

henleaze & westbury voice

April, 2026 Issue 135

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FREE EVERY MONTH IN HENLEAZE, WESTBURY-ON-TRYM & WESTBURY PARK

At last some good news for shoppers ...

The future viability of Westbury village remains in the balance as some enterprises close and others are under pressure. But residents have been given hope after a local hardware business decided to reopen the much-loved Mogfords, which shut last year after more than 160 years of trading.

Reports: Pages 3 and 10



Boss Ben Hann at the reopened Mogfords

Photo: Westbury on Trym Society



Pupils meet Queen Camilla

Children from E-ACT Badock's Wood Academy in Southmead went to Windsor Castle, where they met Queen Camilla.

PAGE 16

Mixed views on 20mph zones

Nearly 100 new 20mph zones could come in on 'residential main roads' including Westbury Road and Falcondale Road.

PAGE 6

Favourite tree faces the axe

A landmark chestnut tree in Westbury on Trym is set to be felled later this year for safety reasons.

PAGE 23

St Christopher's site sold

THE former St Christopher's School site in Westbury Park has been sold.

The new owners are being urged to work with local people on a "sensitive and appropriate" redevelopment.

The five-acre site in Westbury Park has been bought by London-based property group Square Bay, which will work with Acorn Property Group to develop a plan for its future.

Both firms say they are committed to continuing to work with Westbury Park Community Association (WPCA), St Christopher's Action

Network (SCAN), and the wider community.

After the special needs school shut in 2020, the site on the edge of the Downs was sold to potential developers, who wanted to create a retirement village there. But their plans, which included high buildings, were unanimously rejected by Bristol City Council planners.

The site was declared as Asset of Community Value in 2024, which strengthens local involvement in future plans.

Full story: Pages 4 and 5

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NEWS

Ben gives popular shop a new lease of life

SHOPPERS and locals were dismayed back last summer when the popular and well-loved hardware store, Mogfords, closed its doors after more than 160 years in business.

The end of an era was mourned, as yet another independent shop was unable to survive rising costs and declining footfall in the village.

Now, however, locals are delighted to see the familiar shop front of Mogfords return with a new owner and fresh hopes. The grand opening took place on March 18 and the shop was immediately inundated with well wishers keen to provide support.

The shop has been taken over by Ben Hann, who runs the successful Cotham Hardware shop and has years of experience in the industry.

Talking to the Voice after a busy first



morning, Ben explained: "It will still be known by its familiar name of Mogfords – and will be the same, but different. We will still sell traditional hardware and garden stuff, but will also focus more on kitchenware as there aren't many places to buy such things

in Bristol apart from the big retail outlets. "

Seeing posts on social media back in the summer and realising the outcry the closure had provoked, Ben described how he went to see Paul Gillam (the then-owner) straight away to offer his services. As Ben had lived in Southdown Road around eight or nine years ago, he had been a customer of Mogfords and understood how important it was to keep it in the village.

He added: "Of course, there remains lots of uncertainty with business rates going up etc, but we've seen this morning how much the place means to people and it was really nice to be around that support. We've taken on a couple of new staff and will re-evaluate that as time goes on, but it's already been really busy, so that's a good sign."

WoTSoc celebrates: Page 10

Use us or lose us, say businesses

WHILE the news about Mogfords is welcome for Westbury, shops continue to face many challenges.

They are coping with increased business rates, rising costs, impending parking charges and reduced parking spaces – as well as a continuing reduction in footfall.

Two more businesses, A&J Shoe Repairs and Preserve Foods, are preparing to shut in the coming months and others are struggling to survive.

Alex Dunn, chair of Sustainable Westbury on Trym (SusWoT) has a message for us all.

"The shops and businesses we have left are the lifeblood of Westbury, but they need footfall to survive. Next time you need to buy something, just ask yourself:

'Can I get this in Westbury?'" he said.

This was echoed by Isabelle Richard, who runs the craft shop Made in Bristol.

"It's up to our lovely customers, really," she said. "Use us or Lose us."

Isabelle, who took over the shop four years ago, said local people really wanted Westbury to survive and she hoped the revival of Mogfords would be a sign that the village would pull through the tough conditions.

Trade in Westbury has been hit by the closure of three banks in the past couple of years and the loss of parking spaces in Carlton Court. Now three businesses may have to move as the owners hope to build retirement flats on the site.

Andy and Julie have run A&J Shoe Repairs in the village for 20 years, the first 10 years on the site currently occupied by Fed and now on the High Street. They have taken the difficult decision to close the business at the beginning of June – in this instance, due to the landlord issuing a rent increase of 2.5% and backdating this to 2021.

Preserve Foods in Westbury Hill has decided that with its lease coming to a natural end in May, the timing is right not to renew. Its Gloucester Road and Bedminster shops will stay open.

Tiriell explained that his landlord is very fair, but added: "the shop in Westbury is doing okay, but it feels like the village is sadly in decline and the number of shops having to close up

seems to be growing. Signing a new lease in the face of these continuing issues doesn't seem the best thing to do."

His fear is that "as the car park plans to sell 'season tickets', these will be bought up by offices, so it will be commuters rather than shoppers coming into the village centre".

SusWoT puts its beliefs into practice, having two meals out locally every month, one in a restaurant and one in a pub, as well as keeping its spending on venue hire, printing, supplies, vouchers for prize draws and the like in the community.

Alex said: " Things change, and we accept that, but we want to make sure Westbury stays a vibrant place to live and shop."



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NEWS



SCAN members visiting the site before it was put back up for sale

Right: Grace House



Respect neighbourhood

CAMPAIGNERS are urging the new owners of the former St Christopher's School in Westbury Park to listen to the community and avoid repeating the disasters of the past.

After the school shut in 2020, plans for luxury retirement flats on the site next to the Downs provoked widespread opposition and were thrown out, forcing the owners of the site into receivership.

Last month, the sale of the five-acre site, which includes the Grade II listed Grace House and several villas, to a new developer, the London-based company Square Bay was completed. It will work with Bristol-based Acorn Property Company on a residential development.

The two firms have pledged to continue working with St Christopher's Action Network and Westbury Park Community Association and the wider community to decide the site's future.

Westbury Park Community Association said in an email to members: "We aim to ensure that [the developers'] programme of work is as good as it should be for this important and very challenging development site with significant potential impacts both on immediate neighbours and all of our community."

SCAN, which has been campaigning for nearly five years, said it wanted the site to be developed in a sensitive and appropriate way: low rise, low density and low impact.

Spokesperson Robin Hambleton said: "We hope Acorn can hear us loud and clear! We want you to listen to the views from our community. Families living here want a scheme that is low rise, low density and low impact. Any new plans MUST protect road safety, especially for our local children walking to school, as well as preserve the unique character of our neighbourhood. We are all

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developers urged

bruised by the disaster of the previous planning application so we hope the new developers recognise this is a sensitive site that needs a lot of thought.

“Of course we want to see this site brought back to life - and to serve the community as it once did. We look forward to making sure this happens by working together with all the people who care about this special place. We do not want to be left with a scheme that only delivers profit for the developers rather than benefits to the community.”

Details of what is proposed have not yet been made public but Square Bay has told SCAN that Grace House, the Grade II listed part of the old school will probably become residential, some of the large villas facing the Downs will be converted into flats and others refurbished as single homes, and the rest of the site will be two or three storey houses.

The plan is for Acorn Property

Group to take over the site if planning permission is granted. Acorn is also in the midst of acquiring the former Bristol Zoo Gardens site in Clifton.

The St Christopher’s site was granted Asset of Community Value (ACV) status in 2024.

Robin Hambleton added: “Crucially, now the site is protected as an ACV, any new development has to honour the legacy of more than 70 years of special education that the school gave our city and ensure the site delivers social value for the local community in the future.”

SCAN has prepared a planning brief, asking the new owner to not overdevelop the site, protect the ecology of the land, safeguard road safety and traffic, offer development that blends in with the existing two-storey housing in this Conservation Area, and honour the legacy of the St Christopher’s School by enabling the site to deliver social value in the future.



A spokesperson for the developers said: “Square Bay’s completion of the purchase of St Christopher’s in Westbury Park marks the start of a new chapter for this historic site in Bristol. Working in partnership with Acorn Property Group, Square Bay is committed to continuing its engagement with the Westbury Park Community Association, St Christopher’s Action Network, and the wider community as we consult on the

site’s future.

“In the meantime, we wanted to let our neighbours know that we are now making the site safe by improving the security measures.

Details of the public consultation will be shared in due course. We look forward to meeting as many of our neighbours as possible in the coming months, to discuss our plans and hear the community’s feedback.”



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NEWS

More e-scooter parking bays planned

PARKING bays for electric scooters are planned to be installed in Bristol and the wider area after a raft of complaints. Pedestrians and people in wheelchairs will be all too familiar with clambering around a scooter parked in the middle of the pavement, but new bays could soon help the situation.

Construction is due to start by the end of the year in Bristol, Bath and South Gloucestershire,

although it's unclear how many bays there will be in total. The West of England Combined Authority is responsible for managing the electric scooter and electric bike trial run by Dott.

An update was given to councillors on the West of England audit committee in March. The combined authority is working with councils in the region on where the bays will be

created. £1 million has been set aside for creating them, but more could be spent in future too.

Rental e-scooters are still technically a trial, which began in 2020. At some point the government will decide on whether to legalise them permanently. Permission to run rental schemes runs out in 2028.

Lib Dem Cllr Stephen Williams said: "Lots of residents are unhappy with scooters and



bikes being parked all over the place and not in designated bays. But we are effectively making permanent something that legally is still a trial."

Bays will be created both off the street and on the street.

Have your say on planned new 20mph zones

NEARLY 100 new 20mph zones could be introduced in Bristol – among them major routes such as Gloucester Road and Kellaway Avenue.

Bristol City Council is considering lowering the speed limit from 30mph to 20mph as part of a wider push for safer streets.

It will open a six-week consultation this month on proposals for 97 roads. Councillors on the transport policy committee, meeting in March, approved plans to seek views about the proposed lower limits.

But opinions were split, with the plans being welcomed by members representing Hotwells and Totterdown as well as Clifton, where Upper Belgrave Road next to the Downs is included, but opposed by councillors from other areas.

Green Councillor Serena Ralston, representing Clifton Down, said: "When I was 11 my best friend was knocked down by a speeding hit-and-run driver on a zebra crossing just outside her home. She was in hospital for months and sustained a brain injury. We know that lower speeds save lives and reduce

injuries."

It's expected that public opinion will also be divided, with people tending to want lower limits where they live but not where they drive through. The last time limits were lowered en masse, a decade ago, was also controversial.

Liberal Democrat Cllr Nicholas Coombes said: "I'm not clear that the public consensus has been built up yet. Are drivers, pedestrians and cyclists in favour of these changes? When this was implemented in Wales a couple of years ago, there was pushback that caused a political U-turn on several of those roads which are going through the process of being reversed now."

The Tories are criticising the plans, which they say could lead to more congestion, longer journeys and higher emissions. Drivers might also be encouraged to divert onto "unsuitable residential streets", which would be less safe than using main roads.

After the meeting, Cllr Mark Weston, leader of the Conservative group, said: "The proposal to include long stretches of the A4018

(Westbury Road and Falcondale Road) on a round-the-clock basis makes absolutely no sense. At peak times, traffic is already at a standstill. Outside those periods, there is no justification for artificially slowing vehicles unless the intention is to push motorists off the road through pressure and disincentives.

"These creeping restrictions look like the latest phase of an ongoing anti-car agenda pursued by successive administrations and now enthusiastically adopted by the Green-led council. I urge the travelling public to take part in the consultation and make their objections and suggestions known."

The council has come up with a list after assessing all roads in Bristol with a 30mph speed limit. It would mean further restrictions on a total of 59 miles, or about five per cent of the city's road network. Three in 10 of serious and fatal casualties in Bristol happen on these roads. If all 97 roads had lower speed limits, that could mean 46 fewer slight casualties and seven fewer serious or fatal casualties every year.

Between 2010 and 2014, many roads across Bristol had

their speed limit lowered to 20mph. This is estimated to have saved between four and five lives every year, as well as preventing 11 serious injuries annually and boosting active travel by a fifth.

Some roads would have their speed limits changed only on sections, rather than the whole road. Main roads such as Bond Street and Temple Gate already have low average speeds of around 10mph. The full list of proposed roads is as follows:

These are some of the roads that would be affected:
Westbury Road and Falcondale Road South
Filton Road and Gloucester Road
Filton Avenue
Kellaway Avenue
Muller Road
Southmead Road
Wellington Hill West
Southmead Road and Henleaze Road
Clifton Down
Shirehampton Road
Parrys Lane
Avonmouth Way
Henbury Road
Westbury Road and Falcondale Road North
Penpark Road
Stapleton Road and Bell Hill
Upper Belgrave Road
Greystoke Avenue
Sylvan Way, Dingle Road, Canford Lane and Canford Road
Kings Weston Road
Stoke Hill, Druid Hill and Stoke Road
Shaldon Road and Romney Avenue
Avonmouth Road

FOREIGN cars and fake number plates have been blamed for a huge amount of Clean Air Zone fines being written off. Drivers of older vehicles who should pay to enter the zone but don't are hit with a penalty charge notice, but it has emerged that many are simply not paying these fines.

From April 2024 to September 2025 Bristol City Council wrote off £22 million of unpaid Clean Air Zone fines. Leading councillors faced questions about why so much money owed to the council has not

£22m fines written off

been paid, during a meeting of the transport policy committee on Thursday, March 19.

Green Councillor Ed Plowden, committee chair, said: "An awful lot of those cars, we just cannot trace the owners. Some of them are from other countries and there does seem to be some persistent offenders. It may be that we're seeing fake number plates or other things.

"Somebody in my ward [Windmill Hill] had a car registered to his address and had bailiffs turn up at his front door, which nobody wants. And it turns out that he doesn't own that car and has never owned that car. So there's a lot of people doing all sorts of nefarious things to buck the system."

The figures were revealed in a recent report to the strategy and resources policy committee.

