

henleaze & westbury voice

May, 2026 Issue 136

www.henleazeandwestburyvoice.co.uk

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

Graffiti in village

In recent months, the Voice has been highlighting the threat to the village centre as businesses in Westbury struggle to cope with higher rents, increased wage bills, parking fees and other pressures.

Someone seems to have vented their frustration by painting a message on the wall of one of the now-closed banks.

Others, including Sustainable Westbury on Trym (SusWoT) and Westbury on Trym Society (WoTSoc) are channelling concern by offering positive support. WoTSoc is strengthening its links with the business community.



Cancer campaign scores highly

A campaign inspired by a Bristol Rovers fan to raise awareness of prostate cancer has proved very successful.

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Call for truce in fence battle

We Love Stoke Lodge campaigners are again urging Cotham School to work with them to resolve the row over use of the playing fields.

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Library set for £280k revamp

Henleaze Library is set for a revamp after being awarded £280,000 for extensions front and back for an accessible toilet and a meeting space.

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Court rules on vans

PEOPLE living in vans on the Downs face being evicted from this month following a court decision.

Bristol City Council was granted a 21-day possession order for roads including Parrings Lane, Roman Road, Stoke Road, Westbury Park Road,



Saville Road, Clay Pitt Road, Rockleaze, Downleaze, Wills Lane and Circular Road on April 16.

City councillor Stephen Williams said the Bristol County Court ruling gave van dwellers a final chance to leave of their own accord before being removed.

"If they refuse to move on by this date, we will have to work with bailiffs to remove remaining vehicles street by street," he said

District Judge John Napier reserved judgement on the council's application to extend an injunction to prevent van dwellers returning to the Downs.

The council says plans are progressing for more "meanwhile sites" with facilities where people can live in their vehicles.

Campaign group Protect the Downs welcomed the ruling and said if the council failed to carry out evictions it would seek a Judicial Review.

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Despite our best efforts, we sometimes get things wrong. We always try to resolve issues informally at first but we also have a formal complaints procedure. If you have a complaint about anything in the Henleaze & Westbury Voice, contact the publisher using the details below. We aspire to follow the Code of Conduct of the NUJ (National Union of Journalists), which holds journalists to a high standard of behaviour.

Further details of the complaints process can be found on the Voice website here, or can be obtained by contacting the Publisher.

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June deadline

Our June edition deadline is May 13th. To ensure your news or letter is included, please contact us by this date. Advertisers are also asked to contact us by the same date.

Your views

Letters for publication can be sent to the above email addresses or by post to Letters, Henleaze & Westbury Voice, 16 Ashmead Business Centre, Ashmead Road, Keynsham, BS31 1SX. The editor reserves the right to edit your letter.



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NEWS

'Let's bring clean air to classrooms'

A MOTHER is calling on people in north Bristol and beyond to back her campaign to improve air quality in schools.

Ruth Brooker, who lives in Bishopston, says the introduction of air filters in classrooms would reduce levels of illness among children and staff, bringing wider benefits for schools, families and society.

She has set up a not-for-profit company called Clean Air for Kids and is urging residents to write to their local MP and councillors to back the initiative.

Ruth became aware of the problems of indoor air after her younger son, Joshua, was going through cancer treatment.

"I wanted him to attend school safely but chicken pox, strep A, Covid-19 and flu were in high circulation. I consulted with experts and formed Clean Air for Kids after discovering how important it is for everyone, not just kids in school, to breathe



Ruth Brooker makes her case for clean air in classrooms to Bristol Central Green MP Carla Denyer

clean air," she said. "By simply adding an air filter to each classroom and regularly opening windows, we could significantly reduce the number of coughs, colds, and Covid-19 infections that our kids catch at school. It would also increase attendance and improve their concentration."

Ruth dealt with the problem on a personal level by building air filters for each of the classrooms her children were in at Sefton Park Infant and Junior Schools. These ensure that viruses and particulate matter from pollution are removed from the air.

But she believes investment in suitable equipment could benefit many schools and she has met her MP, the Greens'

Carla Denyer, to push for Bristol to become a leader in providing clean air in classrooms.

"It's now well understood that air pollution outside can cause problems – but indoor air can be five times as polluted, and this can cause immediate and future health problems," she says.

Ruth's initiative has been welcomed by councillors of all the main parties but there remains a stumbling block over how to finance it.

A similar scheme has recently started in London, where the mayor, Sadiq Khan, has already run a pilot to prove it works and is cost-effective.

Ruth's research shows that it could cost less than £150 million to install air filters in all schools in the UK, while savings of many

times that amount could be saved on supply teacher costs and heating bills. Improved attendance rates – currently a major concern for schools in the UK – would be another bonus.


"Installing air filtration is cost-effective. Schools could provide safer air per child per year for the price of a coffee & cake, at around £10 per pupil," Ruth told the Voice.

"We drink two litres of water and breathe in 11,000 litres of air every day. We all expect to drink clean water and eat healthy food, so why are we neglecting air quality?"

Visit cleanairforkids.co.uk to learn more about action on air pollution and find letter templates in support of the campaign.



One of Ruth's air filters

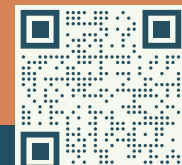


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NEWS

Campaign success

MORE than 100 people attended The Memorial Stadium for a Prostate Cancer Awareness Evening hosted by Bristol Rovers Community Trust (BRCT) as part of The John Green Campaign.

