Market 10am – 3pm Looks to be one of our busiest this year with 30 traders booked in. Maybe start some early Christmas shopping, stay for the fabulous food and enjoy local music while browsing.



Saturday 21 November, Wreath Workshop 10am – 12.30pm Enjoy a peaceful morning of creativity with local florist, Marianne, of Blue Fern Florist, and create a handmade Christmas wreath using seasonal foliage. Learn wreath-making techniques in a relaxed, supportive workshop and leave with something beautiful for your door. See posters on site, or social media for full details of how to book your place.



Saturday 5 December, Christmas Grotto – for dogs! Bring your much-loved pooch to see Santa in his wildlife grotto from 11am to 2pm. We'll have a mini market with stalls selling pet themed items to pamper your pets too!

Saturday 12 December, Ardagh Christmas Market 10am – 3pm and Santa's Grotto All things festive at our Christmas market with another bumper selection of stalls, live music, great food and plenty of opportunity to select unique, handmade gifts for someone special. Plus, a visit from the big man to keep the children happy!

We will also be having our usual community **carol singalong in December**. At the time of going to print, no date has yet been finalised as we are keeping our fingers crossed that we may have some special visitors for the event! Watch this space and we'll keep you updated on social media and on-site posters.

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 theardagh

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

Reco Spinal Centre

Reco Testimonial

Small changes, big progress

by Richard Hicks ★★★★★



"I went to Reco Spinal Centre purely by chance after finding out they do x-rays. My back had been troubling me for a number of years; even with a new hip it wasn't right.

Mandeep explained everything that she found wrong with my back/pelvis very clearly. The treatment I have had over the last 5–6 weeks has been amazing and I feel the benefits already. I feel more comfortable lying on my back, which I couldn't before, and standing is so much easier.
So, I wish to thank Mandeep and all the staff at Reco Spinal Centre for all their help and kindness in assisting with my recovery."

Our team of chiropractors, spinal therapists and massage therapists work together to treat the root cause of your pain – not just the symptoms.

We can help with: Back & Neck pain | Headaches & migraines | Sciatica & nerve pain
Joint & muscle stiffness | Sports injuries | Postural problems

Book a 50% discounted Inital Consultation today!

Scan this QR code to book or Call 0117 925 2886

Usually £67 now £33.50 Includes a full history of your complaint, posture analysis, orthopedic and neurological tests.

recospinalcentre.com 175 Southmead Road, Westbury-on-Trym, BS10 5DT

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Ring your local office on **01179 592 266** and quote **"MATTERS MAGAZINE"**

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Sefton Park

Sefton Park School

Tours for Reception September 2027

Wednesday 11th November, 10–11am
Thursday 26th November, 2–3pm
Friday 4th December, 10–11am
Thursday 7th January, 10–11am

Drop-off (Mon–Fri): 8:45–8:55am
Pick-up (Mon–Thu): 3:30pm, Pick-up (Fri): 3:00pm

Sefton Park Nursery

Tours for September 2027 applications:

Friday 20th November, 9.15–9.45am
Friday 11th December, 9.15–9.45am
Friday 22nd January, 9.15–9.45am

For 3–4 year olds | 15 & 30 hours funded places
Open 8:45am–3:00pm (Mon–Fri)
Additional hours of wraparound available

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

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 is 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'

You know you should be lifting weights… but where do you start? *by Polly Turnill Fitness*



"I'm not really sure what I'm doing."

"I'm worried about injuring myself."

"I don't have the motivation on my own"

Sound familiar? You're not alone.

For many people, starting strength training can feel daunting. Small-group training can provide the guidance, encouragement and confidence to make it work for you.

Gill, 65, joined us last year. As a busy grandmother of three young grandchildren, she wants to stay strong and active for as long as possible. She was already exercising, but a shoulder injury was making it difficult to know how to train safely.

"It was just what I needed! The size of the group means that each person receives individual attention. I feel more confident to push a little further each week."

Gill has now built her strength, remained injury-free and recently lifted the heaviest weight she's ever managed overhead. Most importantly, she's gained confidence.

"I leave every session feeling more mobile and energised, with a spring in my step!"