**REPORTS BY ALEX SEABROOK,
LOCAL DEMOCRACY REPORTER**

NEWS

War veteran Stan in the picture

STAN Lucas, a 99-year-old war veteran and resident of Druid Stoke Bupa Care Home, has been photographed by portrait photographer Robin Savage.

Robin has spent over a decade capturing portraits of Second World War veterans, a collection which he has titled 'In Their Glorious Company.' He is dedicated to ensuring their stories are preserved for future generations. On this occasion, it was Stan, a resident at Druid Stoke care home, who spent time in front of his camera.

Celebrating his 100th birthday later this year, Stan has been at the home for more than two years. During the Second World War, he served as a military policeman in Egypt and Palestine. His responsibilities included maintaining order among troops, guiding convoys through busy and often hazardous roads, and guarding vital supply lines.

Stan's service is a reminder that victory was achieved not just through combat, but also through the dedication of those who upheld order and kept operations moving.

Commenting on being chosen, Stan

said: "I am a lucky man to have had my portrait taken. There are dozens out there exactly like me. I'm not a miracle man, but I've been looked after and I've looked after others. May God bless them all."

Photographer Robin Savage added: "It has been, and continues to be, the deepest privilege of my life to photograph such extraordinary people. We will never see the likes of our Second World War veterans again, so recording their histories, stories, and dignity in this way is so important to me; but I'm keenly aware that we owe them all a debt of gratitude that can never be repaid. It was a huge honour to photograph Stan, my thanks go to him, his family and all at Druid Stoke."

Keyly Scott, home manager at Druid Stoke, commented: "We are so pleased to have been able to accommodate this special visit. Stan is a truly remarkable gentleman, and the work Robin has done to commemorate heroes of the Second World War is nothing short of extraordinary. It means a great deal to us to see Stan honoured in this way."



Robin Savage's portrait of Stan Lucas, 99

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FROM BRISTOL NORTH WEST'S MP

We're putting out the fire

IN February, I met with the Chief Fire Officer of Avon Fire and Rescue Service and the Chair of the National Fire Chiefs Council at Avonmouth Fire Station – just down the road from where the fire authority's headquarters might be moving to in 2028, on the (aptly named) Smoke Lane.

Hot on the agenda was the government's funding settlement for fire authorities, which was finalised on February 9.

I'm pleased to share that Avon Fire Authority will get an extra £15 million boost over the next three years above what they had expected to receive.

Following 14 years of underfunding and cuts, our firefighters and others were sounding the alarm about hollowed out public services. This government has answered their call and is putting out the fire.

Back in June 2025, after only a year in power, we announced an overhaul of the outdated way that local authorities and police

and fire authorities are funded. It was a big undertaking, but this government has now delivered on this commitment with our 'Fair Funding Allocations', which use a new evidence-based approach – including the latest data on levels of deprivation – that properly recognises local need and the true costs of providing services in deprived areas.

For my constituents, who have seen failing public services in Bristol, it may not come as a big surprise that our local authority has been recognised as one of the areas of greatest need, receiving the 29th highest Fair Funding Allocation (out of 317 local authorities across England).

Avon Fire Authority gets a separate funding allocation from central government. In the financial year 2024/25, it was given £8.6 million by central government, and Avon Fire Authority had anticipated only a marginal increase for 2026/27. However, for the upcoming financial year this will

increase to £12.5 million.

Furthermore, this government has announced the first multi-year funding settlement in over a decade for our councils and police and fire authorities – with £14 million and £15.4 million to be given to Avon Fire Authority for the subsequent two years – giving three years of financial certainty that will allow them to plan ahead, not firefight year to year.

I am happy to report the funding settlement was welcomed by our hardworking firefighters during my visit at Avonmouth Fire Station.

Finally, I recognise that many of my constituents are still feeling the pressure of the cost-of-living crisis. This government is working at pace to help put more money back into your pockets, too.

From April, for example, this government is taking £150 off household energy bills; boosting the minimum wage; removing the two-child benefit cap, which will benefit 2,420 children across



Darren Jones
writes for
the Voice

Bristol North West; and launching the second government-funded breakfast club in our constituency, at Badock's Wood Primary School in Southmead.

• As always, if you need my help or have a question, you can get in touch with me on email at darren.jones.mp@parliament.uk, by calling my office on 0117 959 6545 or by writing to me at the House of Commons, London SW1A 0AA.

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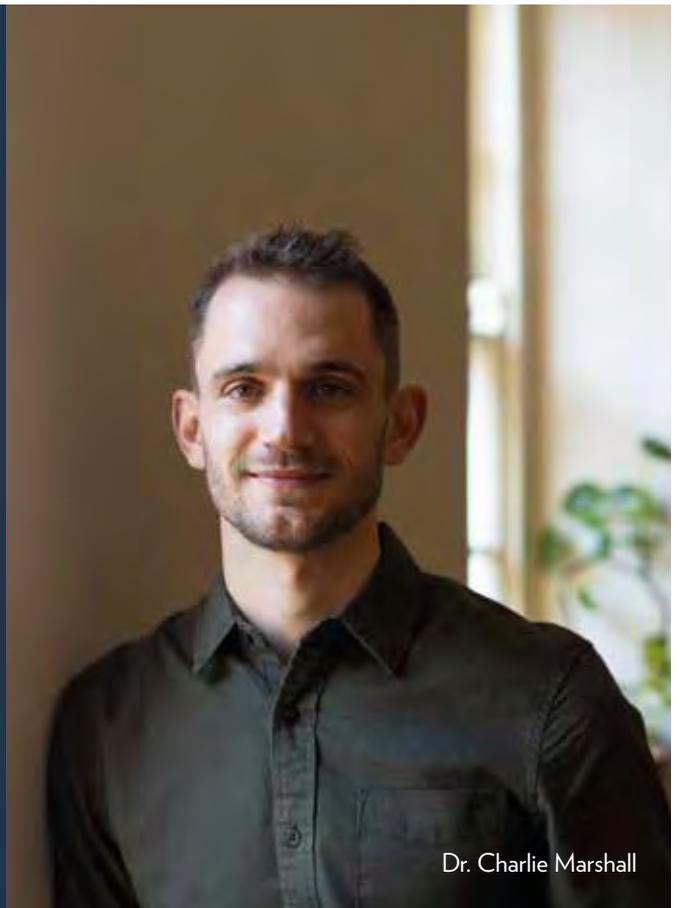
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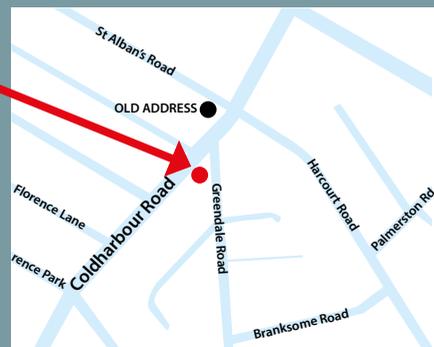
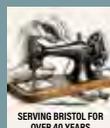
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COMMUNITY NEWS

LAST month I wrote about the threat to the village centre from an elderly persons development at Carlton Court, which would result in the loss of shops in the most central and accessible part of the village. The planning application has generated much anxiety for the future of the village centre with over 175 representations submitted against the proposals.

We still await a final decision on the parking charges proposed for the council's car park on Westbury Hill, which a user survey organised by the Society indicated that some visitors by car would use Westbury less often or not at all.

So, with all the bad news about shops in Westbury closing or being threatened with closure, the village had cause to celebrate on Wednesday March 18, when Cotham Hardware re-opened the Mogfords store under the name that has been so familiar to Westbury on Trym residents for the past 160 years. The Society organised a 'welcome party' on the day and made sure members were given the good news. Not only that, but the shop next door, which had been neglected by the former owner and left vacant, has also been acquired as part of the Mogford's deal, and the new owners will be looking for suitable occupiers.

In January, I reported that our team of volunteers working in the Canford Park sunken garden, had re-planted with over 100 shrubs and plants provided by the Parks department, one of the large beds in the sunken garden, that had become out of control. Following that, the



WoTSoc members with new Mogfords boss Ben Hann

Society purchased 50 roses from Blaise nursery, which were planted at the end of March in one of the former rose beds, which had been taken over by lemon balm.

The Society's talks programme in Westbury on Trym library continues into the summer. On 26 March Councillor Stephen Williams, gave a talk on "Tracing Family Histories", sharing tips, tools and resources for those wishing to explore their ancestry and discussing the work he has done on researching family histories over 40 years.

There will be no talk in April, as we have our AGM that month in the Village Hall, but we will

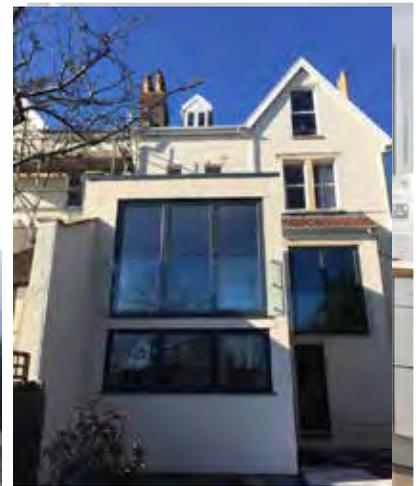
resume on Thursday May 22nd, when Alexia Gardner will give a talk on the History of Teddy Bears.

The Society's AGM will be held in the Village Hall on Monday April 13, beginning at 7.30pm. This meeting is open to all, although only members of the Society are eligible to vote. There will be an opportunity to get together over light refreshments after the meeting. The event also provides an excellent opportunity to join the Society or to renew membership for the coming year!

**Andy Renshaw, Chair ,
Westbury on Trym Society**



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NEWS

Threatened play centre ready to bounce back

A CHERISHED soft play centre has been saved from closure.

Boing! in Lockleaze was set to shut at the end of March because of a combination of rising costs and falling income.

But within days of the closure announcement, Lockleaze Neighbourhood Trust (LNT) announced it would take on operation of the facility, which has been enjoyed by thousands of north Bristol children and families over the past 15 years.

Posting the good news on social media, the founder and CEO of Boing! Lockleaze, Richard Reddrop, enthused: "LNT have seen the love that you all have for Boing! and the amazing stories and outcomes,

and they wanted to continue with some kind of softplay family support provision."

He urged people to support the fundraiser for the provision.

"As a new provider and small charity, they are going to need some start-up funds to be able to deliver and manage initial insurance, staff costs etc, so any contribution is valued and absolutely crucial in order for softplay in Lockleaze to remain." The LNT commented: "We were gutted to see Boing! close too, and so as the community hub in Lockleaze we decided to reopen the soft play ourselves after Easter. It'll be the same space, the same fantastic team, and the same wonderful warm



The soft play has been rescued by Lockleaze Neighbourhood Trust

and welcoming atmosphere (including in the school holidays) – you'll be able to book very similar Soft Play sessions on www.lockleazent.co.uk."

Melissa Blackburn, CEO of the trust, added: "The Soft Play team are part of our LNT family and whilst we know that these are tough times, we found it

really hard to imagine our building without the daily patter of small feet and pushchair wheels, and not hearing that end of session music that really gets into your head...so we decided to take the plunge to save it."

<https://www.crowdfunder.co.uk/p/save-the-lockleaze-soft-play>

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NEWS

Girls rise to Lego contest challenge

YEAR 6 pupils from Redmaids' High Junior School showcased their talent and teamwork at a Lego League regional competition held at GKN in Filton.

The event brought together young innovators from across the region. The Redmaids' High team began by presenting their innovation project: a thoughtfully designed prototype robot to assist archaeologists in delicately brushing away dirt and soil to uncover fragile discoveries.

The competition then moved into the action round, where teams navigated a Lego robot through a complex obstacle course.

Redmaids' High Juniors were the only all-girls team competing and were significantly outnumbered by boys. However, the team approached the competition with enthusiasm and self-assurance, demonstrating that STEM is a field where they feel entirely at home.

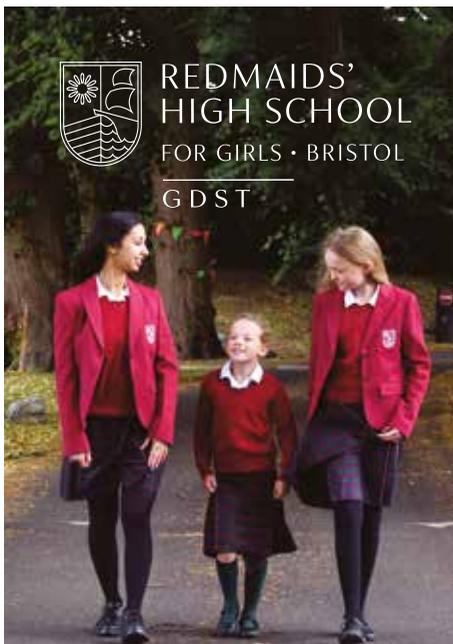
Their dedication and innovation were



ultimately rewarded with the Innovation Project Award — a recognition of their hard work and ingenuity.

A school spokesperson said: " Their

achievement marks an exciting milestone, and the school looks forward to seeing where their curiosity and talent will take them next."



Whole School Visiting Morning



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NEWS

What a story! Southmead pupils go to Windsor Castle and meet the Queen

ON a day they will always remember, 45 pupils from E-ACT Badock's Wood Academy in Southmead attended an awards ceremony and reception at Windsor Castle after taking part in BBC 500 Words, the UK's biggest children's story-writing competition for 5-11 year olds.

While not finalists themselves, Badock's Wood children wrote stories for the competition and applied to attend the finalist ceremony as guests. They were invited to attend and had an amazing day, confidently meeting Her Majesty and seeing the splendour of Windsor Castle.

Pupils attended the star-studded grand final, which was once again hosted by Her Majesty Queen Camilla and presented by Alex Jones and Roman Kemp from The One Show. Each winner's story was read aloud by celebrity readers Bradley and Barney Walsh, Big Zuu, Joanna Page, Paterson Joseph, Sara Cox and Jodie Whittaker.

The 500 Words competition, founded in 2011, aims to encourage a love of writing and reading while improving literacy in children. Children are encouraged to write a story they would love to read themselves.