The campaign is named in honour of lifelong Bristol Rovers supporter John Green, who was diagnosed with stage four prostate cancer in early 2024. Since his diagnosis, John has sought to raise the understanding of the risks and symptoms.

The Seat Unique Suite was packed with men from across Bristol to listen to a panel hosted by Geoff Twentyman, including expert urologist Professor Jonathan Aning, former Bristol Rovers player Lee Mansell and support worker and ambassador Lloyd George Russell.

The panel shared their expertise, experiences and answered, with everyone who attended receiving a free ticket for Rovers' home match against Accrington Stanley on March 28 - a fixture dedicated to The John Green Campaign.

North Bristol NHS Trust attended The Memorial Stadium providing health checks and guidance to supporters.

Marc Lewis, from BRCT, said: "We'd like to thank everyone who attended this fantastic evening, including representatives from Macmillan Cancer Support, Rover Talk Club Captain Andy Dodd, Dai Jones from Prostate Cancer UK, and members of the public. Your willingness to share experiences and be part of the conversation made the evening such a success.

"We would also like to extend a special thanks to Professor Jonathan Aning and Dr Sam Patel from the Bristol NHS Group for their attendance - their commitment and dedication continue to strengthen our across organisational collaboration and positively impact lives across Bristol."

Tributes to Stella

TRIBUTES have been paid to Dr Stella Clarke CBE, a leading member of the local community in Bristol and Bath who has died aged 94.

Her eldest son, Giles, said she had dedicated her life to improving the "lives of those less fortunate". He said she helped "lead the way for women" to feel they had a "right to be sitting in the decision-making rooms".

Stella Clarke made history by being appointed the first woman chair of the council of Bristol University.

She was awarded an Honorary Fellowship of the university – the highest honour it can give - in recognition of her "sustained and outstanding contribution to the life of the university over many years."

Stella Clarke was Vice Lord Lieutenant and Deputy Lieutenant of Bristol. She was also a magistrate and chair of the Bristol City Bench and the Juvenile Bench. From 1974-81



Stella Clarke

she was a BBC Governor.

She was involved with various housing projects including forming the Zenzele housing project in St Paul's in 1981.

Stella Clarke and her late husband, Charles, acquired the Theatre Royal, Bath in 1972 and extensively redecorated the building.



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NEWS

Playing fields war of words continues

CAMPAIGNERS have called on Cotham School to work with them to resolve the continuing row over Stoke Lodge playing fields.

The We Love Stoke Lodge group says an agreement could avoid the expense of a planned eight-day public inquiry in October over public rights of way across the 22-acre site.

A spokesperson said: "The community is shocked and baffled at how Cotham School continues to conduct matters relating to Stoke Lodge. So much of the waste of its educational resources in the last decade could have been avoided if the school leadership had been prepared to work reasonably with the community to share this heritage parkland (in line with the terms of its lease). Even now, the school could save significant costs (for example, avoiding the costs of the public inquiry) by simply fencing a smaller part of land that it barely uses anyway."

The two sides have been at

loggerheads for more than a decade over the fields. The site is owned by Bristol City Council and since 2011 has been leased to Cotham School, which does not have its own sports pitches.

The school fenced off the whole Stoke Lodge site for a second time at the end of last year, following a high court judge's decision to overturn a council decision to grant the land status as a town or village green.

Cotham School pupils have since returned to Stoke Lodge for some games lessons and after-school football sessions.

However, weeks before the judge's ruling, a city council committee had confirmed four public rights of way across the site. Cotham School has challenged this decision so the government's Planning Inspectorate will hold a public inquiry, beginning on October 6 at City Hall, about whether the footpaths should be legally registered.

The matter was discussed at

the council's public rights of way and greens committee on April 9.

Campaigner Alan Preece told councillors: "That fence is spiky at the top. At some point, some child is going to slip and perhaps get those spokes through their throat. Or maybe lose their finger, like happened at Coombe Dingle many years ago. The school ought to be warned that they would be held responsible if there was that sort of injury."

Sandra Fryer, chair of governors at Cotham School, told the meeting: "We were delighted at the school to return to using the school playing fields. It's brilliant to see young people there enjoying the fields, exercising and learning.

"We deeply regret the ongoing continuing removal of fence panels, the criminal damage to our property, and the ongoing challenge of people walking on our fields and refusing to leave when staff arrive at the start of the school day. We even had somebody filming our students

and a member of staff, and they refused to go away. The fields are vital to the school."

The school says the fence is needed to keep pupils and staff safe during termtime and to deter vandalism of the fence. It is now on its second attempt to install eight tall poles for CCTV cameras on the site. In the meantime, it is using three mobile CCTV units, even though these have been ruled unlawful.

The gates to the site were open throughout the Easter holidays but on the eve of the return to school there was a new twist: several of the school's signs were spray painted.

A school spokesperson said: "The metal signs cost a considerable amount to have made and put in place. Cotham School has clear CCTV footage of the criminal carrying out this vandalism, and we are working with the police to identify that person."

Includes reporting by Alex Seabrook, LDRS



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COMMUNITY NEWS

WESTBURY ON TRYM SOCIETY

The Society held its 54th annual general meeting recently in the village hall. It was attended by 50 members. The annual report from the chairman summarised the work that the committee and members had undertaken throughout a busy year which had been dominated by two particular issues – the proposed charging for the Westbury Hill car park and the proposals to redevelop part of the Carlton Court shopping centre.