If you know you should be lifting weights but aren't sure where to begin, **get in touch to book your FREE trial** at **Polly Turnill Fitness, 22 Kellaway Ave, BS6 7XR**.

WhatsApp: 07954381845 | Visit: www.pollyturnillfitness.com

Tea, Coffee, Craft & Chat

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

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

Next meetings – **Saturday 14 November, and 12 December, 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,

Julienne, on 07999 865393.





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Barcan+Kirby

Barcan+Kirby launch divorce advice for farmers



Morag McDonald, Documentary Image

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

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.*"

Barcan+Kirby's 2026 Community Fund winners announced



Lockleaze Neighbourhood Trust image

▲ *Lockleaze Neighbourhood Trust*

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.*"

ST BONAVENTURE'S
CATHOLIC PRIMARY SCHOOL
STRIVING TO BE THE BEST WE CAN,
GUIDED BY THE LIGHT OF CHRIST

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 2 at St Bonaventure's is always full of excitement as we start to think about the run up to Christmas.

Our year 6s will be going on their residential trip to Kintbury which is a fantastic retreat to enhance our RE, PSHME and Citizenship curriculum as well as an opportunity for team building and fun together as a year group.

This year our drama club is a bit different and they will be performing a Christmas production of *A Christmas Carol*. The children and staff work tirelessly rehearsing and creating sets and costume and always pull of an amazing show. We can not wait to watch the final production in the church in December.



Our Christmas Fair will take place on Saturday 28 November, 3–6pm. All are welcome so please come along as it's a great way to get into the festive spirit. There will be a huge variety of stalls selling food, drinks and gifts, a Santa's grotto and a bouncy castle. All money raised goes to the PTFA to fund lots of improvements in the school.

School tours. Don't forgot that you can now apply for reception starters for 2027! If you have a child who will be starting school next year, head over to our website – where you will find all the dates of our tours – and book in.

We also have spaces in other year groups; if you are moving to the area or thinking about a change for your child, get in touch to book a **tour.**



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Primary tutor for children aged 6–11



Qualified teacher Liz Romero

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

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

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

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









Cotham School

Achievement - Diversity - Respect

We warmly invite you to our Open Morning
You can book your place at either:

cotham.bristol.sch.uk
for current Year 6 students

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Celebrating Black History Month at Cotham School

What a wonderful start to BHM 2026!

Seeing the Black History Month (BHM) banner outside of our building and outside of Charnwood is a timely reminder that inclusivity, diversity, equity and equality are elements that we all continue to strive for. This year, as always, we have strived to make BHM central to our curriculum, our tutor programme and our community partnerships. Throughout October each day just before the start of break we have had a daily tannoy announcement where our senior leaders and students have delivered a quote from a famous black icon. As a staff body we have all selected a black icon and a quote from that icon and these have been made into posters which have been put up on every staff member's door.





Mr Sebana, one of our brilliant PE teachers, delivered a wonderful Black History Month assembly to Year 7–Year 11 which was well received by staff and students alike.

On 12 October 2026 we welcomed the Malcolm X Elders to Cotham School for what is quickly becoming a tradition of afternoon tea with our students and staff.

On 22 October 2026, we hosted our first Celebrating Black Excellence Awards Night, which was a wonderful evening of recognition and representation.

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Refocus Hypnotherapy with Emily Richardson



Find a little calm this November

As the days get shorter and the colder weather sets in, November is a lovely opportunity to slow down, check in with yourself and make space for your wellbeing.

Solution Focused Hypnotherapy can help you manage anxiety, reduce stress, build confidence and develop a more positive outlook. Combining gentle relaxation techniques with solution-focused conversations, sessions help you recognise your strengths, understand how your brain responds to stress and take small steps towards positive change.

I work with both children and adults in one-to-one sessions, offering a supportive space to explore challenges and develop tools to feel calmer, more confident and in control.

I also offer **Hypnobirthing classes,** helping expectant parents feel informed, relaxed and confident as they prepare for birth. Classes are available one-to-one or in small groups, creating a welcoming space to learn practical techniques for a more positive birth experience.