Clio Brown, E-ACT's national director of early years and early reading, said: "It was an absolute privilege to take 45 children from Badock's Wood E-ACT Academy to Windsor Castle alongside headteacher, Gemma Hewson. Being welcomed to such a stunning and historic setting and hosted by The Queen made the day feel incredibly special for the children.

"Hearing the finalists' stories brought to life by celebrities such as Jodie Whittaker, Joanna Page and Bradley Walsh was inspiring and it truly celebrated the power of reading and writing. Events like this help our children see themselves as authors and storytellers, showing them that their voices and imaginations matter. The day was filled with unforgettable moments, from afternoon tea with The Queen to meeting Paddington, the Gladiators Steel and Diamond,



A red letter day for the children who entered the 500 Words competition. Staff and pupils from Badock's Wood school visited Windsor Castle, top, where they met Queen Camilla, right. You might have seen them in the televised final on BBC's The One Show. Some of them also went on Radio Bristol, left, to talk about the experience



and the singer from The Greatest Showman.

"Most importantly, it was a day that celebrated creativity, confidence and the joy of storytelling. We came away feeling incredibly proud of our

children and already excited about next year's competition."

Bilal, Head Pupil at Badock's Wood, added: "The visit to Windsor Castle was an incredible trip. It was an honour to be invited by Her Majesty and listen

to some incredible stories read by some famous faces.

"The event brought powerful stories to life through storytelling and out-of-this-world illustrations. We can't wait to enter next year!"



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Whole School Open Morning

Friday 1 May

Pre-Reception and Reception 'Stay & Play'

Friday 8 May



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Pre-School to Sixth Form



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in sport and beyond.

NEWS

Group puts mature actors centre stage

A SEMI-PROFESSIONAL theatre company, which puts on contemporary plays and new writing in and around the Bristol area, has now been running for four years and is about to present its latest production.

Misplaced Theatre was created with the idea of bringing back actors to the stage whose acting careers had been put on hold for a variety of reasons. The company also support younger actors/writers at the start of their careers by giving them opportunities to work with a committed team of producers/directors looking to bring interesting, high-quality theatre to the arts scene in Bristol and beyond.

The four co-founders all met for the first time on a Shakespeare summer school at the Bristol Old Vic; Ciaran Corsar is an actor and had been working with the White Rabbit Theatre Company in Switzerland and was new to Bristol; Amy Tanner, an acting tutor, was looking to enhance her teaching skills; Norberto Bogard, who is primarily New York-based, had been working as a journalist for many years before deciding to pursue an acting career; Joanna Butler already had a vast amount of experience as a singer/actor and director but was keen to try something different in Bristol. While working on 'A Midsummer's Night's Dream' at the Summer



The four founders of Misplaced Theatre, who met at a summer school at the Bristol Old Vic

School, the four immediately bonded and setting up a theatre company seemed a natural progression.

The first Misplaced production was Decadence, a satirical study of 1980s Thatcherite Britain, by Steven Berloff. It received excellent reviews and inspired the team to keep up themomentum and they followed this up with Tender Napalm, Life in the Theatre, Doubt and Switzerland. With Norberto working on projects in Mexico and Joanna focusing on her music and writing, Ciaran and Amy, who both live in St Andrews/Montpelier, took the reins,

and they are now in intensive rehearsals for their next production, A Bright New Boise by Samuel D Hunter.

The play explores themes of family, faith and fundamentalism and the desire for connection set in the confines of the Hobby Lobby Store in Idaho.

Describing how the play came about, Amy, the play's director, said, "I saw this play performed by LAMDA students in London in 2024. One of our network, Robert Furey, was the assistant director. It left a powerful impression on me, so I am really excited to have the opportunity to put this on in Bristol. It is a great play for actors as Hunter has created such interesting complex characters, each with a full inner life of their own. We are lucky to have Louie Wanless as our assistant director. Louie starred in our last play, Switzerland and is now very much part of the Misplaced family."

Cast members of A Bright New Boise are: Tyler Landry as Will, Maya Hingorani as Anna, Jack Parrott as Alex, Jaleelah Galbraith as Pauline and Rhys Myhill as Leroy. It is on from April 14-18 at the Alma Tavern Theatre, Clifton.

You can buy tickets on the Alma Tavern website: <https://www.almatavernandtheatre.co.uk/>



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NEWS

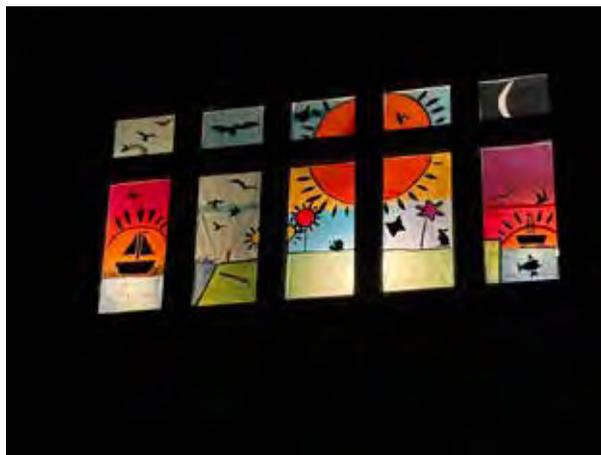


BISHOPSTON Window Wanderland was where it all began!

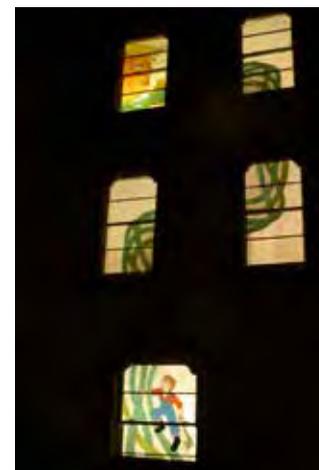
Since artist Lucy Reeves-Khan organised the first community trail in the area to brighten the dark nights in 2015, the festival has spread across the country and beyond, involving nearly 400 festivals and more than 27,000 displays.

The theme for 2026 was Hope. Lucy said: "I found out that thinking and acting hopefully can help your brain to be more resilient when times are bleak. Window Wanderlands are already incredibly hopeful festivals, so this theme seemed a natural fit for us."

Many people took part in workshops ahead of the event on February 27 and 28 and March 1 - and, as always, the window art was hugely varied, with a Stranger Things display proving a particular hit.



Hope lights up north Bristol streets



Our Chandos Window Wanderland was held at the end of February – after all the rain, Saturday was a beautiful dry evening for a wander round our area. Sunday's weather was slightly less appealing!

We had windows inspired by the Window

Wanderland organisation theme of Hope, using the lovely dove stencils provided. One window was a shadow theatre of an artist painting the dove, who then took flight. One road became the Street of Modernised Art with several reiterations of classic art work with a modern

touch. Jack appeared, chopping down the Beanstalk leading to Trump castle. There were teddies, a safari, bakehouse and many strings of lights to brighten up the streets.

Fiona McVey,
Chandos Neighbourhood Association

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■ ADVERTISING FEATURE

When is the right time to sell your business?

There are many reasons that could prompt the sale of a business or company. These could be retirement, a change in market conditions, a health or family reason or because there is strong financial opportunity to capitalise on what has been built to date.

Formerly known as Entrepreneurs Relief (now Business Asset Disposal Relief), business owners could apply for a reduced rate of capital gains tax at the point of selling a business. Subject to meeting certain conditions, the rate was fixed at 10% up until the 2024 Autumn Budget. The rate increased to 14% from 6 April 2025 and is set to rise again to 18% from 6 April 2026. The rate applies to the first £1m of lifetime gains.

We have seen lots of clients moving forward with their sale plans to beat the 6 April deadline but whatever the driver for sale, preparing for sale is crucial to maximising the value received for your business.

The process

The sale process requires input from lawyers, accountants and most importantly the sellers them-

selves (it is time consuming!). Most sophisticated buyers will make an offer based on the net asset value or an EBITDA multiple on the understanding that completion accounts will be prepared to understand the final financial position of the business (between the date of offer and the date of completion). An astute seller should therefore have a good estimate of what the cash, debt, and working capital will look like by completion so they can plan for what a final sale price might be. As the gap between offer and completion is a moving part, completion accounts can adjust the sale price upwards or downwards. In most cases, a cash surplus = price up and a debt deficit = price down.

Between an offer being accepted and completion taking place, the legal process follows a generally accepted structure of entering into heads of terms and a confidentiality agreement, completing the buyer's legal, commercial and financial due diligence process, drafting, negotiating and finalising the asset purchase or share purchase agreement, preparing

all corporate governance and ancillary documents and gearing for completion. This process will usually take months to conclude and the heads of terms should plan for a realistic timetable.

Preparation for sale

In our experience, when acting on the sale side, deals can fall through because they take too long, there is a significant change in market or political conditions or the sellers have not prepared adequately and the buyer either reduces their offer or loses faith in the deal altogether.

As best practice, business owners should be able to put their hand on anything a buyer may reasonably request in due diligence. To give a few examples, sellers should be able to provide correctly completed and up to date company registers, evidence of all corporate and regulatory compliance, all material contracts (for clients, suppliers and services), all employment and pensions information and evidence that any intellectual property rights used in the business are protected or have due authority for the current use.



Key takeaways

When advising our corporate clients we always explore their short and long term goals and discuss when or what a good sale opportunity looks like. In our view it is always a healthy stance to have a sale strategy, even at the point of starting the business and then ensuring you have your 'deal team' around you to work towards and then in the arena when a buyer is found.

You never know when the market could be at its peak or how quickly appetite for acquisition could dissipate. A bit like investments, it takes a genius to time the market!

To discuss how we can help with an acquisition or sale, please contact Grant or the AMD corporate team on **0117 9733 989** or by email to commercial@amdsolicitors.com



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LETTER

Saving lives in north Bristol

DEFIBS4BRISTOL, a strictly not-for-profit organisation has added another public access defibrillator at the Eastfield Inn, Henleaze Road. So far, we have installed 58 in Bristol including a number of local ones:

Southmead Fire station
The Beehive
The Gloucester Old Spot
The RAFA club
The White Lion (Westbury Village)
The Methodist church hall (Westbury Hill)
The Black Swan, Stoke Lane
The Treble Chance (Greystoke Ave)
Bristol Discount carpets (Charlton Road)
The Bradgate doctor's surgery (on the Old Crow roundabout)
Southmead Health centre (Ullswater Road)
L'Affinage Du Fromage (North View)
Bristol Chiropractic (Kellaway Ave)
The Cambridge Arms (Coldharbour

Road)
The Shakespeare (Redland)
The Black Swan (Stoke Lane)
The Crafty Cow (Wessex Ave)
The Lazy Dog (Ashley Down Road)
The Prince of Wales (bottom of Gloucester Road)
We have also installed in Cotham: Haig Harrison on Cotham Hill previously there wasn't one in this really busy area)
St Matthew's Church (Cotham)
Kingsdown Vaults
The office, Kings House, High Kingsdown

We also have installations in Clifton on the Royal Oak and The East Village cafe' (Boyces Ave).

We are still working hard to get an installation on Redland station which has complicated technical and property ownership issues. This has been ongoing for two years. We have already raised some funds towards this now held in awaiting resolution.

We are hoping to install another

near the junction of Linden Road and Coldharbour Road. This one and the Eastfield Inn will have been as a result of a generous local donor who doesn't wish to be named.

Many of the above have been installed after numerous Justgiving pages and hundreds of hours of leafleting. Some as the result of donations (e.g. Walkers & Talkers). Some were self-funded after we spoke to the sites.

We teach CPR / defib to groups as requested and ongoingly monitor the monthly checking of our 58 installations and half a dozen others where the novelty has worn off for the guardians and the mundane but important checking has become too much of a chore.

Any donations go towards on costs replenishment (pads and batteries which have a shelf life which we also monitor) and purchases of new AEDs.

We are strictly not-for-profit and don't claim any expenses so,

any donations are used for the purposes above.

Eighty per cent of cardiac arrests happen at home so locally accessible defibrillators are of the utmost importance. For every minute without help life expectancy drops by 10%.

As a former community first responder of nine years I attended cardiac arrests and understand the importance of timely intervention. Not enough people understand CPR and people are frightened of AEDS (automatic external defibrillators). You cannot make a mistake with these machines as they will only allow/ give a shock, if appropriate. Training sessions build confidence and speed timely intervention.

As a former Royal Marines' Reservist of 41 years, retiring in 2012 when I was 60, I understand the importance of persistence and flexibility to achieve the aim.

Simon Brookes
Defibs4Bristol.com



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COMMUNITY NEWS

Underneath the spreading chestnut tree

IN years to come, sadly, there will no longer be a great chestnut tree to stand proud overlooking Eastfield Road, as it has done for over a hundred years, keeping watch over children playing outside the old Westbury Board School opposite, witnessing the many changing fortunes of its partner the Village Hall and most recently, greeting the residents of Westbury on Trym and their friends at local events like the Village Show.

With great sadness the Village Hall Management Committee has had to arrange for it to be felled this year. The reason is that following an extensive survey by arboricultural experts at the committee's request, it has been found to be unsafe in high winds, due to being rotten internally. Not only this, but the roots are badly infected with honey-fungus which cannot be cured and which will produce further loosening at the base. It has been failing in 'tree health' for several years, with foliage being badly depleted as you may have noticed. After much discussion, a wide range of consultations regarding safety issues and removal costs, and with the agreement and permission of Bristol City Council, the committee



has come to the sad conclusion that the glory days of this landmark tree are over and it must be taken down.

We deeply regret having to make this decision, but it is in the best interests of safety for all users of the Hall and especially for pedestrians and car owners passing along this narrow stretch of Eastfield Road, who might be injured by a large falling branch, plus possible damage being caused to the Village Hall itself.

So if you would like to keep a happy memory

of this landmark tree for your families in the future, please come and take photographs or make sketches before April 13th, when work on it is scheduled to begin. The accompanying photograph of a large gathering beneath the tree was taken in 2009, showing many of the people associated with the revival of the Village Hall's own fortunes from 1972 onwards (when it came under the new management of an independent, locally elected management committee, responsible to the Charity Commission) - who were attending a celebration of the Hall's 140th Anniversary.