Both of these issues remained unresolved at the time of the meeting. The Society had organised a survey of use of the Westbury Hill car park to demonstrate that the car park is fulfilling the role as a short stay car park, with high turnover and few breaches of the 3-hour limit being observed, negating the reasons given for the charges. A public meeting in January had enabled the Society to explain and discuss the proposals affecting Carlton Court.

Members had been very active repairing and maintaining the formal beds in the sunken garden in Canford Park. Every two weeks



The newly created rose bed in Canford Park

gardening sessions had been undertaken throughout the last 12 months and over 30 members had been involved. The remaining rose beds were now in order and last month one of the former rose beds, that had been lost to lemon balm, was reinstated as a rosebed. Members and nearby residents had been active in maintaining and significantly improving the Packhorse garden at the bottom of Chock Lane.

A new transport sub-group has been set up to continue work undertaken informally by a local group. Following the sad closure of Mogfords store last September, the Society had been active in publicising the re-opening which took place in March, which was a cause for celebration.

The committee and officers were re-elected, but the chair identified that there was a need to fulfil a role of liaising with the business

community, which no longer has its own association.

The treasurer noted the growth in income from a growing membership. The Society was very grateful for two donations in the last 12 months. This had assisted the Society in being able to underwrite the significant difference between the donations from residents and businesses for the excellent flower displays in the village centre and their cost. The Society arranges for both summer and winter flower displays. The winter displays are at their best when the bulbs are out and the display of tulips this spring has been a delight. Blaise nurseries have excelled themselves again. Sadly, as has previously been reported, the hanging baskets will be missing from the street scene this year.

The Society has had an active talks programme in Westbury on Trym library throughout the year. The next talk on Thursday May 22nd, when Alexia Gardner will give a talk on the History of Teddy Bears.

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

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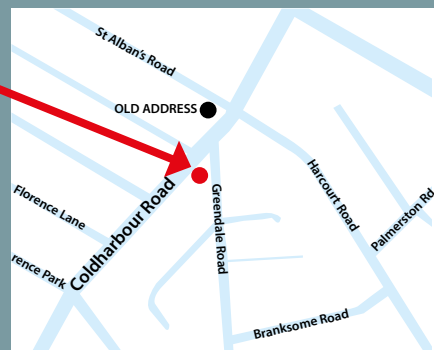
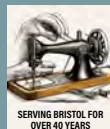
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NEWS

Restaurant in a tent plan for eyesore site

A SITE in the heart of Clifton Village that's been derelict for more than 15 years could soon be opened up for public use. Speare Developments, which has bought the former WH Smith site, has applied to Bristol City Council to open a pop-up restaurant.

The developers are seeking consent for the "meanwhile use" for the land while they develop their long-term plans for it.

They say the restaurant will be inside a stretched tent marquee, no more than one storey high. It will occasionally be used for workshops, demos or as a community space.

A kitchen in a shipping container will be linked to the restaurant area, which will have seating for up to 150 people. A cellar with a bar attached will be in another shipping container.

There will also be space on the site for trestle tables and gazebos to form a shopping market. When the market is not operating the gazebos and tables will be stored in containers.

The restaurant and the market will be managed by the same tenant, who has not yet been officially named, although Councillors Paula O'Rourke and Jerome Thomas say that Speare Developments are working with renowned chef Josh Eggleton.

The councillors are keen on the proposal, which they say will enhance the appearance of the area and support surrounding businesses. They say planning conditions and licensing restrictions could be used to mitigate any problems.

However, some people living nearby have submitted objections to the plan to the



How the pop-up restaurant in Clifton could look

council. They are particularly concerned about recorded music and suggest that the restaurant should be restricted to daytime use.

One said: "As it stands, this plan for an open-air restaurant and bar will be hugely disruptive to residents living in the surrounding area in terms of noise pollution from ambient music, drinkers and diners eating outside until 10pm in a residential neighbourhood which is quiet after 6pm.

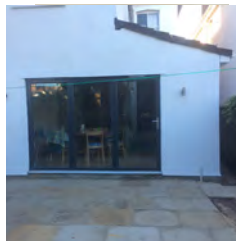
"It will also increase the parking problem we already face as Clifton residents as 150 diners try and find somewhere to leave their car."

WH Smith closed in 2010 and the site has remained unused other than for a temporary ice rink in 2014. The eyesore site is now covered in weeds, shrubs and bushes and is surrounded by hoardings.

The application can be viewed on the council planning portal with the reference 26/10409/F



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■ ADVERTORIAL

BS9 Arts Trail returns – 86 artists open their doors June 6-7

The BS9 Arts Trail returns on 6-7 June 2026 (10am-5pm), with 86 artists exhibiting across 14 venues in Henleaze, Stoke Bishop and Westbury-on-Trym.

Generously supported by VWV Solicitors, the trail offers a unique chance to meet artists and buy work directly from them.

Visitors can explore painting, sculpture, printmaking, ceramics, photography, jewellery, glass and more, displayed in a range of venues - many not usually open to the public. With prices from £3 to £3,000+, there's something for every budget, from cards and handmade gifts to statement sculptures and paintings.

Collect stamps from six venues (three large and three small) to enter a prize draw and win one of eight+ original artworks

donated by the artists.

Venues are easy to access, with many offering cafés and toilets. The trail is ideal for walkers and cyclists, is well served by bus routes and all locations have free parking on-site or nearby.

Michelle Rose, Partner and Head of Individuals & Families at VWV, said: "We are delighted to support the BS9 Arts Trail again this summer. It's a fantastic celebration of creativity, community and talent, bringing people together and showcasing Bristol's artistic energy."