If you're looking for a little time to yourself, my **Sunday online relaxation classes** offer the perfect opportunity to pause, unwind and reset ready for the week ahead. Using a combination of relaxation, breathwork and hypnotherapy trance, these sessions provide a simple way to prioritise your wellbeing from the comfort of your own home.

Whether you're looking for support with anxiety, preparing for birth or simply wanting to feel more relaxed, there's an option to suit you.

This November, make time for yourself. Small steps towards feeling better can make a big difference.

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**

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NEWS FROM FFA FAMILY FOOD ACTION

A date for your diary – After such a long hot summer, the year now seems to be racing towards its end. We are starting our preparations for Christmas and it's a good time to mention that we will be holding a stall at the **Ardagh Food and Craft Market on 12 December 2026**, where we will be selling some beautiful glassware donated by local glassmaker, Louise Block; we also have some very special ceramic pieces from the late Nicola Mortimer, which were kindly donated by her family so that we could raise some funds for FFA. Please do come along to have a browse for Christmas gifts and find out more about FFA.

Food poverty in Bristol – Some of you may know about the Quartet Community Foundation; for those who don't, they are a charity working in the West of England whose mission is to inspire philanthropy and direct generosity to where it is needed most in order to create a fairer, greener region where everyone can thrive. Among the ways they do this is by directing funding towards local charities and linking skilled volunteers to charities needing their expertise.

Given their involvement at grass roots level, they are well placed to provide an insight on how our local communities are faring in the face of rising demands, increasing costs and reduced funding. They have recently published their annual report 'In View Poverty' (quartetcf.org.uk/in-view/in-view-2026/).

As you might expect – given that all of us are feeling the pinch – the report makes sobering reading. In particular, it highlights the links between poverty, future employment prospects and further education.

Nationally, around 4 million children live in poverty; not included in that figure are more than 722,000 children who live in households which have no recourse to public funds, e.g. migrant families. Quartet expects that figure to stay roughly the same for the near future despite government changes to welfare benefits and child benefit entitlement. In the West of England, Quartet estimates that more than 53,000 children live in low-income households, with the high costs of housing and childcare being major contributing factors. Across the region almost 17,500 children meet the criteria for free school meals, with Bristol accounting for almost a third.



Christmas Wish List

- *Boxes of Chocolates/Sweets*
- *Savoury biscuits, crisps, snacks*
- *Stuffing mix & Bread sauce mix*
- *Cranberry Sauce & Gravy*
- *Small Christmas cakes*
- *Jelly & Custard*
- *Selection Boxes*
- *Chocolate Coins*
- *Boxes of Biscuits*
- *Nice Toiletries (suitable for gifting) for men, women, teenagers, children*

Vegan and gluten-free options are always very welcome. Please note we cannot accept items which include alcohol or nuts

Despite the rather depressing statistics, the report features numerous amazing initiatives across the region which are working to combat the many and diverse challenges. It celebrates the fact that even small organisations – like FFA – can make a positive difference in their local communities and provide real support to local families who are struggling.

Christmas collections – With rising fuel bills, winter is a particularly challenging time for households experiencing food poverty and food donations assume an even greater importance. FFA is about to start our collection for Christmas treats (our Christmas wish list is above) but household staples to tide our families over the holiday season are just as vital. Most of our Partners close for a couple of weeks over the festive period, so families really need to be able to stock up on basics before the holidays begin.

Store cupboard basics – Cereal, Tea & Coffee, Long Life Milk, Cooking Oil, Rice & Pasta, Vegetarian Sauces, Tinned Fruit & Veg, Baked Beans & Pulses, Nappies & Toiletries.

If you would like to help by donating food, money or time, please check our website for further details. Every contribution makes a difference.

Donations can be dropped off at The Ardagh on Tuesday mornings between 10.30am and 12pm. The last collection for Christmas will be on 15 December and FFA will reopen on 5 January.

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

Britain's Installation Company of the Year is on your doorstep – and in the running to keep the title

Last year The Window Hub was named Installation Company of the Year at the G-Awards, the fenestration industry's biggest night. It was one of three national awards the Bristol, Exeter and Cardiff firm took home in 2025.