Designed and built at the instance of Henry St Vincent Ames of the original Cote House on the Downs, in 1869 it was opened as a Concert Hall and cultural centre for the people of Westbury on Trym, surrounded then by the fields, farms and large estates of this South Gloucestershire village. The tree has played a great part in the history of our Village Hall and we give thanks for its sheltering presence throughout more than two centuries.

Hilary Long (Trustee)
on behalf of the Chairman and Trustees of
Westbury Village Hall Management Committee

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FROM YOUR COUNCILLORS

Southmead: Kaz Self and Kye Dudd (Labour)

Council budget

The budget was passed in February and council tax bills for 2026/2027 should now have been delivered. Hopefully there are no mistakes, as it cost £198,000 to send out corrected versions of last year's letters. With an additional £161million promised by the Labour government over the period 2025-2029, the city's finances are in much better shape. However, council tax has been increased by 5%.

Labour councillors proposed several amendments to the budget, including more investment in youth facilities, roads and lighting in parks, unfortunately these were voted down by the Green Party.

Fly tipping

Fly tipping remains an issue across the city. Over 11,500 piles of illegally dumped rubbish were cleared last year costing the council over £1million.

In the 2025 budget, all parties except the Green Party voted for our proposal to install new fly-tipping enforcement cameras in known hotspots and raise littering spot fines by £100. However, the Green / Lib-Dem led council have not implemented this proposal, saying alternative plans had been found that would be more useful and cost-effective.



Please report fly tipping using the online tool fixmystreet.bristol.gov.uk, or you can phone / email us. If you see somebody fly tipping you can report this to the police via 101, or anonymously via Crimestoppers.

Litter picking

We are grateful to all those who litter pick across the ward, whether organised groups or a small number of local volunteers.

SusWoT have been doing marvellous work in the ward, they are looking for more local people to get involved in litter picking.

Please contact them if you are interested. We run a monthly litter pick on the second Saturday of the month, meeting 10am at Arnside, all welcome, equipment supplied.

Eastfield Park

We were pleased to see that a new bench and bin have been installed in Eastfield Park. These add to the new play equipment that was promised by us before the election (now installed).

We have been made aware that the tree roots in some parts of the park are making the pavement very uneven, making it hard for some pedestrians and wheelchair users to navigate the park. This has been raised with the council.

Charges for professional dog walkers and fitness classes

The council have decided to charge small businesses to use our parks. Starting this month a parks business license will be required for commercially operated businesses. The charge for a licence will be up to £800+VAT per year, with a penalty of up to £500 for each contravention.

Kye & Kaz

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COMMUNITY NEWS



ST PETER'S CHURCH, HENLEAZE

AT the end of February, 21 people and three dogs 'beat the bounds', that is to say 'walked round the boundaries' of St Peter's parish - the first time this has been done officially (as far as anyone is aware) in its 100-year history!

It was a four-mile, two-hour journey enabling people from across the community to meet and mix in a relaxed fashion and, with the help of walk co-ordinator, Mike Blott, find out a little more about this part of Bristol. How, for instance, to pronounce 'Fallodon Way'? Locally the emphasis is always put on the 'Fall' first syllable - but apparently the road was named after a Scottish Lord Fallodon, whose name rhymes with the Battle of Culloden, thus emphasis on the second 'o' syllable.

- If that were not enough exercise, the Later Life Hub saw more than 100 Seniors singing and dancing to the music of the FAB Twins at the FAB Café hosted by St Peter's in early March. A request for the Beatles' 'Twist and Shout' saw some particularly energetic twisting - and it was great to see a couple of people gently swaying to the music supported by their trusty walking sticks! Age UK Bristol, which runs FAB Cafés across Bristol, is delighted to confirm that St Peter's FAB Café will continue to have live performers for its 'Music Mornings' on the first Wednesday of the month. Entry is free: donations to a good cause welcomed.



- Coming up at St Peter's are two events to which all members of the community are welcome. The first is a **Peace Feast** from 7-9pm on **Thursday April 16**. This will be an evening of cross-cultural exchange as long-term residents and those more recently arrived from different cultures share an Arabic cuisine meal and Sudanese music together. Organised by Bristol-based charity Bridges for Communities and hosted by St Peter's, tickets are available from: www.bridgesforcommunities.com/events

The second event is an **Eco Spring Fair** with a focus on all things environmental and sustainable. This will include stalls and activities encouraging sustainable living including a clothes swap, a book swap, food, flower, plant and craft stalls, bug hotel making, information and ideas about environmental care and refreshments. The Fair takes place at St Peter's from 2-4.30pm on **Saturday April 25**. Entry will be free and all are welcome.

Send us your church news

NEWS

Trees make it a real green way

SOUTHMEAD Development Trust (SDT)'s Greenway Centre is living up to its name with the recent planting of 200 trees around its site on Doncaster Road, creating a woodland area on the edge of its open space, as well as around the car park area. It will indeed form a real 'green way' for wildlife.

The aim of the project is to create more of a wildlife corridor between the Greenway Community Garden and Badock's Wood Nature Reserve, so that wildlife can move easily between the two areas. This increases the shelter and food sources available to local wildlife, thus supporting biodiversity.

Ella Tainton, SDT's climate and nature action co-ordinator, explained: "We are delighted to be working in partnership with the Forest of Avon Trust - it is

something we have wanted to do for so long and teaming up with the Trust means we have support for the project, funding to buy and maintain the trees, and the expertise to make sure our new trees get the best start."

On planting day itself (which was not, inevitably, blessed by the weather), a steady stream of visitors came along to help, including some stalwart volunteers, residents and staff from both Trusts.

A highlight was a visit from the children at Raised In Bristol at Greenway - a CIC nursery on the site - who lent a hand and learn about nature - with worms being a particular attraction!

Looking to the future, Ella added: "To maximise the chance of success, we have carefully chosen tree species which are local to our surrounding area



The planting of 200 trees gets under way at Southmead Development Trust's Greenway Centre

and will support lots of wildlife. These include oak, hazel, beech, rowan, and wild cherry - lots of recognisable native and naturalised species for us all to enjoy for years to come."

The space will be open for all to visit at leisure, and regular news feeds will keep locals informed of events and activities planned to care for and maintain the site.

SEA MILLS FLOWER AND CRAFT SHOW

THE Sea Mills Flower and Craft Show has been an established event in the life of the city almost since the first buildings went up in the area in 1922. It has always been held in the autumn, most recently on the first Saturday in September.

This year, however, the show is moving to May - to be held instead on Saturday May 9 at St Edyth's Church in Sea Mills. Why the change?

Sue Hazelden of the show's committee explained that there were a number of reasons and it wasn't a decision taken lightly: "One consideration has been the frustration of clashing with the Westbury Village Show.

"We also run a well-attended free Art and Craft session for children in Sea Mills Library, and want to encourage children to enter. But a September entry deadline, just as school starts, is a busy time for families. We can't push the show later, because the other big autumn event in Sea Mills is Apple Day, on the third Saturday in September. We felt October was too late in the year for the Flower Show's 'growing' classes.

"So we started to look earlier in the year - and we landed on the second Saturday in May. Initially

it seemed rather daunting to organise everything over three months earlier than usual, but it's all coming together to make for a fantastic afternoon.

"One piece of news is that Henry Michallat, current Lord Mayor (and Councillor for Stoke Bishop including half of Sea Mills) has agreed to open the Show for a second time! And that's only possible because of the earlier date. We also have social media Influencer @The Food Guy66 not only attending, but also judging the Sausage Roll category!"

There's a whole new section this year for 'Made in my Shed' - and any 'shed' will do. There are still the regular handicrafts, photos and edibles. 'Trauma Teddies' have been added to the Handicraft section, hoping to have some donations to the local Fire Service.

Stall-holders are already signing up. Entertainers include local musician Sarah Jane Warren, Bristol Ukulele Club, the Shynee Ladies Belly Dancers and Rich on guitar.

The small team of organisers are always in need of a large team of volunteers on the day, so get in touch if you could help. seamillsflowershow@gmail.com; **Entry form:** bit.ly/SMFCS **Schedule:** Facebook: *Sea Mills Flower & Craft Show*; Instagram: *seamillsflowershow*






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ADVERTISING FEATURE

by Mel Woolley, Local Growth Officer for Wiltshire and Avon Scouts

Adventure, opportunity and community: these are what Scouting makes possible

LAST month I had the chance to visit Woodhouse Park Activity Centre while attending the Squirrels and Beavers Adventure Days, where hundreds of young people from across the area came to experience outdoor adventure.

I was given a tour of the site by the centre manager, Andy Scully, and spent time speaking with volunteers who help make these experiences possible.

Hidden among rolling countryside and woodland near Almondsbury, Woodhouse Park is an incredible space for young people to challenge themselves and experience the outdoors. Set among beautiful grounds and even home to a magnificent 450-year-old oak tree, the centre offers a huge range of activities.

Young people can take on the climbing wall, tackle Jacob's Ladder, or try the centre's new snow tubing slope. Campfire areas are dotted throughout the woodland, and the views across the countryside make it a truly special place for camps and activities.

Over the past five years, the site has been transformed into a thriving hub for outdoor adventure thanks to the passion and dedication of the team who run it. Andy, who lives on site and works closely with staff and volunteers, says his approach is simple: whenever young people or volunteers come forward with an idea or an activity they'd like to try, his aim is to find a way to say "yes."

The centre is also creating opportunities beyond adventure. Through an apprenticeship programme, young people have been able to train and develop careers in outdoor activity leadership. One apprentice has even progressed into a management role on site. A great example of how environments like this can help young people build skills for the future.

Accessibility is a key focus. The team work hard to ensure activities can be adapted so that young people with mobility challenges or additional needs can still take part, including experiencing the climbing wall and other activities. =

But what really stood out during the visit was the role volunteers play in making experiences like this possible.

Many adults first get involved in Scouting because their children join a group and then they stay because they discover how rewarding it can be.



Adventurers start young at Woodhouse Park

One volunteer I spoke to joined when her son was a Beaver. Years later her son is now a Group Lead Volunteer, and she is still involved alongside her husband. When I asked what her favourite part of Scouting was, she didn't hesitate.

"Camping," she said. "And encouraging kids to try new things."

It's a sentiment shared by many volunteers. The County Lead Volunteer, who was also visiting the event, said he often attends activity days like this so he can be reminded of why he does what he does.

Challenge

Watching young people challenge themselves, support each other and achieve things they didn't think they could do is at the heart of Scouting.

During the Adventure Days, even the youngest members of Scouting were getting involved. Squirrels as young as four years old were proudly taking on the climbing wall, supported by volunteers and instructors as they challenged themselves to reach the top. For many, it was their first time trying an activity like this, and watching their confidence grow with every step was a powerful reminder of how Scouting helps young people build resilience and believe in what they can achieve.

The team at Woodhouse Park are keen to welcome more local Scout groups from Avon to experience everything the site has to offer. They have even offered free camping opportunities for Avon groups who might otherwise struggle with the cost of camps, helping ensure that cost is never a barrier to adventure.

Experiences like those taking place at Woodhouse Park show

what Scouting is all about. Adventure, confidence, teamwork and creating opportunities for young people to grow.

But these experiences only happen because adults give their time to make them possible.

Scout groups are always looking for more volunteers to help create opportunities like these.

From lighting campfires and

supporting activities to helping young people climb higher than they thought possible, volunteers are the people who make Scouting happen.

If you've ever looked at places like Woodhouse Park and thought "that looks incredible," you could be part of it.

Volunteering in Scouts isn't just about supporting young people; it's also about being part of the adventure yourself. Whether it's helping at weekly meetings, joining camps and activities, being on a trustee board or sharing skills and hobbies, there's a place for everyone.

Because Scouting isn't just for young people it's for the adults who help make the adventure possible too.

Want to be part of the adventure? Whether that is at the forefront or behind the scenes, Scout groups across Avon are always looking for volunteers. For more information, email volunteer@avonscouts.org.uk

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BOOK REVIEW

Bread of Angels

by Patti Smith

THE singer, songwriter, poet and author Patti Smith was born in Chicago on 30 December 1946. Due on New Year's Eve, she arrived a day early, denying her mother the opportunity of receiving a promotional New Year gift of a new freezer.

Patti was the eldest of four children, with a brother Todd and sisters Linda and Kimberly. The family relocated twelve times in her first four years before settling in New Jersey. Plagued by ill health including pneumonia, tuberculosis and scarlet fever

Patti finds solace in art, books and music. For her seventh birthday, her mother takes her to the local bookshop where it was store policy to let a child fill a shopping trolley with free books on their birthday. Her father takes her to the Philadelphia Museum of Art where she is spellbound by the works of Picasso and Modigliani. Another birthday sees her mother presenting her with Another Side of Bob Dylan.

We follow Patti through her teenage years including getting pregnant at 19 and giving up

her baby for adoption. She leaves home for New York City where she meets a soulmate in the photographer Robert Mapplethorpe. Patti starts performing her poetry in front of live audiences in art galleries and museums, whilst working in a local bookstore. She composes Piss Factory, a song based on her experience as a factory worker in New Jersey. The single was pressed and sold in the streets for two dollars. She signs with Arista Records insisting on full creative control of her work. In 1975, she releases Horses her highly acclaimed debut album.

Patti goes to Detroit where she meets the love of her life in Fred Sonic Smith, guitarist and member of the rock band MC5. Fred and Patti get married and Patti retreats from public life, moving to Detroit where she gives birth to her son Jackson and her daughter Jesse.



Patti then suffers the trauma of losing the three most important men in her life in close succession. Robert is the first, dying of AIDS in 1989. Five years later, her beloved Fred dies of a heart attack with her brother Todd dying from a stroke a month later. Patti rebuilds her life, rediscovering the joy and therapy of writing and of performing.

This is a moving and intimate memoir from one of our greatest living artists.