For full details, visit www.bs9arts.co.uk or pick up a free trail map from cafés, libraries, galleries and shops across BS9, Clifton, Redland and Bishopston.

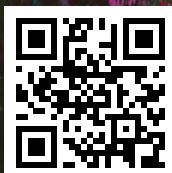


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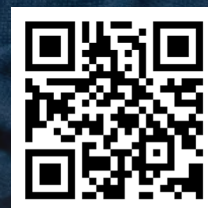
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NEWS FEATURE

Glosters' stand remembered, 75 years on

2026 marks the 75th anniversary of one of the most celebrated - and costly - battles in the history of the Gloucestershire Regiment.

The last stand of the Glosters at the Battle of the Imjin River during the Korean War in 1951 helped save the city of Seoul from invasion by a huge force of Chinese soldiers - but came at a cost of 59 men killed in action and 522 taken prisoner, with a further 34 dying in captivity before the end of the war in 1953.

The Glosters were an Army infantry regiment headquartered at Horfield Barracks in Bristol, and drew many of their recruits from the city and surrounding area.

Sent to Korea as part of the United Nations force defending South Korea from the North and its Chinese allies, the 1st Battalion, Gloucestershire Regiment was part of the 29th Infantry Brigade, a force of around 4-5,000 guarding a ford over the Imjin River.

On the night of April 22, 1951, the 27,000-strong Chinese 63rd People's Volunteer Army launched an attack, with the aim of sweeping aside the defenders and reaching Seoul by May Day.

Over the following three days, the 750 men of the 1st Battalion fought a defensive battle across a series of positions overlooking the river, against more than 10,000 Chinese regular troops, becoming increasingly isolated and eventually surrounded on Hill 235, which would become known as Gloster Hill after the battle.

While other units of the 29th Infantry Brigade managed to withdraw, attempts to relieve the Glosters and help them break out failed due to the overwhelming numbers of Chinese troops.

Describing the last stand, the National Army Museum says: "Towards the end of the battle the Glosters were completely surrounded and running out of ammunition.

"Some men were reduced to fighting with bayonets and fists. Against overwhelming odds they held the line against the Chinese for four days.

"When they were finally given the order to break out only 40 men managed to reach safety. The Chinese captured or killed the rest.

"The Gloucestershire Regiment's actions in delaying



Roll call of Gloucestershire Regiment survivors after the Battle of Imjin River Picture: National Army Museum

the Chinese allowed the rest of the United Nations forces time to regroup and block the advance of the enemy towards the South Korean capital Seoul."

Chinese casualties during their frontal assaults on UN positions were estimated at 10,000-15,000, and the 63rd Army was withdrawn from the front line after the battle.

The 1st Battalion's actions earned the Gloucestershire Regiment the nickname the 'Glorious Glosters'.

Commanding officer Lieutenant-Colonel James P. Carne, who was among those captured, was awarded a Victoria Cross, along with Lieutenant Philip Curtis, who was killed in a lone counter-attack on enemy machine-guns. Other Glosters received decorations including the George Cross, Distinguished Service Order, Military Cross and Military Medal.

The Gloucestershire Regiment and 170 Battery of the 45th Field Regiment, Royal Artillery were both awarded a US Presidential Unit Citation, the highest American award for heroism and collective gallantry.

Their citation said: "Without thought of defeat or surrender, this heroic force demonstrated superb battlefield courage and discipline.

"Every yard of ground they surrendered was covered with enemy dead until the last gallant soldier...was overpowered by the final surge of the enemy masses."

The Gloucestershire Regiment became part of the Royal Gloucestershire, Berkshire and Wiltshire Regiment in 1994,



Harold Griffiths took this picture of an abandoned gun emplacement on the battlefield during a visit after the end of the war



A US medical helicopter photographed by Harold Griffiths during his time in Korea. Note: photos have been colour-enhanced

then part of The Rifles in 2007.

The battle was remembered by a series of special events at the Soldiers of Gloucestershire Museum in Gloucester Docks during April.

A weekend of talks took place on April 18-19 - more details can be found online at soldiersofglos.com.

Chief executive Matthew Holden said: "Sadly, there are very few remaining survivors of the battle." None are believed to live in the Bristol or South Gloucestershire area.

• Do you have a relative who fought at Imjin? Email news@henleazeandwestburyvoice.co.uk.

Surgeon remembers POWs

RETIRED surgeon Harold Griffiths treated Glosters taken prisoner at Imjin after their release at the end of the conflict.

Harold was an officer in the Royal Army Medical Corps, based at the British Commonwealth General Hospital in Kure in Japan from 1952 until the end of the conflict in 1953, after which he was sent to take charge of a casualty collection post in Korea itself, as a company commander for the 26th Field Ambulance.

Monmouthshire-born Harold was sent to Japan and Korea during his National Service after finishing his medical training in London.

The hospital in Japan received convoys of wounded twice a week from Korea. The wounded would be treated first at a US or Norwegian MASH (Mobile Army Surgical Hospital) in Korea before being transported to Seoul and shipped to Japan.

Harold remembers treating soldiers injured in battles during the later stages of the war, including from the Duke of Wellington's Regiment during

the Battle of the Hook in 1952.

He said: "The only time I got to see the Glosters was when there was a prisoner swap, and they came through and had to be examined before they could be given a clean bill of health to travel on the ship home.

"A lot had got parasitic infections in captivity, and several had got anaemia, dysentery and tapeworm, and were very thin.

"Lt Col Carne, the CO, was given a uniform but he was so thin it sort of hung off him - he was treated particularly badly in captivity.