This year the judges have called them back. The Window Hub has been shortlisted to defend **Installation Company of the Year at the G26 Awards**, and is also a finalist for the **Business Excellence Award** on the same night. Before that, at the National Fenestration Awards at the end of October, the company is up for **Customer Care Company of the Year** and its Managing Director, Daniel Robb, is a finalist for **Managing Director of the Year**.

Four national finals in one year is rare for any installer. For a local, independent company, it's almost unheard of.

Daniel, who has worked in the industry for over 30 years, says the credit belongs to the whole team. "Being asked to defend the title is a huge compliment, but the judges are really just confirming what our customers already tell us. Every installer, surveyor and office colleague we have is measured on one thing: would that homeowner recommend us to a neighbour? That's the award that matters."

Most of The Window Hub's work is replacing tired windows and doors in homes people already love, so the team is used to working carefully around family life and leaving every room clean and tidy. Installations are FENSA registered, and every job comes with an insurance-backed guarantee from InstallSure, included in the price rather than sold as an extra. Quotes are clear, fixed and free, with no pressure and no gimmicks.

If your home is due an upgrade before winter, why not choose the company the industry itself rates as the best installer in Britain?

Call The Window Hub free on 08000 219319, or visit your nearest showroom in Bristol for a free, no obligation quote. thewindowhub.co.uk





Plant new apple trees now and raise up hope

"If I knew the world would end tomorrow, I would still plant new apple trees today."

I love this phrase. It's attributed to Martin Luther, the 15th century theologian who sparked the radical change to christianity known as the Protestant Reformation. His life and times were at least as challenging as ours. Planting new fruit trees is always an act of faith in the future. It's also a direct action for local food, climate and nature resilience.

Apple and pear trees do not grow true from seed. If you desire a particular variety it must be propagated by grafting or budding. An unusual combination of dexterity and strength is needed to prepare and bind together the tissues of two hardwood cuttings. It's even trickier when the living wood is only finger thick. Since 2023, orchard volunteers have risen to this challenge. I'm pleased to report no fingers have been lost!

The grafts are prone to splitting apart until the living cells form a strong bond. Because the root volume is tiny, the baby trees are vulnerable to water stress. This year's high temperatures, beating sunshine and gusting winds tripled the distress. They often needed daily watering.

Our excellent value HOCO-grafted apple and pear are now available for ordering for collection in November. The trees have been lovingly looked after and watered by orchard members for the whole of the growing season. Order quickly! We only have small numbers of each variety.

To help get your new trees off to a sure start, the Apple Tree Lady is offering short how-to sessions on the collection dates. Her tips and advice are informed by the predicted impact of the super El Niño on the 2027 growing season.

Horfield Organic Community Orchard
Order fruit trees c/o the HOCO website: community-orchard.org.uk

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

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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 and candles may lead to injury.

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.

CVS Vets Animal Health Centre

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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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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.



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Abby Erceg's journey is nothing short of inspiring. As New Zealand's most capped female footballer, she has led the Football Ferns through four Olympic Games and achieved over one hundred international appearances, an extraordinary feat in women's sport. But years of competing at the highest level took their toll. Persistent knee pain from cartilage wear began to threaten not just Abby's everyday life but also her ability to keep playing the sport she loves.

Determined to find a solution beyond conventional treatments, Abby travelled from Mexico to join the Return to Play Study at Cura Clinical. She was searching for something that could truly make a difference, and she found it. After her third session of MBST therapy, Abby noticed a real change. She experienced a breakthrough in her range of movement and a reduction in pain. For the first time in months, she could lie down and fully straighten her knees. The impact was immediate and gave her hope for a longer, healthier career on the pitch.



Jenny is living her best life, pain free after having treatment for her moderate hip arthritis. If we catch things at the right time, the regenerative effects of MBST really can have remarkable impacts on patients' conditions.

Jeremy (87) came to me with stage 3/4 knee arthritis and was struggling with stairs in particular as well as night pain. He's a very experienced chorister and needs to be able to stand for long periods whilst performing. Scans showed his patello-femoral joint had almost full thickness cartilage loss, as well as degeneration in the tibiofemoral compartment. At 87 years old he's a remarkable healer and has been pain free and fit for stairs since the end of his treatment course.