Review by Bob Deacon, from Bishopston Library

OPENING HOURS: WoT

Monday	(2pm-7pm)
Tuesday	(11am-4pm)
Wednesday	(11am-4pm)
Thursday	(11am-4pm)
Friday	(11am-4pm)
Saturday	(11am-4pm)
Sunday	(closed)

OPENING HOURS: HENLEAZE

Monday	(11am-5pm)
Tuesday	(11am-5pm)
Wednesday	(1pm-7pm)
Thursday	(11am-5pm)
Friday	(1pm-7pm)
Saturday	(10am-5pm)
Sunday	(closed)



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BOOK REVIEW

plastic by Matthew Rice

MATTHEW Rice arrives at 19:57 for his overnight shift in a plastic factory in Northern Ireland. At 20:03 he is bagging and tagging the latches for tables affixed to aeroplane seats. Beside him during the gruelling shift is the contraband to get him through: a copy of Sir Gawain and the Green Knight (he doesn't say which edition; perhaps he has smuggled in different ones over the years).

Rice's poetry collection comprises one night in the factory, bringing Irish political history, Jonathan Swift, pop culture and the earliest recording of a human voice into time-stamped poems about manual work and cerebral art. Machines mould thousands of identical items; he moulds language to create something unique.

The work is repetitive and dangerous, the threat from what the workers breathe in perhaps worse than that of sudden violent harm, though that is present too. At 21:03 a colleague is telling a story heard many times before. A minute later his wrist is crushed by one ton of machinery. This does not shut down work for the night.

Mundanity and magic operate

like the machines throughout. Time moves with painful slowness and cruel irregularity, as the reader watches the clock alongside the poet, noting the gaps between poems, piecing together the images, scents and noise of the factory. Yet Rice is not there. While parts are cut for aeroplanes, he is in Cittiglio's hills watching a dyer hang silks from a wall.

'Man is born free, and everywhere he is in supply-chains-' he writes at 22:22, in one of those lines that is so apt it temporarily distracts the reader from the setting and the page, perfect since the poet, tethered to his machine, is in fact entering a rat's body to escape a prison within a dream.

The poems vary in form and length reflecting that the setting is both fixed and transitory. His colleagues come alive, not just in description but in his imagining something else for them - wee Gail's hands at a piano rather than at her work is a beautiful image. As the shift nears its end, two short poems call out to be read several times. Are they hopeful or melancholy? Is this the shape of happiness forming? Would we recognise if it were?

Elizabeth Moss, Heron Books, Clifton

MBST: Supporting the body's natural cellular repair process

MBST Sport

We have several return to play studies underway with some high profile sports teams across professional football and Rugby.

We're fairly early on in the seasons in term of gathering and presenting data at this point but the results we're seeing are very exciting in terms of rapid player healing and care for their bodies.

It's also accelerating return to play by significant amounts which is keeping squad availability higher. We anticipate this to have even greater impact towards the end of the season.

The data will be published at the end of the 25/26 season.



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



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

It's an amazing tool to have, especially to safely monitor the progress our patients are making after using MBST to address the deconditioning of bone in Osteoporosis:

We're seeing remarkable results when applying MBST to bone, both after trauma and in Osteoporosis patients.

GETTING ACCURATE INFORMATION:

The most important starting point in preventing Osteopenic/Osteoporotic fracture is to accurately understand and track our bone density: REMS scanning can do this because it doesn't involve X-ray so it's safe to repeat scans when necessary to monitor the results of action taken.

REMS ultrasound results are immediate, accurate and are backed by over 100 peer reviewed published studies.

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Hip and Knee

Arthritis: Shirley is a great example of how MBST can transform a patient's life. Shirley was diagnosed with a moderate plus Right arthritic knee. The pain was debilitating. A constant 6-7/10 pain wise. Mornings were stiff and painful and it was bad at night. Her left hip is also arthritic

and was causing her pain. Standing for long periods was a real issue.

We applied MBST to support the recovery of her knee cartilage and lower limb bone damage.

5 months since the end of her treatment Shirley is leading a very different life. Her knee swelling is so much better. She has no pain and where she would struggle to stand for 45 minutes, she has recently completed her third straight 45 minute strength and conditioning wellness class at David Lloyd.

A really great outcome for a lovely patient.



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NEWS FROM SusWoT

What happens to our Recycling?

Most of us are familiar with the 4 Rs: Reduce, Reuse, Repair, and Recycle. Reducing what we buy and reusing/repairing what we have are the most effective ways to protect our environment. Recycling is the mainstay of Bristol's waste strategy. The economics of recycling are complex, for example the changing market price for recycled materials and the costs of different technology required for sorting them.

I recently visited the new recycling facility at Avonmouth to see how the recycling from our weekly kerbside collections is processed. The sorting is highly automated. Rubbish from the green recycling boxes is loaded onto a conveyor belt. Magnets pull out steel, then another machine creates a powerful rotating magnetic field that induces electric currents in conductive metals like aluminium and flicks them into a separate bin. Two people monitor the conveyor belt, pulling out items that should not be there. Cardboard (blue bag) and the contents of the black recycling boxes are processed separately. Glass is processed separately because it's heavy and would require completely different (and expensive) machinery to sort it from other recycling.



Sorted recycling at Avonmouth, baled and ready to go

After sorting, the recycling is compressed into bales and sold to specialists for onward processing. Our food waste (brown bin) is processed across the road at GENeco where it enters an anaerobic digester to create biogas and fertiliser for local farms. You can find out more about where the recycled materials end up on the Bristol Waste website.

The scale of the facility is massive, and fire safety is a major priority. Vapes and batteries placed incorrectly in green boxes are significant fire risks. To manage this, thermal imaging monitors automatically target "hot spots" with high-pressure water or powder jets.

While these are great industrial solutions, you can help by doing more at home.

Pre-sorting your recycling correctly helps to keep costs down and improve the market price of the materials. You could also consider processing more of your food waste at home with a compost bin or a wormery. SusWoT currently has a wormery available (with plenty of worms!) to help you start.

Get Growing

April and May are the months when most vegetables should be sown. Instructions are available online and on seed packets. Vegetables like sunshine, so choose a sunny place to sow seeds and prepare the soil by weeding carefully. Enriching the soil with compost or worm poo (vermicompost) or worm tea (leachate) from a wormery is best done when the vegetables are growing in their final position and need nutrients to grow well.

This year the usual events where SusWoT sells plants seem unlikely to happen. SusWoT will be raising tomatoes, chili, bean, squash, courgettes and other plants that should be available in May and June. Details to follow.

To find out more, please email suswot2050@gmail.com or visit suswot.org.uk.

Liz Viggars

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PHARMACY COLUMN

Worried about Meningitis B? We can offer you a vaccination

SPRING is here—and with it comes a timely reminder to look after your health and those around you. We're here to help you stay protected, informed, and feeling your best this season.

Covid

The NHS 2026 Spring COVID Booster Campaign launches on Monday 13th April. If you're aged 75 or over, you're eligible—so just come in or book online for an appointment.

Our service as you know is quick, simple, and flexible. Whether you book online or walk in, we'll get you protected in minutes. Don't delay—your booster could make all the difference.

Meningitis B:

Recent cases of meningitis have understandably raised concern. This serious infection of the

brain and spinal cord lining can develop rapidly and become life-threatening without urgent treatment.

While viral meningitis is often mild, bacterial meningitis is far more dangerous and can lead to severe complications or even death.

It spreads through close contact such as coughing, sneezing, or kissing. Early symptoms may feel like flu—fever, headache, vomiting, or drowsiness—but can worsen quickly. A rash that doesn't fade when pressed (the "glass test") is a critical warning sign.

Working with our Bristol Travel Clinic partners, we have provided Meningitis B vaccinations since 2018 in response to a patient's request for an affordable local service. We also support the

Meningitis Now campaign for improved NHS vaccination cover and raise symptom awareness.

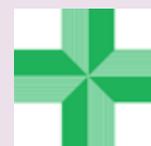
Vaccination remains the most effective protection. To learn more or book, visit: www.bristolmeningitisclinic.co.uk

Hay fever

As pollen levels rise, so do the challenges for hay fever sufferers. Around 1 in 4 adults in Bristol are affected, along with many children —impacting sleep, concentration, and even school performance.

Symptoms such as sneezing, itchy eyes, and runny noses can disrupt daily life, but simple steps can help.

Keep windows closed on high-pollen days, shower after being outdoors, and start antihistamines early—ideally before symptoms begin. Wearing



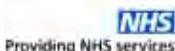
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sunglasses outside or applying a small amount of Vaseline around your nostrils can also reduce exposure.

We're here to help

From vaccinations to hay fever relief—and NHS sinusitis prescription treatments—Kellaway Pharmacy is here for you. Call 0117 9246579 or pop in to speak with our team.

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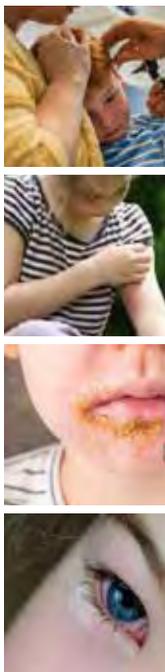


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WHAT'S ON

APRIL EVENTS

■ **LA SCALA DELI** - The Italian Hub of Henleaze
Join us for one of our signature Wine Tastings led by our in-house sommelier:

April 2nd & 9th - Liguria & Valle D'Aosta

April 10th & 23rd - Spanish Wines Special

May 14th & 22nd - Emilia Romagna

May 21st & 23rd - Dry Whites & Big Bubbles

June 11th & 19th - Emilia Romagna

June 12th & 18th - Dry Whites & Big Bubbles

SPECIAL EVENTS - Wine & Dine Dinner Party Tasting Menu - 5 courses, 6 paired wines:

April 4th - Rome (Lazio)

May 16th - Calabria

June 27th - Calabria

Tickets at www.lascaladeli.com/ tickets and in-store - more dates online

April 27th

■ **HENLEAZE SENIOR FILM CLUB** 2pm. Maria (12). The glamorous and moving story of iconic opera singer, Maria Callas. Paris, 1977: Once the world's greatest soprano, Callas now hides in an apartment, having lost her voice and retreated from the world. She dreams of returning to the stage, but can her body and mind take the pressure? Starring Angelina Jolie in a career-defining performance. Carers welcome, easy access. St. Peter's Church Hall, The Drive, Henleaze BS9 4LD. For more information, please call 0117 435 0063

April 11th & May 9th

■ **BLAISE COMMUNITY GARDEN** behind Blaise Museum, BS10 7QS. Open Monday, Wednesday and Saturday 10-2. Interesting walled kitchen garden, free entry, new volunteers needed & welcomed. Plants always available. Cash & cards accepted. Events: Café on 11th April 9.45-2pm and Spring Market & Café on 9th May 9.45-3pm.

April 15th

■ **BRISTOL OPERA CLUB** - Roméo et Juliette : we will be viewing the brilliant 2008 Salzburg Festival production of Gounod's wonderful rendering of Shakespeare's heart-rending tragedy, for some the finest French opera ever written! All are warmly welcomed. 6.30 for 7.00pm. The Apostle Room, Clifton Cathedral, Worcester Road Entrance. £8.00/£1.00 cash only please, dedicated parking, Bar. Details: borkmail100@gmail.com 01275 848526

April 25th

■ **NEW BRISTOL SINFONIA CONCERT** "From Oklahoma! to The Sound of Music", 7.30pm at Victoria Rooms, Clifton. Join us for a magical evening of music from the shows, with special guests Katie Birtill and Alastair Brookshaw. Tickets and information from <https://www.newbristolsinfonia.org.uk/>.

May 2nd

■ **BRISTOL ARROW BOWLING CLUB OPEN DAY** Saturday, 10am to 4pm At: Bristol Arrow Bowling Club, 80 Redland Road, Bristol, BS6 6AG (Adjacent Bannatynes Health Club). Put on your flat-soled shoes, then drop in to meet us and try lawn bowls for free. Whatever your age, bowls is brilliant for concentration, mobility, strength, flexibility and balance. Expect lots of gentle, meditative exercise in good company, plenty of craic and some healthy competition too. For more information: Kathryn Nicholls (Club Secretary); mob. 07811 097199; email: bristol.arrow.sec@gmail.com

May 7th - 18th June

■ **BEREAVEMENT JOURNEY COURSE:** A 7 week course covering all aspects of bereavement and grief run by Holy Trinity Church, Westbury on Trym, suitable for anybody, of all faiths and none, who has suffered loss at any time. Dates: Thursday 7th May to 18th June from 7pm to 9pm each week. Contact the Parish Office 0117 9508644 email: office@westbury-parish-church.org.uk

REGULAR EVENTS

Various days

■ **WESTBURY WILDLIFE PARK** The park's peaceful setting, with chil-

dran's play area and cafe, is open for you to enjoy with your friends and family from Fridays to Sundays from 10am to 4pm. Refer to the website wwpf.uk for events, activities and volunteering opportunities.

■ **ITALIAN CLASSES** Learn Italian in friendly, small-group classes in Bishopston and Henleaze. Daytime and evening options for beginners to advanced, taught by an experienced teacher. We hold sociable aperitivo events too. Trial lesson £14. <https://ruthspencelanguages.co.uk/> Email: ruthspence@live.co.uk

■ **WEST OF ENGLAND BRIDGE**

CLUB meet at the RAFA Club, 38 Eastfield, Henleaze. Thursday afternoon is for improvers, and Monday and Friday afternoons, are for more capable players. These are EBU recognised sessions. You may come alone to any afternoon session or Wednesday evening when a partner will be found. The two evening sessions are Wednesdays and Fridays. For more information go to our website at www.woebridgeclub.co.uk or contact our Secretary Alan on 0117 4526947.

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MONDAYS 12.30 PM
@GOLDFINCH CREATE AND PLAY

PREGNANCY
THURSDAYS 6 PM
@SHREHAMPTON PUBLIC HALL

www.pilateswithsylvia.com
pilateswithsylvia@gmail.com

Monday

■ **PLAY BOWLS** at Canford Park in a friendly, social atmosphere. Qualified coaches and equipment provided. Contact: Les on 07305695579

■ **TEATIME CHURCH** - Children and families are welcome to join us once a month at the back of Holy Trinity Church in Westbury-on-Trym for crafts, games, stories and songs, followed by supper for all the children. There is also a baby/toddler area and a monthly Lego challenge. This is a very informal service, where children/adults can learn a little about God and the church in a fun and friendly environment. All are very welcome! Please visit our website for further information and monthly dates <https://>

www.westbury-parish-church.org.uk/teatime-church/

■ **CANFORD BOWLING CLUB**

season has started again, and new members of any age or experience would be very welcome. Free coaching is available. If interested please email canfordbowlingclub@gmail.com or ring 07504254499. Come and give it a go.