"The thing that struck me was that most of these people were National Servicemen, all these soldiers who behaved as seasoned warriors.

"We felt very sorry for them - they were shipped into National Service and ended up with some very serious injuries. Most of them were very stoical."

After being posted to a base near Imjin after the war finished,

Harold was able to see the battlefield and took pictures of abandoned positions.

He said: "We were situated just north of where the Glosters made their last stand and within a mile of the Imjin river.

"You had to be careful where you walked - there was a certain amount of ordnance still lying in the grass."

After the conflict ended, medical staff were still kept busy treating soldiers for a variety of illnesses and injuries.

They included haemorrhagic fever, a severe and often fatal virus. Anyone suspected of having the disease was evacuated by US helicopters, which would later become familiar to millions of TV viewers through the American Korean War drama MASH, because they would not survive long enough to be taken to hospital by land and sea.

After the end of his service Harold returned to the UK and became an orthopaedic surgeon in London and Glasgow before



Harold Griffiths

moving to Bristol, where he was based at Southmead and Frenchay hospitals until he retired.

He was on the Army's reserve list for two years and transferred to the Territorial Army, commanding the field hospital in Keynsham for several years.

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NEWS



Divorced, beheaded, died, divorced, beheaded, survived!

E-Act Montpelier High School brought pop concert sparkle and powerful storytelling to its production of Six: The Musical. Over four evenings, two alternating casts impressed audiences with

confident vocals and high energy choreography. The shows were directed by Simon Shorrock. Christine Keen was musical director and Hannah Nelmes from Rise Youth Dance was choreographer.



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■ ADVERTISING FEATURE

Standstill agreement

As you may recall from our article of 16 October 2024, certain individuals, including spouses, civil partners, former spouses or civil partners, cohabiting partners, children, and other dependants who were financially supported by the deceased, may bring a claim under the Inheritance (Provision for Family and Dependents) Act 1975 ("the 1975 Act") where they have been excluded from the Will or where the provision made for them is not reasonable.

A claim under the 1975 Act must be brought within six months of the date on which the Grant of Probate is issued. This is a strict statutory time limit.

In many cases, parties will wish to seek further information and explore settlement before commencing proceedings. Litigation is usually treated as a last resort in order to minimise costs. The six-month limitation period, however, is often

too short to allow for meaningful negotiations and the exchange of relevant information.

In such circumstances, parties may enter into a standstill agreement. This is a contract by which the parties agree to suspend the running of the limitation period, giving them additional time to negotiate and gather information without the immediate pressure of issuing court proceedings.

A standard standstill agreement typically provides that the parties will not rely on any defence based on limitation, time bar, laches, delay, or similar arguments for a defined period. Time is effectively paused from the date of the agreement until one of the following occurs:

- The expiry of a notice period (for example, 28 days' written notice to terminate the standstill); or
- The issue of court proceedings; or
- A longstop date.

Standstill agreements can also be varied or extended, provided that all parties agree.

Standstill agreements offer several advantages. They encourage sensible pre-action dialogue, reduce the risk of rushed and expensive litigation, and allow parties to explore settlement in a less adversarial atmosphere. They are particularly useful in 1975 Act claims, which often involve emotional family issues and complex financial information that cannot be gathered quickly.

Nevertheless, there are risks. A standstill agreement is a private contract and does not bind the court. If the agreement is poorly drafted or one party later challenges it, the claimant may still face difficulties.

For this reason, it is essential to take legal advice when negotiating and drafting a standstill agreement.

Its terms must be carefully drafted to reflect the specific circumstances



and intentions of the parties. Importantly, the agreement must be entered into before the expiry of the six-month limitation period.

The Court of Appeal in *Cowan v Foreman* [2019] EWCA Civ 1336 confirmed that, even where a standstill agreement is in place, a claimant may still require the court's permission to bring a claim out of time.

In summary, a well-drafted standstill agreement remains a valuable tool in 1975 Act claims when used carefully. It can help parties avoid unnecessary litigation, but it should never be treated as a complete safety net.



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■ BADMINTON SCHOOL NEWS

Badminton School Highlights Strong Benefits of All-Girls Education from Age Three



BADMINTON School, in Westbury-on Trym, Bristol is spotlighting the growing evidence around the significant advantages of an all-girls' early years education, emphasising how starting at age three can shape girls' confidence, curiosity, and ambition throughout their education.

Mrs Heidi Welch, Head of Prep at Badminton said: "we are often asked by prospective parents what the benefits of an all-girls' education are and, whilst we live the advantages on a daily basis with our own pupils, we wanted to investigate further why they do so well from such a young age. The appointment of Vince MacLeod as Head of Early Years at Badminton School Prep last September, with his academic background and interest in research, combined with his teaching experience, has enabled us to do this".

With research showing that gendered behaviours begin to emerge as early as preschool, Badminton argues that an all-girls' setting in the Early Years helps level the playing field before social pressures take hold. "From the moment they join us at age three, our girls are learning in a space built entirely around them," says Vince MacLeod, Reception teacher and Early Years Lead at Badminton School Prep. "Every girl is encouraged to speak up, explore boldly, and take the lead."



Research led by Erin Pahlke in 2014 revealed that girls in single-sex settings show higher levels of confidence and a greater willingness to take intellectual risks—advantages that are particularly impactful when established early. Studies suggest that girls aged 3–5 may show less overt risk-taking in mixed settings, where boys often dominate both physically and verbally, dominating the space which unintentionally limits girls' participation. In an all-girls' environment, these pressures are removed, allowing girls to take more initiative, show greater confidence, and participate more actively. This aligns with further findings with evidence supporting reports of higher engagement and confidence among girls in

single-sex learning environments, as well as a more positive attitude towards learning.