Age isn't a factor with MBST. Vitality, however, does play a part. A lot of my older patients are still living life to the full, getting the most they can from it, yet certain parts of their bodies wear down and become a challenge. This is where MBST can be life changing, adding energy of stimulation healing and regeneration.

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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 18 November**. Interested in performing at future events? Please contact Chris at **chrispeller1@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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4 & 11 December.



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Carols in the Courtyard

Wednesday 16 December, 5 to 6pm

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**meetings may be cancelled due to building work so please check with the office.*



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Email: office@horfieldbaptist.net

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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, Fisal 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!

WALKERS & TALKERS

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.

4 November, Q & A with Sir David Hempleman-Adams
British industrialist and adventurer.
At The Seat Unique Stadium, Nevil Rd, BS7 9EJ

11 November, Q & A with Steve Miell
Tour Guide at Lords Cricket Ground.
At The Seat Unique Stadium, Nevil Rd, BS7 9EJ

18 November, Q & A with Chris Cowdrey
Former England cricket captain, long-serving Kent captain and distinguished broadcaster.
At The Seat Unique Stadium, Nevil Rd, BS7 9EJ

25 November, Q & A with James Graham-Brown
Former English professional cricketer and school teacher.
At The Seat Unique Stadium, Nevil Rd, BS7 9EJ

02 December, Q & A with David Garmston
English journalist and news presenter on BBC Points West and Sunday Politics West.
Lockleaze Sports Centre, Bonnington Walk, Lockleaze, BS7 9XF

09 December, Q & A with Steve Scott
British journalist and presenter, ITN sports editor and newscaster for ITV news.
At Lockleaze Sports Centre, Bonnington Walk, Lockleaze, BS7 9XF

10–11am: Walk & Talk around the grounds with fellow members

11am – 12pm: Q&A with Guest Speaker

No booking required – just join us!

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

Bishopston Matters Reader offers

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

Horfield Methodist Church



Services every Sunday at 10am. All are welcome – join us for worship and refreshments after the service.

Messy Church – Now meeting four times a year. The next Messy is Saturday 5 December, 10am–12pm. A service for all ages with craft, celebration and refreshments.

Little Fishes Toddler Group – Meeting every Friday in term time 10–11.30am; for more information email: little-fishes@hotmail.com

Christmas services – All are welcome

Sunday 20 December, Nativity service, 10am
Sunday 20 December, Carol service, 4pm
Christmas Eve, Christingle service, 4pm
Christmas Day service, 10am

www.horfieldmethodist.org.uk
or find us on **Facebook**

Learning with the right attitude



I recently 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 at school.

Martial arts is such a fantastic activity which promotes so many positive characteristics, like leadership, self-confidence, self-discipline and resilience. We have to encourage our children to embrace challenges and learn from failures. We are currently taking on new members for our junior level 1 programme. The children have an enormous amount of fun, while learning martial arts in an inclusive and respectful environment. Book your free trial now!

Sensei Lloyd

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WINDOW WANDERLAND

Window Wanderland 2027

Save the date in your diary!

For the 12th year in a row, the light festival that started in Bishopston and spread around the world is coming back to brighten our streets. If you want to be part of the Wanderland weekend, just sign up on the website and add your window to the festival map. You've got plenty of time to work out your ideas and designs.

Stick the **6–7 March 2027** in your diaries and keep an eye on our social media pages for updates and ideas.

And if you want to be a part of the organising team, please get in touch.

website: windowwanderland.com

or **email: wwbishopston@gmail.com.**



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.

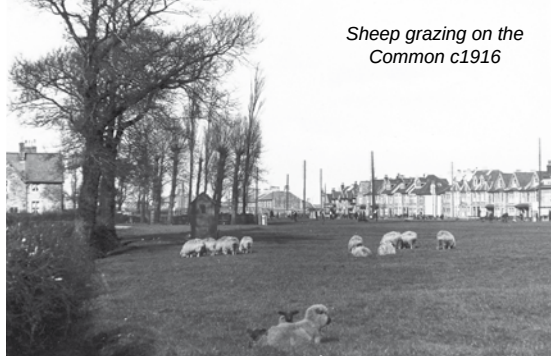
On the opposite side of the Common stood Manor Farm (2), which many people may remember, but the building they will remember, was built in c1887, and replaced an earlier smaller farm building.