■ **BRISTOL HOME LIBRARY SERVICE**

- We are a free service for any adult who lives in Bristol and who can't get to their library but still wants books or audio books. Volunteers call monthly. Contact us if you would like to volunteer or know someone who needs us. BHLSvisits@royalvoluntaryservice.org.uk or 07714 898558

■ **WESTBURY SINGERS** - If you love singing and a varied repertoire, do try our friendly, non-auditioned, 4-part choir. We're especially keen to attract Tenors and Basses. We sing on Monday term-time evenings from 7:30pm - 9:30pm at Carey Hall, Westbury Baptist Church (far left entrance off the car park). Reading music is helpful but by no means essential. Simply come along one Monday evening (three free taster sessions available) and/or see www.westburysingers.org for more info and recordings, or email us on wotsingers@gmail.com.

■ **ASSASSIN FITNESS CLASS**

- Mondays 6:15pm, St Peter's Church Hall Henleaze. 45min Class £6. ASSASSIN is a Brand New Choreographed Combat style fitness class that allows you to let go of stress, whilst realising your inner SASS! It combines many elements of fitness including conditioning, cardio and plyometrics for a complete workout! Are you ready to become an Assassin? Aim, Shoot and Fire! Special September Offer - Your First Class is FREE!!! For more info and bookings please contact me: instructor. izyy@gmail.com or on Instagram [@assassin_izyy](https://www.instagram.com/assassin_izyy)

■ **DICKENS SOCIETY.** 7pm, at Leonard Hall, Henleaze URC, Waterford Rd, Bristol BS9 4BT. Talks, costumed readings, book club and social events. New members welcome. See www.dickens-society.org.uk or phone Roma on 0117 9279875 for further details.

■ **WESTBURY ON TRYM WOMEN'S INSTITUTE** meets on the third Monday of the month in the Westbury Village Hall, Eastfield Road, BS9 4AG, from 2.00 - 4.00 pm. We have interesting speak-

WHAT'S ON

ers, and extra activities of crafts, lunch club, skittles and outings. Our lively, friendly and inclusive group welcomes visitors at any meeting. For more information call Sascha on 07961619806

BRISTOL GOOD AFTERNOON

CHOIR rehearses at Westbury-on-Trym Methodist Church (BS9 3AA) 2-4pm (term time only). We are a fun and friendly, non-audition, community choir for both male and female voices - one of 32 Good Afternoon Choirs who 'sing in the afternoon' around the South West and further afield. New members are always welcome and, whether you come alone or with a friend, we will be very pleased to meet you! For further details please visit our website - www.goodafternoonchoir.org - or contact us on 01761 472468 or via e-mail at gac@grenvillemusic.co.uk

Tuesday

WESTBURY PARK WOMEN'S

INSTITUTE meets on the first Tuesday of every month in the Girl Guide Hut on Westmorland Road from 7.00 - 9.30pm. We are an active and friendly group with a varied programme plus extra sessions for craft, coffee, book clubs, walks etc. Visitors are always welcome and for more information do call Sue on 07813795936 or email westburyparkw@gmail.com

COMMUNITY SIGHT LOSS HUB,

First Tuesday of each month, 11am-1pm at Trinity Church, Henleaze. Join our coffee morning for blind and partially sighted people to socialise with others and receive advice and guidance from our experienced advisors. Tailored support also available by appointment by calling Sight Support West on 0117 322 4885.

CARERS' SUPPORT GROUP

run by Bristol Dementia Action Alliance, held on the first Tuesday of each month, St Peter's Church, Henleaze, BS9 4LD, 2pm-4pm. A chance for carers to share stories and gain support from each other. For further information, contact Tony Hall, office@bdaa.org.uk

SCOTTISH DANCING TO KEEP FIT AND HAVE FUN. Bristol Westbury Scottish Country Dance Club. Beginners taster package, (phone Tina: 07568 537154): £20 for 4 wks starting Sept. For new-to-us dancers, first night free, then £6pw. (Email: maggiekirkup@gmail.com). All classes are at St. Peter's Church Hall, Henleaze, Tuesdays 7.30 - 9.30 pm. Details at www.westburyscottish.org.uk. SC dancing also possible with RSCDS Bristol: see Thursday columns.

WOMEN'S FELLOWSHIP meet on Tuesday mornings at Westbury-on-Trym Methodist Church, 10.30am-noon. An interesting programme of speakers; come along to make friends. For more details, ring Kate 07905 064720.

BRISTOL HARMONY WEST GAL-

LERY CHOIR AND BAND sing and play lively church and village music from the 18th century. St Edyth's Church Hall, St Edyth's Road, Sea Mills, 7.30 pm on the 1st and 3rd Tuesday each month. All voices (SATB), string, wind and reed instruments welcome. No auditions but ability to read music helpful. www.bristolharmony.wordpress.com or call Fritjof 0117 924 3440. Contact before attending.

WESTBURY FOLK/COUNTRY

DANCING - come along to have some fun folk dancing on Tuesdays 1.30 - 3.30pm at Westbury College in College Road. All dances are called and refreshments are available. FFI contact Christine on 07775 628524 or codonell100@btinternet.com.

COMPANION VOICES BRISTOL

is recruiting new members. We meet in Easton on the 3rd Tuesday of the month from 7 to 9 pm to learn soothing and uplifting songs by ear and build skills in sensitivity/compassion/loving presence to sing at the bedside of people nearing the end of life. To join or support us in this work, contact Valerie on bristol@companionvoices.org. Visit www.facebook.com/CompanionVoicesBristol and www.companionvoices.org.

BRISTOL A CAPPELLA:

Tuesdays 7.30pm, Victoria Methodist Church. Bristol A Cappella is an award-winning mixed barbershop chorus of around 30 members who love to sing close harmony a cappella. Our songs are mainly from pop music, with a bit of rock and some musicals. www.bristolacappella.co.uk/ Contact: membership@bristolacappella.co.uk

Tuesday and Saturday

BRISTOL HF RAMBLING CLUB

We are a friendly sociable club with a variety of walks. We have 2 Tuesday walks of either 8-9 miles or 5-6 miles. On Saturdays we have varying length walks including a hill walk eg Brecon Beacons once a month. If you would like more information please visit our website.

Tuesday, Wednesday & Thursday

FRIENDLY BRIDGE SW is a Bridge Club operating on Tuesday, Wednesday and Thursday mornings from 10am to 1pm at Stoke Bishop Village Hall. We also offer online bridge and face to face tuition. New faces are always wel-

come. Please email friendlybridgesw@gmail.com or call Gareth on 07921-788605 for further information.

Wednesday

HENLEAZE CHORAL SOCI-

ETY meets at Henleaze Bowling Club, Grange Court Road, Wednesdays 7.30 to 9pm. A small, un auditioned choir singing varied music. New members welcome. For info, contact Kathy, 0117 949362 <http://www.henleazechoralsociety.org.uk/>

A CLASS FOR EVERYBODY!

KEEP FIT, St Peter's Church, Henleaze, Wednesdays, 10-11am, £8. Improve your health and wellbeing with this low-impact exercise class. With music from the 60s to today's pop to enjoy a supple strength workout. Call Louisa: 07725 091429. Email Louisa: chairaerobicslouisa@gmail.com

WELCOME WEDNESDAY

Friendly and free coffee afternoon on the last Wednesday of the month, 2-3.30pm at The Beehive Pub, Wellington Hill West, BS9 4QY. Meet new people, have fun, and find out what's happening in your local area. Call 0117 435 0063 for more information.

A GENTLE WAY TO KEEP FIT & HAVE FUN! CHAIR AEROBICS,

St Peter's Church, Henleaze, Wednesdays, 11.15am-12.15pm, £8. Maintain and progress your strength, stability and balance at our seated and gentle standing exercise class. Songs from every era to enjoy and complement a workout for mind and body wellness. Call Louisa: 07725 091429. Email Louisa: chairaerobicslouisa@gmail.com

HENLEAZE CHESS From 2.45pm - 4.30pm on selected Wednesdays in Coffee #1 on Henleaze Rd for informal chess with your coffee and cake. Typically twice per month. All ages and abilities welcome. No membership or fee. Please join us if you spot us or contact us at markRthwaites@gmail.com for expected forthcoming dates.

GRIEF & BEREAVEMENT SUPPORT GROUP: Meets on the third Wednesday of the month from

2.00pm - 4.00pm. in The Goronwy Room, St. Peter's Church, The Drive, Henleaze. BS9 4LD

GOLDEN HILL WI Meets the first Wednesday of every month. 1-3pm. Golden Hill Sports Ground, Wimbledon Road, BS6 7YA. A vibrant, lively, afternoon WI in BS6. We have a varied programme to offer members. Visitors and new members will be given a warm welcome. For more information contact Pam Scull at goldenhillwi@gmail.com.

TEA AND TOTS - GROUP FOR

UNDER 5s. Wednesdays during term time, 10-11:30am, Newman Hall building, W-o-T, BS9 4DR. Free onsite parking. Toys for all ages, sensory play, and craft. £2 suggested donation includes refreshments. Email toddlergroup.sacredheart@cliftondiocese.com Facebook: <https://www.facebook.com/profile.php?id=61579193183721>

HENLEAZE BOWLING CLUB

Wednesday morning whist drives, 10.00 for 10.30, all welcome. £2.00 including tea and coffee. Located in Grange Court Road next to Newman Hall. Please see our website for information and all social events. <https://henleazebowlingclub.org.uk/social-events/>

COME AND ENJOY free tea and cake in a friendly atmosphere at Holy Trinity Church, Church Rd, Westbury-on-Trym every Wednesday 10.30-12. Call 0117 9508644 (mornings) for more information

HENLEAZE BOWLING CLUB.

Wednesdays from 10.00 - and Thursday's from 13.30 Short Mat bowls in the clubhouse all welcome. Other social events during the winter can be found on our website <https://henleazebowlingclub.org.uk/social-events/>. Phone, Tom Logan, on 0117 962 1669 or email hbcsec@henleazebowlingclub.org.uk for further details.

BRISTOL SCRABBLE CLUB

meets every Wednesday evening at 7pm until 10pm at Filton Community Centre, Elm Park, Filton BS34 7PS. New members welcome - first visit free so come along and give us a try. For further information contact Tania by email at tanielake@yahoo.co.uk

HEALING Spiritual Healing is available from 2pm to 3.30pm by the accredited healing team at Westbury Park Spiritualist Church, Cairns Road BS6 7TH. Just turn up or visit www.westburyparksc.org

WHAT'S ON

OPEN DEVELOPMENT CIRCLE

For those interested in developing their spiritual awareness and mediumistic ability. 7.15 for 7.30 start at Westbury Park Spiritualist Church, Cairns Road BS6 7TH. Just turn up or visit www.westburyparksc.org

SWIFTS INCLUSIVE SPORTS

swimming sessions are for adults 18+ with any type of disability (hoist available) 7-8pm. £5 per session at Henbury Leisure Centre. Contact Karen Lloyd at 07734 335 878.

Thursday

TODDLERS TOGETHER is a parent and toddler group for the community. It takes place every Thursday during term time from 10-11.15am at Westbury-on-Trym Methodist Church Hall, BS9 3AA. There are toddler toys, a baby area, a weekly craft activity, singing, drinks and biscuits and a final prayer to end the session. We ask for a £2 voluntary donation per family on the door. You can just turn up - no need to pre-book. To find out more about this group, visit <https://www.westbury-parish-church.org.uk/toddler-group/>

EMMANUEL WESTBURY TODDLER GROUP. A play group for children aged 0-4, their Parents & Grandparents. Every Thursday in term time, 10:15-11:45. Northcote Scout Hall, Great Brockeridge, BS9 3TY. £3 per family, payable on door. Includes homemade cakes, hot & cold drinks and all activities. Come along or look us up at <https://emmanuelbristol.org.uk/events/emmanuel-westbury-toddlers/> or enquire by email to avbradley@outlook.com

TRINITY HENLEAZE GUILD meet fortnightly on Thursdays at 2pm in the Leonard Hall Trinity Henleaze URC Waterford Road. We have an interesting and varied programme of speakers and new members and visitors will have a warm welcome. For more information contact Jenny on 01179620108

LEARN TO MEDITATE. Four weekly sessions starting September 11th. Thursdays 4-5 p.m. at The Well Centre for Spirituality, 38 Church Road, W-on-T, BS9 3EQ. Learn to change yourself and so change the world – opening our hearts to the inner source of our being. For more info or to register shelagh.layet@gmail.com or 07983 594182.

FRIENDLY CLUB meets every Thursday from 2 - 4pm in the Methodist Church Hall, W-O-T. We are a lively group of older people who meet to chat, play Scrabble or cards. Trips out and entertainments are arranged, plus we have tea and biscuits. Do come and make some new friends.

FRIENDS TOGETHER DEMENTIA FRIENDLY CAFÉ A Dementia accessible café for all on the first Thursday of every month, 10am-12pm; The Randall Room at All Saints Church, Pembroke Rd, Clifton. Support, guidance, information and friendship with complimentary tea, coffee and homemade cake. No need to book – just come along and be a part of our community! For more information contact All Saints Parish Office: 0117 974 1355

ARCHITECTURE & BUILDINGS GROUP U3A meets at Henleaze United Reformed Church Meeting Room, Waterford Road, 2-4pm on the fourth Thursday of the month except July, August & December. We are a small shared interest group. No previous knowledge required. Contact Rod for further information. Email: rodathey@gmail.com or call 07792 200949.