Girls in the early years typically excel in communication, collaboration, and imaginative play. Badminton's all-girls' approach builds on these strengths through discussion led, exploratory, and creative learning experiences designed to challenge and inspire. "Because our Early Years classrooms are designed specifically with girls in mind, our teachers can deliver a curriculum that both stretches and supports them," Mrs Heidi Welch, added. "This is where a love of learning truly begins and it's a joy to see on a daily basis."

Badminton believes its all-girls' Early Years programme, for girls aged 3-5, offers a distinct advantage. "By removing subtle social expectations, we help girls see every opportunity as one that belongs to them. This then plays through in the girls individual academic and social progress" MacLeod continues. "Our aim is simple: to give every girl the best possible start. When girls are encouraged to lead, collaborate, and explore from the very beginning, it transforms not only how they learn—but how they see themselves."

Badminton School Prep is the only single-sex Early Years provider in Bristol.

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NEWS

£15m cycling centre gets go-ahead despite concerns

A REGIONAL cycling centre with a one-kilometre racing track has been approved for Lawrence Weston.

The £15 million plans include a closed loop cycling track, a 250-metre training track, a building and a car park. The centre will be built on Henacre Open Space, north of Kingsweston Avenue.

The application was opposed by dozens of locals, including members of a community group, partly due to the fees people would have to pay to access the site. They implored councillors on the planning committee to refuse permission, citing concerns about the loss of green open space. The impact on wildlife, such as badgers, was also criticised.

Roger Sabido, from Ambition Lawrence Weston, said: "Lawrence Weston has high levels of deprivation but would

welcome a readily accessible cycling centre. This isn't one. The majority of open space would become inaccessible to the general public, i.e. local residents day to day. Social cohesion will be damaged. The fencing is needed in order to monetise access."

Public footpaths would be diverted around the perimeter. While people will have to pay to access the site, discounts will be available for some groups.

Planning officers said that the development would not result in a loss of open space, but actually enhance it, despite the new fences and large car park. Councillors were told that this was "quite a complicated concept".

The cycling centre will provide a safe space for children to learn to ride a bike. However this was criticised by the Greens, as parents will have to pay to

use the centre, when they could instead teach their children how to ride a bike in a car park for free. They also said that the centre was "in the wrong place", due to the loss of free-to-access open space and impact on wildlife.

Green councillor Lisa Stone said: "The roads in Bristol aren't very safe, they're quite dangerous. All this is going to do is create a paywall of £24 [per family] ."

Voting in favour of the plans were Labour councillors Durston, Fabian Breckels and Don Alexander; Conservative councillor Richard Eddy; and Liberal Democrat councillor Sarah Classick. Voting against the plans were Green councillors Lisa Stone, Al Al-Maghrabi, Mohamed Makawi, and Guy Poultney.

By Alex Seabrook, Local Democracy Reporting Service

In pursuit of climate justice

AUTHOR and campaigner Jonathon Porritt is coming to Bristol this month to share stories from the UK's young climate campaigners

Porritt's recent book *Love, Anger & Betrayal* explores the courage, conviction and controversy surrounding green activists. It tells the story of 26 young Just Stop Oil protesters and their urgent call for change.

During the free event at the Trinity Centre in Trinity Road on Tuesday May 5 at 7pm, the environmentalist will invite his audience to reflect on what drives a generation to risk arrest in pursuit of climate justice .

The event will include a talk, Q&A, and book signing.

Jonathon Porritt said: "These are young people facing a world in crisis — and refusing to look away. Their story deserves to be heard."

FROM BRISTOL NORTH WEST'S MP

SEND school funding secured

BRISTOL North West has a rich heritage of schools that provide support for children with additional needs, including Henleaze being home to one of the first schools for blind children. (Please visit darren-jones.co.uk/about-bnw for more on this history.)

Flash forward to now, and I'm delighted to share that we've secured government funding for a new state-of-the-art specialist school in Bristol North West that will help children across the constituency with a wide range of additional needs to thrive.

The new Trym Valley Academy will be built on Greystoke Avenue in Southmead on the former site of the Elmfield School for Deaf Children, which had already relocated its primary school to Horfield and currently has a new secondary school under construction, also in Southmead.

The purpose-built school will offer specialist education for 164 local pupils aged 4 to 19 years with a range of additional needs: Autism

Spectrum Disorder (ASD); Social, Emotional, and Mental Health (SEMH) needs; Severe Learning Difficulties (SLD); and Cognition and Learning (C&L) needs.

The announcement is part of a landmark £3.7 billion investment by the Government to create 60,000 specialist places in mainstream schools and in new specialist facilities, like this one.

Alongside this investment, the government's 'Every child achieving and thriving' white paper, which was published recently, outlines proposed reforms to SEND provision so that children can get the right support earlier, closer to home — and, importantly, without a fight.

The reforms include introducing a legal duty for all schools, nurseries and colleges to create digital Individual Support Plans for any children with SEND and increasing specialist support within mainstream schools to make them truly inclusive.

For example, this government is investing £1.8 billion over three

years to create a bank of specialists in every local area, including SEND teachers and speech and language therapists, which schools can access on demand, regardless of whether a child has an education, health and care plan (EHCP). And the government is also investing more than £200 million into training to make sure that every teacher knows how to support children who have additional needs, not just specialist staff.