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 Abbotts 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 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.



Sheep grazing on the Common c1916

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.



News from the Friends of Bishopston Library



Yumiko Jones

Autumn has kept on delivering, but the duller days of November are nearly upon us. So why not brighten up a Sunday afternoon in a truly colourful fashion?

On Sunday 15 November, 1–2.30pm, Yumiko Jones will be making a presentation about the art of kimono dressing.

A professional kimono dresser who trained in Japan, Yumiko will demonstrate and describe the different styles of kimonos as worn for formal and informal events. Kimonos come in a range of colourful fabrics, so this will be a real feast for the eyes.

Having lived in the UK for 25 years, Yumiko has spent the last 18 in Bristol, where she has strong ties with the Japanese community. She is the founder of the Bristol Japanese Cultural Society which presents an annual showcase of Japanese arts, crafts and music.

Tickets are £4 + Eventbrite booking fee, and refreshments will be provided. It is essential to book, visit **eventbrite.co.uk** and search, **'Yumiko Jones'** then click on the link. We look forward to seeing you there.

Join us! After a successful year of events, the Friends of Bishopston Library want to make sure that there will be more to come in 2027. We are always looking for new ideas, and new people to help set up events and activities. If you can get involved, even just on an occasional basis, please do get in touch, **email: friends.of.bishopston.library@gmail.com.**

Thank you for supporting our fabulous library!

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.



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 juction 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, Coldhabour 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)

News from Ashley, Bishopston & Ashley Down & Redland Councillors


Emma & James

Bishopston & Ashley Down

Match day road closures on Filton Avenue

Residents living near the Memorial Stadium will be aware that traffic management arrangements continue to be reviewed on Bristol Rovers match days. The council has been considering measures to improve safety for pedestrians and manage traffic around Filton Avenue during busy fixtures, after feedback from residents. We know road closures can affect residents, so we would really value your feedback on how the arrangements are working in practice, or if you think something could be improved, please get in touch with us, and we can feed back to the club and the transport team.

Update on Residents' Parking Zones

We know many residents remain interested in the future of Residents' Parking Zones (RPZs) across north Bristol, and concerns have been raised on the timeline for this. The council continues to review parking pressures and consider how best to respond to concerns around commuter parking, displacement from surrounding schemes and growing demand for on-street parking. A lot of work is going on looking at how and in what order to implement these. We are hoping to get a more concrete timeline soon, and we thank residents for their patience on this.

Recycling bags roll-out continues

We are delighted that the new recycling containers continue to be rolled out and many households will recently have received, or will shortly receive, new recycling bags. The new bags are designed to make recycling collections easier and improve recycling rates across the city. The bags are larger than the old boxes, weighted to stop them blowing away and easier to store. If you've received your bags, please look at the information about what can and can't be recycled in them. If you have any feedback on the new bags, or questions, please contact Bristol Waste via their website, or let us know.

Lighting petition presented to committee

Thank you to everyone who signed the recent petition regarding street lighting concerns in our area. We were pleased to formally present the petition to the Transport and Connectivity Committee in September. Good street lighting is important in helping people feel safe when walking, wheeling and cycling, and getting lighting on this route remains a priority for us. We will now work with officers to find the best way forward for getting these new lights installed.

Climate emergency panel event

At time of writing, Emma is looking forward to taking part in an upcoming climate emergency discussion panel after a showing of the *People's Emergency Briefing* film, alongside other speakers, on 21 October at The Lazy Dog on Ashley Down Road. This film is getting widespread attention as more showings happen across the city. We're really pleased to see the dialogue it is creating. On 11 November they'll also be showing *How to Live on Earth*, with a similar panel/discussion afterwards.