HENLEAZE BOWLING CLUB Thursday afternoon short mat bowls, 13.30, all welcome £3.00, tea and coffee provided. Located in Grange Court Road next to Newman Hall. Please see our website for information and all social events. <https://henleazebowling-club.org.uk/social-events/>

SCOTTISH COUNTRY DANCING Join us for fun, fitness and friendship (singles welcome). First evening free! RSCDS Bristol. New/Inexperienced dancers 7-8.30pm (£4). Intermediate/Advanced dancers 7.30-10pm, (£6). St.Monica Trust, Oatley House Main Hall, BS9 3TN. www.rscdsbristol.info. Contact Ruth 0117 968 3057. SC dancing is also possible on Tuesdays with (Bristol) Westbury SCDC: see Tuesday columns.

WEST BRISTOL ORCHESTRA is a small, friendly amateur group that enjoys music-making without public performances. It meets on

Thursday nights in term time at St. Peter's Church, Henleaze at 7.15-9.15pm. We would especially welcome more string players. Please visit our website for further details at maths.bris.ac.uk

HEALING FOR WELLBEING - NEW TIME 5.00 PM TO 6.15 PM Feel more relaxed, peaceful, calmer. Drop in sessions (no need to book) with trained practitioners. Venue: Redland Meeting House, 126 Hampton Road, BS6 6JE. All welcome - donation basis. For more information, visit <http://www.facebook.com/Bristol-HealingGroup> or <https://www.thehealingtrust.org.uk/healing/healing-centre> or phone Selina 0117 9466434.

BRISTOL BACH CHOIR are now recruiting new members. We are a friendly auditioned choir of between 30 and 40 singers. All voice parts are welcome. We rehearse on a Thursday evening at Bristol Grammar School from 7.30pm to 9.30pm. If interested please contact Julie at membership@bristolbach.org.uk

SINGING TO REMEMBER We meet on 1st, 3rd and 5th Thursday from 2 - 3.45 pm in The Bradbury Hall, Waterford Road, Henleaze. It is a friendly, supportive group for people with dementia and their carers. Anyone interested can phone me 0117 9426095 to book a place or discuss.

HENLEAZE FLOWER CLUB Visitors are very welcome at any meeting £8. No need to book just come to The Bradbury Hall BS9 4BT on the second or fourth Thursday in the month, except August and December. Demonstrations on the second Thursday start at 2pm. Practice class on the fourth Thursday starts at 1.30pm. Contact Jenny York 07880 700 270

HIGHBURY BADMINTON CLUB: Pete Stables 0117 950 1524 or www.pete4458.wixsite.com/highburybadminton Thurs 7:45pm mid September to End April, Westbury-on-Trym Village Hall

HENLEAZE FLOWER CLUB welcomes new members. Annual membership £52. Demonstration meetings on 2nd Thursday of the month, 2pm, Bradbury Hall Waterford Rd. Henleaze. Plus optional

Practice Classes on 4th Thursday. We meet every month except December and August. Please contact Jenny York, Club Chair yorkjenny2@yahoo or phone/text 07880 700270

FOLK NIGHT every third Wednesday of the month at the Victoria inn Chock lane, Westbury on Trym. 7.30-10.30pm. All musicians and singers welcome or just pop in and listen. Call 0117 959 0834

HENLEAZE LADIES' CHOIR Come and join us at St Peter's Church Hall. We are a friendly choir and meet on Thursday afternoons in term time from 1.45 to 3.45. There are no auditions, and the ability to read music is not necessary. Contact Jeanette on 9685409 or Jane on 07752 332278.

Friday

BRISTOL SPANISH CIRCLE - Come and meet a group of friendly people and enjoy talks in Spanish, musical events and social evenings. We meet every month from September to June, usually on the last Friday of the month, at St Peter's Church Hall in Henleaze. For info, see <https://www.spanishcirclebristol.com/>.

WESTBURY ON TRYM COUNTRY MARKET 10:00 - 11:30 every Friday in the Westbury on Trym Methodist Church Hall. A cooperative of local producers selling seasonal items including baked goods, preserves, local honey, eggs, cheese, ham, plants, flowers and hand made craft. It's free to come in and view. New producers, particularly cooks, are especially welcome. More information www.avoncountrymarket.co.uk, mail@avoncountrymarket.co.uk or call 0117 950 3897.

FOLK NIGHT every third Wednesday of the month at the Victoria inn Chock lane, Westbury on Trym. 7.30-10.30pm. All musicians and singers welcome or just pop in and listen. Call 0117 959 0834

Saturday

SEA MILLS REPAIR CAFE offers sewing, woodwork, general, electrical and cycle repairs at the Methodist Church, Sea Mills Square, from 10am-12pm, every second Sat (except August). Voluntary service run by experienced repairers. Donations welcome. FFI see [Facebook @seamillsrepaircafe](https://www.facebook.com/seamillsrepaircafe) or email: repaircafe.seamills@gmail.com

WHAT'S ON

FAMILY ART WORKSHOPS at Goldfinch Create and Play, Canford Lane in Westbury-on-Trym. These take place on the first Saturday of every month from 10am – 11am and are designed for the whole family to enjoy together in a relaxed environment. Seasonal nature based crafts for older and younger attendees and fun, sensory trays for toddlers. Please visit <https://www.goldfinch-createandplay.co.uk> to book your spot and view our other offerings for toddlers, children, teens and adults.

Sunday BRISTOL ORCHESTRAL PLAYERS are a friendly orchestra meeting monthly for workshop-style rehearsals. We enjoy exploring varied classical repertoire, from well-known symphonies to lesser-played orchestral works. Musical Director Nicola Ashton started with us in November. Join us on Sundays 6:30-9:00 in St Peter's Church Hall Henleaze. New members very welcome, particularly string and horn players. Contact joannamellors34@gmail.com or check our website <https://www.bristolorchestralplayers.co.uk/> for further information

COMMUNITY NEWS

FRIENDS OF BISHOPSTON LIBRARY

The friends of the library (all volunteers) are hosting more workshops and talks this spring and summer. If there's a topic that you'd like to hear more about, do email us and we will find an expert speaker to run it.

On **Tuesday April 21, 6.45-7.45pm**, our talk is for all genders, and covers how to "Overcome sleep issues to tackle stress and anxiety" with local therapist, Debs Penrice (pictured).

Doors open at 6.30pm and tickets including refreshments cost £4 plus booking fee via Eventbrite. When you can't sleep, it makes everything more difficult. Thoughts circulate, stress levels rise, and you might start worrying at the point when you want to lie down and relax.

What if you could quieten your mind, feel safer in your body, find a better routine and allow sleep to come naturally again? This session will help with learning:

- What might be affecting your sleep and anxiety levels



- Is this insomnia or something I just have to put up with?
- How can I change my routine to get more sleep?
- What works beyond standard sleep hygiene?
- How do I handle not getting enough sleep?

The week after, on **Thursday April 30** from 7.15-8.15pm, we are hosting Alison Boulton for an interesting session on "Telling Tales: bringing your family history to life." Alison has studied family history for years and has found unexpected ways of researching and tracking down the facts

beyond a family tree. If you are curious about your own family, she'll provide valuable tips on where to start. So many families are not so ordinary as they seem on the surface. Doors open at 7pm and tickets including refreshments cost £4 + booking fee.

On **Saturday May 9**, we are holding our Birthday Café, celebrating the anniversary of our library opening. Come along for drinks and cake from 11am-1pm while the library is open. For our evening events, we use the side entrance, through the gate next to the car park gates. A volunteer will come down to let you all in.

Booking links are also on the Bristol Libraries Events page <https://bristol.events.mylibrary.digital/> and our Facebook page as well as Eventbrite.

Please join our mailing list or check our Facebook page for more information.

We would love a few more people to join in the Friends of Bishopston Library group. Get in touch with us: friends@bishopstonlibrary.org.uk

COMMUNITY NEWS

FRIENDS OF REDLAND LIBRARY

The Friends of Redland Library is a voluntary group set up to support Redland Library. We organise talks and panel events. Screenwriter, director and author Tim Sullivan will be talking about his bestselling novels The George Cross Mysteries at Redland Library on **Wednesday April 15**.

The critically acclaimed crime series is set in and around Bristol and features the brilliantly persistent DS George Cross who has Autistic Spectrum Condition. This clever, twisty, touching and funny series has won an army of fans and is critically acclaimed on both sides of the Atlantic. It has sold over one million copies and been described in the national



Sullivan, who grew up in Bristol will talk about how the city has shaped both him and the rich ensemble of characters who populate his books.

Signed copies of his books will be on sale. Starts 7.45pm; doors open 7.30pm.

Tuesday April 28 - Desert Island Books on Nature. A panel of experts discuss books on nature. Starts 7pm; doors open 6.45pm. Admission is £3 (pay at the door – cash only)

• For full details of our April and future events, please visit our website <https://FriendsOfRedlandLibrary.org.uk>



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Send us your group's news

■ VINEYARD NEWS with INGRID BATES

Vineyard visits are on the calendar

THE fruit growing season is fast approaching, and it's been lovely to have a reminder of what a spring or summer day feels like over the past few weeks.

It's amazing how quickly we can forget the smell and feel of a warm spring day when we're in the depths of winter, but we've been lucky enough to experience a few days like that recently.

In the vineyard, we've finished pruning the vines. The grass has started to shoot up, so we've invited our farming neighbour to lend us some sheep to delay having to mow for a few more weeks. The willow windbreak has come into leaf and looks quite beautiful. We're still working



our way through them all, cutting them back to a one-metre stump as we do every spring. I'm always amazed at how much they grow over the course of just one summer.

On the wine front, we have two bits of exciting news.

The first is that we're hosting a wine and cheese tasting



An Evening of Cheese and Wine Pairing with Dunleavy

evening with our friends at the Bristol Cheesemonger on Gloucester Road on May 21st. Please visit the Bristol Cheesemonger website for details and tickets.

The other news is that we've released information about a series of vineyard tour days that we'll be running from our

Wrighton site this summer. These will take place on the first Sunday of every month, starting in May and running through to September. Please visit our website for more information.

In a couple of months we'll also be releasing information about a free open day at our new site for Crowdfunder supporters. We'll also be in touch with our Adopt-a-Vine supporters to find out the name they'd like for their baby vine!

hello@dunleavyvineyards.co.uk

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James Kenward - Independent Financial Adviser

Harold Stephens

50 High Street, Westbury on Trym, Bristol BS9 3DZ
T: 0117 3636212



E: office@haroldstephens.co.uk



Lasting Powers of Attorney: one part of the plan

22nd April is the very first national **Lasting Power of Attorney Day**, which encourages people to think about putting LPAs in place.

For many families, LPAs sit on the 'important but not urgent' list - something they know they should organise, but often postpone because life feels busy, healthy and manageable. However, there's no time like the present!

An LPA allows you to appoint trusted people, attorneys to make decisions on your behalf if you lose the ability to do so yourself. There are two types: one covering property and finances, and another covering health and welfare decisions. Both can provide reassurance that important choices won't fall to chance or default processes which can be time consuming and expensive.

However, choosing attorneys isn't simply a form-filling exercise. You're asking someone to manage finances, make healthcare decisions and act in your

best interests, potentially in complex circumstances. That responsibility can feel significant for you and for them, which is why expert guidance can add so much value.

Many people are also unaware that you can provide additional information alongside legal documents. A letter of wishes, for example, isn't legally binding but can explain your preferences, priorities and values, helping attorneys and family members make decisions with confidence.

When people go through the process of organising LPAs, they often discover something important:

Estate planning isn't just about one document – a Will or an LPA - it's about joined up thinking and making sure you and your family have a clear understanding of what you want to happen and when. It's about clarity and peace of mind.

This often prompts wider questions:

- Does my Will still reflect my wishes?
- How would my home pass to my family?
- Have I considered all eventualities?
- Are there ways to structure things more effectively?

This is where estate planning becomes broader than many expect. A well-considered plan may include a Will, appropriate trusts where suitable, LPAs, and guidance for family - all designed to work together.

If you think you might be missing a part of your plan, why not get in touch so we can help you review your situation? A robust estate plan makes a difficult time much easier for the people you care about most.

Call **0117 3636 212** or email **office@haroldstephens.co.uk** to arrange a relaxed chat with James Kenward, independent financial adviser.

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■ MESSAGE FROM POLICE AND CRIME COMMISSIONER

Together we make neighbourhoods safer

I RECENTLY attended a Neighbourhood Watch event.

It was a reminder of something I see across Avon and Somerset time and again: the powerful impact of people looking out for one another.

Neighbourhood Watch is rooted in that simple, vital idea of bringing people together, strengthening connections and creating places where people feel included and safe.

One of the key principles of Neighbourhood Watch is prevention, which is a priority in my Police and Crime Plan.

One of the most visible elements of that work is increasing neighbourhood policing.

We have added officers to neighbourhood teams because I know that when officers are

present and familiar, when they know the communities they serve, and those communities know them in return, it builds trust and reduces crime.

People feel reassured. Concerns are raised early and acted on quickly.

Neighbourhood policing is practical, visible prevention and it matters. The officer who came to the Neighbourhood Watch meeting last week demonstrated the effectiveness of that.

But prevention also means investing in the right support, at the right time, in the right places and this work is happening across Avon and Somerset.

Recent activity includes:

*South Gloucestershire: Youth work and graffiti prevention project engaging young people

in places impacted by Anti-Social Behaviour.

*Bath: youth work and mentoring sessions engaging young people.

*Across Avon and Somerset: More than 100 sports diversionary sessions, delivered to young people to reduce antisocial behaviour and youth violence.

Together, these programmes make shared spaces safer, support young people with positive opportunities, and reduce risks before harm occurs.

While formal schemes and funded programmes are essential, so too are the everyday actions each of us can take.

Creating safer communities doesn't come from just one initiative or one organisation, or just from better neighbourhood



With Police and Crime Commissioner Clare Moody

policing.

It's the sum of many actions, choices and relationships. It's communities pulling together, looking out for one another, refusing to let division take root, choosing compassion and care.

Every area can have a Neighbourhood Watch scheme but, with or without that formal arrangement, together we can continue building safer, stronger and more confident communities where everyone can live, work and thrive free from fear.

■ NEWS

Hopes for improvements to park

PEOPLE living near the playground on an area of grass outside Horfield Leisure Centre have expressed concerns to local councillors regarding its current state of disrepair.