EHCPs will stay in place for children with more complex needs — no child will lose the support that they need.

All children in specialist schools and those aged eight years or older will keep their existing EHCPs until at least the age of 16. For children in a mainstream school who are seven years old or younger today, an assessment will be made in three years' time — following significant investment in making mainstream schools more inclusive, as detailed above — of whether their needs can be better met with an Individual Support Plan.



Darren Jones writes for the Voice

You can have your say on the SEND reforms in the public consultation at consult.education.gov.uk until May 18.

• 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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NEWS

'Welcoming, inclusive school' praised

STOKE Bishop Church of England Primary is celebrating a highly positive report from Ofsted.

The school was one of the first to be inspected under the watchdog's new, tougher framework, which rates schools in a number of categories rather than giving an overall judgement.

Stoke Bishop was rated strong for early years provision, attendance and behaviour and personal development and wellbeing. Achievement, teaching and curriculum, inclusion and leadership and governance were all judged to meet the expected level, while safeguarding also met expectations.

"Pupils enjoy coming to this this welcoming and inclusive school," the Ofsted report said. "Parents are overwhelmingly positive.

"Leaders and staff know pupils for the individuals they

are. They take time to forge caring relationships with them."

The inspectors highlighted children's "exemplary" behaviour and attitudes to learning.

"Pupils are extremely polite and well mannered, showing high levels of empathy towards others."

The report noted that the school's personal development programme was "extensive and extremely well constructed" and that children were given a wide range of additional opportunities.

"These experiences develop pupils' artistic, sporting and musical talents and broaden their knowledge of the world around them.

"The school's excellent pastoral offer supports pupils with their mental health and wellbeing. This ensures that pupils feel welcome, valued and included in school life."

The curriculum was

described as ambitious and well designed. Results were found to be consistently above the national average.

"Inclusion lies at the heart of the school's work. Leaders and staff share a clear commitment to removing any challenges that the most vulnerable pupils face," the report said.

The school, which has 395 pupils on its roll, has had leadership changes in recent years, with current headteacher Darren Hunt taking up his role in September 2025.

Ofsted said: "Governors and trustees have led the school through this period of change well.

"Governors have a clear and ambitious vision for the school. They hold leaders to account for their actions.

"Staff are proud to work at the school. They value the way in which everyone works as part of a close-knit team."

Yassin to be Lord Mayor

COUNCILLOR Yassin Mohamud will become Lord Mayor of Bristol this month.

Yassin, who was elected as a Green councillor for Lawrence Hill in 2021, will be the first person from Somalia to hold the ceremonial role, which rotates between Bristol's four largest political groups on the council. He will be taking over from Conservative Cllr Henry Michallat, who will step into the role of Deputy Lord Mayor.

Cllr Mohamud said, "I came to the UK from Somalia over 20 years ago and built my life here in Bristol with my family. Like many people in our city, my understanding of politics did not begin in a formal setting; it came from lived experience. It came from seeing how decisions affect everyday life: the quality of housing, the safety of our streets, the opportunities available to young people, and whether communities feel seen and heard."

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FROM YOUR COUNCILLORS

Southmead: Kaz Self and Kye Dudd (Labour)

Sport and recreation

At a recent council meeting, Councillor Kye Dudd called for the council to support investment in the Downs changing rooms, used by teams that play football in the Downs League. The changing rooms are badly run down, putting the league's future at risk. It was unanimously agreed to explore allocating sufficient funding towards the changing rooms, making the historic Downs League more accessible. However, there is still some way to go before sufficient funds are in place to allow work to proceed.

Councillors Dudd and Self had a successful meeting with senior council officers about the future of the Roger Gracie martial arts club, based in the old Southmead Youth club building. The Green / Lib-Dem led administration wanted to sell the building off to the highest bidder, but we intervened and suggested a Community Asset Transfer as an alternative. Talks are now taking place between the council and the club owners; we are very hopeful that a successful outcome will be achieved.

Consultation on 20mph speed limits

Bristol City Council has launched a consultation on a proposal to reduce the speed limit on 97 roads across the city to 20mph. 86% of Bristol's roads are already 20mph, but some residential



roads are still 30mph. These roads make up roughly 8% of Bristol's road network, but account for around 30% of serious injuries and fatalities in Bristol.

Among the roads under consideration are Greystoke Avenue, Pen Park Road, Falcondale Road (the A4018) and those parts of Southmead Road that are not yet 20mph.

The consultation is open until midnight on Sunday 17th May. You can find it online via the Bristol City Council website (www.smartsurvey.co.uk/s/20mphsurvey2026/); if you want a paper copy then email: consultation@bristol.gov.uk or phone: 0117 922 2848

Library strategy

Bristol City Council are consulting on a new strategy for the city's library service. Some in-person events have already taken place and an online method of responding should be available from the end of April. See the Council's consultation website <https://www.bristol.gov.uk/ask>

At Southmead library you can find more than just books, but also internet access and a photocopier. We also have a councillor surgery there on the 2nd Saturday of every month from 11am-12:30pm - if you are a resident in Southmead ward and have an issue you want help with then please pop by.

Van dweller update

The Green / Lib-Dem administration stated in late 2025 that they wanted to create 250 pitches for van dwellers on meanwhile sites across the city by April 2026. However, Councillor Barry Parsons (the Green Party Chair of the Housing Policy Committee) has now admitted that this was 'never realistic'. The number has now been revised down to 160 'by the summer'. Van dwellers on these official pitches will have to pay a small weekly fee and may have to pay council tax.