Have your say on e-scooter and e-bike parking bays

The council is currently consulting on proposals for around 200 new dedicated parking bays for shared e-scooters and e-bikes. Dedicated bays can help keep pavements clear, improve accessibility and ensure these services are parked more responsibly. Residents are encouraged to take part in the consultation and share their views before final decisions are made. You can check the map at https://experience.arcgis.com/experience/7440db321ed84bc9a3720071a65e8ea5/page/Page and give feedback by emailing citywide.initiatives@bristol.gov.uk before 31 October.

Major gas main replacement works on Muller Road

Wales & West Utilities is carrying out essential gas main replacement works along Muller Road, from Ralph Road to Eastgate Road, with additional works on Glenfrome Road and Stapleton Road. The programme is expected to run from October 2026 to June 2027, with a planned break over Christmas. Temporary signals and some road closures will be needed, so residents should expect disruption. We'll share further updates as later phases are confirmed.

Keeping in touch

As always, if there are issues in the ward you'd like to raise, please don't hesitate to get in touch. We value hearing from residents and helping where we can.

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

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

Redland ward


Martin & Fi

Roll out of new recycling containers

New recycling containers have been appearing across the ward to provide more capacity for recycling. This includes bigger blue bags for cardboard, paper and cartons together, plus new red recycling bags for plastic and metal containers. These are designed to seal better to be more litter proof.

The old green boxes for packaging are being taken away and collected for recycling. Your brown food waste bin could also be replaced if they are not presented or are damaged. Black recycling boxes will stay for glass container recycling.

A collection service for plastic film (soft-plastic bags) is under consideration (although most supermarkets offer a take-back bin) and we're watching closely to see if processing capacity in the industry grows to support markets. At this point the government has said the service will not be obligatory for councils until 2030.

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 was that it could be repaired. The other matter is the sighting of rats in the play area. The play team has liaised with pest control and parks maintenance. Hedges are being cut back to discourage nesting rats but there are limits to what can be done in an extensive open area.

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 (usually over strength) vapes and cigarettes in another neighbourhood and if any evidence is available about local shops they will take action. There are government plans in the pipeline to license vape shops in a similar way to alcohol outlets which should give the local authority additional controls.

Allotment rents

Council allotment rents are being raised by 3.1% (the inflation rate) for new tenants and for existing tenants after a year's notice in September 2027. Work is underway with allotment representatives to look at long-term solutions to fix allotment funding, which is still in dire straits – partly due to the council's financial situation and partly because rents remained stagnant for ten years under the previous administration. There should be a consultation on any proposals later this year – we will keep you posted.

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 considered when future developments or management decisions are proposed that will affect the natural flow and health of the river. Martin worked with campaigners and colleagues to help give the river a voice of its own which could help initiatives to restore and protect it. The Avon catchment-wide charter was celebrated at a launch event in Bath recently.

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 cut them back to avoid obstruction.

Continued on next page ►

Continued from page 69 ►

Summer on the Downs

Thankfully the Downs are returning to their former lushness in autumn. We received an increased number of complaints about noise nuisance from the various events that took place this year. The income from these is sorely needed but Fi is looking into how we can monitor and record the impact on residents more consistently so that we can form a more accurate picture.

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 means an application has to be made and justified. A similar process to increase protection is being assessed for the sycamore wood behind Gloucester Road shops and North Road in St Andrew's.

Adult social care providers' consultation

A consultation relating to the five in-house provider services of adult social care is now underway until Monday 16 November. You will find the consultation on the Ask Bristol website. 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. Once it closes in November, 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.

City centre bus changes

Several local bus services were rerouted around the Broadmead area. This is to allow redevelopment and investment to support long-term improvements to the area. The new stop locations can be found at: https://travelwest.info/bus/broadmead-bus-changes/.

■

Fi Hance, Green Party
cllr.fi.hance@bristol.gov.uk / 0117 3534720

Martin Fodor, Green Party
cllr.martin.fodor@bristol.gov.uk / 07884 736101
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and investments unsupported. Although no choice is risk-free, an established global manufacturer such as Enphase can provide greater reassurance.