The 'broken and tired' play equipment is currently fenced off in parts and with no indications of when it will be replaced, has become an 'embarrassment and an eyesore'.

Following a public question hearing at a Council meeting on March 10, Councillor Tom Renhard of Horfield Ward, who had raised the issue some months previously, updated on the situation: "The Council has said they will replace in the new financial year, although we are trying to pin the Council down on a more exact timeline rather than at some point between April 2026 and March 2027."

Further information on developments is still to come.

Curry House is a winner again

THE team at Indian Kitchen, on Westbury-on-Trym's High Street, is making space on the restaurant's wall for another award certificate.

At the Oceanic Nation's Curry Awards 2026, Suresh Sharma, head chef and owner of the family-run restaurant, was delighted to receive an award of 'Recognised for Excellence' in the Curry Kitchen of the Year, having triumphed in this same category in 2025.

Unable to attend the previous year's ceremony, Mr Sharma and his family were pleased to be able to attend the awards in person this time. He said of the occasion: "My wife and I attended the ceremony for the first time. We had a warm welcome; we spoke with the host and other restaurants too. It was great to meet new people."

Proudly displaying his award, he added: "I want to say thank you again to all our locals, friends and staff who support us. Achieving this is special and an honour. We hope and look forward to more people coming to try our food and will always work hard to give the best experience to our customers."

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■ FROM YOUR COUNCILLORS

W-o-T & Henleaze: Stephen Williams, Caroline Gooch, Nicholas Coombes

Council budget

Council annual budget was passed in the first half of February. The budget was put together by the eight committee chairs, including Stephen. It protects the libraries budget for another year, puts more money into street cleaning and recycling and sets aside £300,000 for the recruitment of extra planning officers to make sure new buildings and alterations comply with the rules. Caroline seconded an amendment that will see the council spending an extra £1 million in the next financial year on pothole repair. This was the only amendment to pass at the budget meeting, and we hope we will see speedier pothole repairs around the ward.

St Christopher's site

St Christopher's is the site of a former special needs school between Westbury Park and Etloe Road. Plans to redevelop the site as a retirement village were refused planning permission in 2023 as over-development. This March, the site was bought by a new development company.

The new developers have met with the Westbury Park Community Association, the St Christopher's Action Network, local councillors and the Bristol Council planning department. At the time of writing, they are seeking feedback from the Council on their outline proposals to build family houses on the site.

Your councillors are keen that the developers consult effectively with the local community, which they have promised to do once they have considered feedback from the planning department.

Golden Hill double yellow lines

The long awaited double yellow lines around all the corners of Kellaway Crescent and West Broadway were painted in March. These will help make sure inconsiderate football match day parking does not impede safety at junctions. We hope residents will find these measures beneficial. Traffic wardens have been dispatched to enforce the new restrictions on the most recent match days. Please let us know if there are any issues.

Investment in storm water management

We have raised several times the issue of foul water pollution of the river Trym, including by passing a motion at Full Council in 2024. Caroline and Stephen met recently with Wessex Water for a briefing about their plans to invest in extra combined sewerage overflow tanks in the ward to store storm water during heavy rain. It seems as if every winter is wetter than the previous one, and so to future proof our Victorian sewerage system, infra-



structure changes are needed to avoid sewerage backing up in rainstorms. The details of the work needed is not yet finalised, but some areas of both Westbury and Henleaze will see operatives doing survey work this summer. In March and April, surveyors will be working on footpaths in the Canford Park area. Once that survey work is complete, we will have a better idea of exactly what infrastructure is going in, what the timescale will be. This is necessary work and we are glad that Wessex water is investing.

Carlton Court proposed development

Stephen and Nicholas have 'called-in' the Carlton Court planning proposal. This means that the planning application for an apartment block for older people on much of the car park will be decided after a hearing by councillors on the planning committee, rather than the decision being delegated to council officers, which is the case with most applications. We have been copied into a lot of objections sent into the planning department about the application. The deadline for comments has now passed, with nearly two hundred objections received, including a detailed policy objection from Nicholas. Caroline sits on one of the two planning committees and may well be called on to vote on the proposal and so must hold her counsel until then.

Vehicle dwellers

Bristol City Council went to the County Court in February to request an extension of the 'newcomer injunction' covering the grassed area of the Downs and Ladies Mile. The goal is to extend the injunction to cover all the roads surrounding the Downs and to extend the timescale as well. The Judge decided to defer to hearing until April, but the council hopes that the extension will be granted at

that time. It has been very useful so far in helping the council to act swiftly when travellers arrived on the Downs. The council has already asked the vehicle dwellers to leave the area; numbers have more than halved in the last month.

There are now just under a hundred managed vehicle pitches on seven sites around the city. Several new sites with room for over a hundred new pitches are working their way through the planning system. As more of these "meanwhile sites" are coming on stream, we hope that the remaining van dwellers will have alternative provision available to them before any eviction action is taken. The vehicle dwellers at these sites will pay rent and will be liable for council tax.

Potential road safety improvements

Most of Bristol's residential roads have had 20mph speed limits for about fifteen years. There is ample evidence that lower speed saves lives and reduces injuries for pedestrians, cyclists and vehicle drivers. The Transport Committee recently agreed to consult the public on reducing the speed limit to 20mph on 97 remaining roads. We are interested to hear your views through this consultation on whether roads like Kellaway Avenue or Falcondale Road should be restricted to 20mph.

Pavement gully for electric vehicle charging leads

Bristol City Council has opened applications for their cable gully scheme. The trial scheme allows for householders to pay for channels to be cut in the pavement outside their homes, so that the cables for electric car charging can be run without tripping pavement users. Details and the application form are at <https://www.bristolcityleap.co.uk/domestic/cross-pavement-gully-charging-trial-expression-of-interest/>

Westbury Park Community Association meeting

Your local councillors were happy to be invited to a meeting of the Westbury Park Community Association on 18 March. Dozens of local people came to Westbury Methodist Church to discuss the Downs, Residents' Parking, road maintenance, electric vehicle charging, road maintenance and the development at St Christopher's.

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■ TURNER'S VISION

Look out - here comes the sun!

Living in Britain we sometimes forget just how bright the sun can be, largely because we spend half the year wondering where it's gone.

Now I'm not sure about you, but with the wet start to the year I barely had a reason (excuse?) to wear my sunglasses. It's been such a relief to have even a few days of sunshine and be able to dust off my sunglasses and enjoy clear, glare free vision, out in the sun.

I say dust off, metaphorically of course. I don't imagine anyone reading this would actually expect me to have a dusty pair of sunglasses, although I will confess that after a busy holiday or burst of gardening I may well need to give my sunglasses a thorough deep clean.

Good sunglasses don't just reduce glare - they protect your eyes from UV damage and make outdoor vision far more comfortable. Of course you can squint your way through bright sunshine - but decent sunglasses mean you don't have to.

For this year, and due in no small part to

the fact that I had another birthday last year, I needed my first varifocal sunglasses. Previously, I have kidded myself that my old faithful Ray-Bans, with brilliant distance vision correction, could also be worn for reading too. This is clearly no longer the case.

Whilst we all like to hold on to our youth, myself included, my new, Oakley frames with our Brunel 10* All Vision sunglasses give me both the range and protection that I need without straining or needing to grow my arm length. It is of course a revelation being able to see both far and near out in the sun, much as I can in my everyday varifocal glasses.

I can now say that whether I'm driving, using my phone or relaxing reading in the sun, I can see again at all distances clearly and comfortably.

If any of this sounds familiar, whether it's struggling to read your phone in bright sunshine, or realising that your arms just aren't quite long enough anymore, it may well be time to have your eyes properly

checked.

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Peter

Peter Turner is an Independent Prescribing Senior Optometrist at Turners Opticians in Bristol. He also works as a Senior Medical Optometrist at Bristol Eye Hospital and has a specialist interest in visual development and performance.



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NEWS

Bristol widow's message as she backs new hospice campaign

44 days might be all you have – so make sure you live them well ...



TACEY Bain knows how precious the final days of a loved one's life can be.

Her husband David spent the last two weeks of his life at St Peter's Hospice, where specialist staff cared for him after a sudden cancer diagnosis. Now Tacey is sharing her family's story to support the hospice's new 44 Days fundraising campaign.

The campaign highlights the average amount of time a patient spends under the charity's care and asks people to reflect on an important question: what would you do with 44 days left?

For Tacey, from Westbury Park, those final days together were made immeasurably easier because of the hospice.

"David was a lovely man," she said. "He was a very good family man – he regarded his greatest achievement as our three children and was enormously proud of them. He worked as a family law solicitor, supporting people during some of the hardest moments in their lives, which made him appreciate all the things that were good in life."

"He loved sport. At the age of 71 he was still playing hockey at Masters' level. His team won the European Spirit of Masters Gold Cup in Valencia a year before he died."

Cycling was another of David's great passions. He completed Land's End to John O'Groats with a friend and regularly took part in charity rides, including the St Peter's Hospice Tour de Bristol.

In 2024 the couple walked the Camino de Santiago, but towards the end of the trip David began suffering from stomach pain. At first, they assumed it was caused by something he had eaten but by the time they returned home, the pain had worsened significantly. After



David Bain with his daughters, wife Tacey and enjoying his active life, which included walking and hockey

several hospital visits and scans, the couple received devastating news.

"Just one month after coming home David was diagnosed with cancer and we were told there were no treatment options available," said Tacey.

When David's pain became too difficult to manage at home, he was referred to St Peter's Hospice directly from hospital.

"The diagnosis was entirely unforeseen and a big shock to us all, especially as David kept so fit and healthy," she said. "It was a very overwhelming time but being at the hospice felt completely different."

"Everything ran so smoothly once we were there. They know what they're doing and they're good at it. There was no moving between beds and wards, we could really settle."

"We found great comfort in the calm environment and the time it gave us together. The room was hotel standard and the food was brilliant. Even though it was hard for David to eat we

felt nourished by the generosity. The whole set up made things far easier."

For Tacey, one of the most important aspects of hospice care was the privacy it allowed.

"You can close the door, and even the curtains if you like, and create a private space. Because of the pace of David's illness there was a feeling of 'what do I need to say before it's too late'."

"Our nine-month-old granddaughter was made to feel welcome, which in turn made it much easier for our daughter to visit."

"All three of our daughters' partners were able to go into the room one at a time and reassure David that they would take care of them. This was incredibly important for David. And because of the Hospice, he was comfortable enough to hear it."

David spent his final days at St Peter's Hospice, just 100 metres from his childhood home, and died peacefully on 6 June 2024, less than two months after returning from holiday.

This sense of giving quality time to patients at their end-of-life, is central to the new 44 Days campaign the Hospice is running to raise vital funds.

Their aim is to fill those precious days with love and light, taking on the paperwork, the medication and the practical aspects of care, so that families can simply enjoy being together.

The 44 Days campaign also holds a special significance for Tacey and her family.

She said: "Forty-four was David's lucky number. It was the number on his school locker, he used it when he raced Clubman cars in his 40s and it was in his email address."

"We feel so lucky that he was referred to the hospice and would encourage everyone to donate to this amazing campaign. Even now the hospice are supporting me through bereavement support, it is such a vital community resource."

To support 44 Days, visit <https://www.stpetershospice.org/support-us/44-days/>

SPORT

Clifton Rugby mourns Matt Salter

CLIFTON Rugby Football Club was deeply saddened to learn of the death of Matt Salter early in March.

Matt, 49, was a hugely respected figure in the Bristol rugby community. An iconic player for Bristol Rugby, where he captained the club for four seasons and was named captain of the Guinness Premiership Dream Team in 2006, he also played professionally for London Broncos and Leeds.

Following his playing career, Matt dedicated himself to developing the next generation of players, serving for many years as Head Coach at Clifton RFC and as Director of Rugby at Clifton College.

Matt's impact on the game in Bristol will be felt for many years to come. As a player, captain and coach, he inspired countless teammates, players and students, and his passion for rugby and for helping others develop through the game was clear to all who worked with him.

Many will consider his finest moment at Clifton was leading Clifton's successful promotion to National League One at the end of the 2024-25 season by winning the hugely competitive National League 2 West

Tributes to him were made in the national press and from across the world of rugby.



Matt Salter with coaches Paul Fincken and Luke Cozens winning promotion in 2025

Thoughts remain with his wife Charlotte and their children.

Huge admiration was shown before the first home game since his passing against local rivals Dings Crusaders, a clash he would have relished.

The next home game this season is with Birmingham Moseley at Station Road at 3pm on April 18.

The first game after Matt's passing was a challenging visit to London to face promotion candidates Rosslyn Park. Emotions understandably ran at a high level throughout the day. The occasion was honoured by the attendance of Matt's parents on a ground where he made his Clifton playing debut in 2009.

The game was a fine tribute to him with pulsating open end to end rugby. During the exciting afternoon the outcome was a 43-40 win for the Londoners with the lavender and blacks returning with two richly deserved bonus points. Clifton had the first strike and, although trailing at half time, fought back to take the lead as the game entered its final quarter before the Park responded to take the spoils by a narrow margin.

The players and travelling fans earned great respect for handling such a sensitive occasion with dignity, courage and the utmost respect for a fine rugby man.

• A memorial service to celebrate the life of Matt Salter will take place at Bristol Cathedral, College Green, BS1 5TJ, on Thursday April 16 at 1pm.

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Open Event

FRIDAY 1ST MAY

Clifton College is an independent co-educational day and boarding school nestled in the heart of Bristol, for pupils aged 3-18 years. Join us on Friday 1st May to see the classrooms, meet our wonderful supportive staff and speak to other parents in the Clifton College community.

📍 Clifton College Prep School

The Avenue, Clifton, BS8 3HE



Daily minibus service from North & South Bristol available*

YEAR 6 - YEAR 9

Open Event

FRIDAY 8TH MAY

Join us at our state-of-the-art sports complex, where you can meet our teachers, take part in a fun selection of interactive activities and learn more about what life at Clifton College can offer.

📍 Chellaram Sports Complex

*Clifton College Sports Ground,
Abbots Leigh, BS8 3QD*



Book your visit!

*Minibus service partially provided by a third party