Our aim is to select the most effective, efficient products for every installation. Microinverters suited this property because of its shading constraints; on an unshaded roof, a central inverter may be more appropriate. Each recommendation reflects the property, system design and client's priorities.

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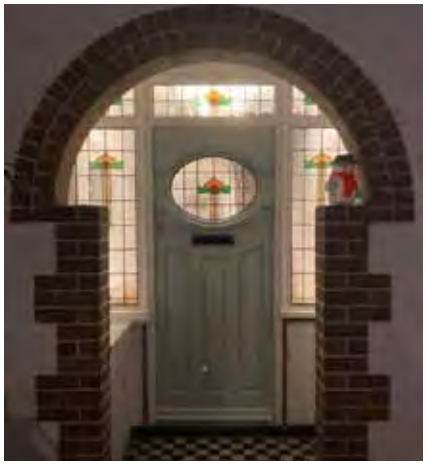
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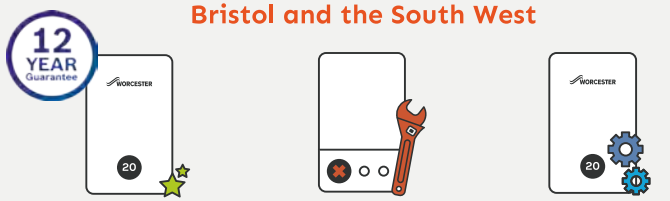
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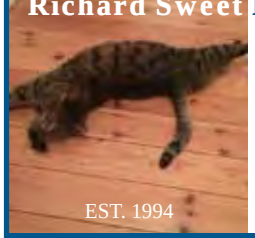
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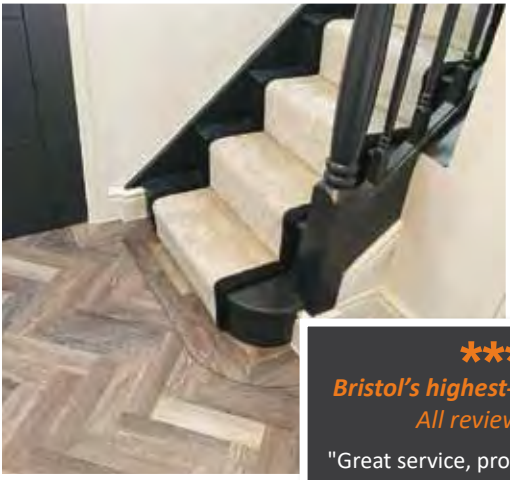
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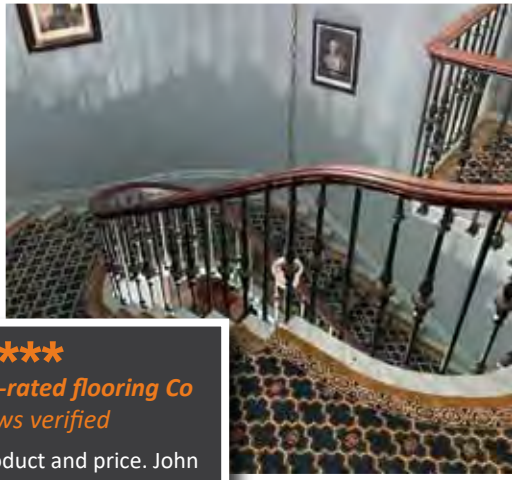
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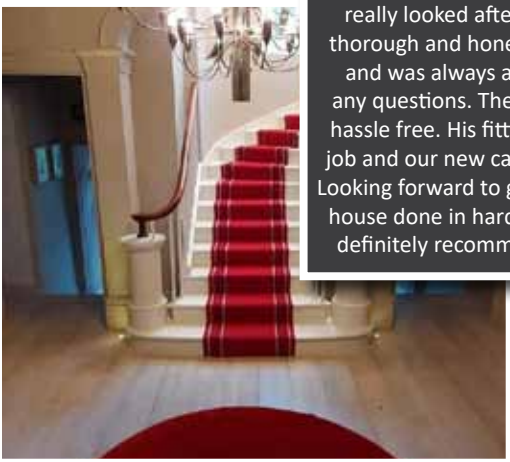


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