Kye & Kaz

cllr.kye.dudd@bristol.gov.uk 07795 509 531
cllr.kaz.self@bristol.gov.uk 07386 698 716.

NEWS FROM SusWoT

Tomatoes, tower tours and teas



Some of the tomato and veg plants ready for sale on May 9

While there is no community fair this year, you're invited to join SusWoT and the parish bellringers in the Holy Trinity churchyard on May 9, 11am – 3pm, to enjoy amazing views of the village from the top of the church tower, and to buy your tomato plants.

As usual, we have sown hundreds of Sungold and Alicante tomatoes – varieties that thrive outside in Westbury. We should also have a few Tumbling Toms plus chillis, cucumbers, courgettes and butternut squash.

At the same time, the church bellringers will be guiding groups up the tower and out onto the church roof.

The Well next door will also be open, serving cream teas from 12 noon to 4pm.

Himalayan Balsam

We've spent the last seven years clearing invasive Himalayan Balsam from the banks of the Trym and Hazel Brook, and our local green spaces. There is far less now, but it hasn't completely disappeared yet – we need to keep on top of it for another couple of years. New plants will be starting to emerge about now, although they're a bit tricky to spot at first. If you'd like to help keep the local area Balsam-free, please contact us at suswot2050@gmail.com.

A Year with a Heat Pump

SusWoT member Richard Bennett describes his heat pump, installed in March 2025.

My house is a 1950s semi with a loft extension and an EPC rating of "C", which is slightly better than the average "D". Subsequently, I added solar panels and a house battery.

I used an installer registered with the Microgeneration Certification Scheme and approved by Retrofit West. The installation of the 9kW heat pump took 10 days, but it was warm and I had an electric shower available. Why so long? The work included boiler removal, a concrete plinth for the heat pump, a hot water tank, lots of pipework, and upgrading half the radiators.

The negatives:

- Although I received the £7,500 Boiler Upgrade Scheme grant, it was probably a bit more expensive than a straight boiler swap.
 - I lost some storage space for the water tank.
 - It takes a little longer to heat up the house, although you can plan for this with the controls.
- The positives:
- Hotter water, a better shower, and previously chilly rooms are now warm.
 - Heating bills are lower, helped by a heat pump tariff which gives low-cost off-peak electricity.
 - The heating and hot water used 2,559 kWh and cost an estimated £438.
 - I would have used 9,250 kWh of gas at a cost of £584. I have also saved £116 in gas standing charges, giving a total saving of £262.
 - Gas heating used 3.6 times more energy than the heat pump.

To see the installation, you can register with SusWoT's Retrofit Neighbours scheme at suswot.org.uk. This initiative connects people interested in energy improvements with local people who've already made similar changes.

Liz Viggars
Richard Bennett

FROM YOUR COUNCILLORS

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

20mph consultation

Ten years ago, most of Bristol's roads were restricted to 20mph, leaving some through routes at 30mph. Now the Council is consulting on reducing the speed limit on 100 of the remaining roads across the city to improve safety. In Westbury-on-Trym these are Canford Lane, Falcondale Road, Henbury Road, Parys Lane and Westbury Road. In Henleaze it is Kellaway Avenue, Wellington Hill West and Southmead Road. In Westbury Park, only Westbury Road would be affected. If all of these changes were made, every road in Westbury and Henleaze would be set to 20mph except Passage Road north of Greystoke Avenue.

On the Transport Committee, Nicholas voted to launch the consultation because of the clear benefits to pedestrians and cyclists from lower speed limits, which could save lives. However, we know that residents are likely to have mixed views on slowing down A roads like Falcondale Road, so we want to hear from you. Please respond to the consultation at bristol.gov.uk/20mph so that we can consider your views before making the final decision.

Henleaze Library wins extension funds

Stephen has been pushing hard for more capital investment in the city's libraries. Alongside some council funds, Henleaze Library has just been awarded almost £280,000 from the government's Libraries Improvement Fund.

The funding will be used to create a small rear extension to house an accessible toilet and storage space and a front extension to replace the current conservatory, extending it to create new meeting space.

The funding forms part of the government's Arts Everywhere Fund, a major national programme designed to support cultural infrastructure and protect valued venues. The City Museum and Art Gallery has been awarded £3.5million to carry out repairs to the whole building.

Stoke Lodge playing fields

Stoke Lodge and the playing fields next to it are not in Westbury and Henleaze ward, but we know that many residents are concerned about Cotham School restricting public access. A report was recently presented to Bristol Council's Rights of Way Committee providing an



update. In 2011, the fields were leased to the school which is an Academy Trust – there are no council appointees on the Board of Governors. Last year, a Village Green designation which had been approved by the Council was quashed by the High Court. However, an application was also made to register four footpaths across the site, which was endorsed by Bristol City Council. These applications are awaiting a public enquiry for determination at a public inquiry planned for October 2026. At the Committee meeting, councillors again decided not to take enforcement action against the fences blocking the claimed footpaths due to the ongoing dispute – following the Council's legal advice.

Stoke Lane zebra crossing funding bid

We are delighted to support a bid by the Westbury on Trym Society for a new zebra crossing in the village centre. The Stoke Lane branch of the war memorial roundabout currently does not even have dropped kerbs, despite being just as popular as the three branches with zebra crossings. Nicholas, Caroline and Stephen all endorsed the Society's bid for developer funding, which will be considered by the Area Committee on 1 June.

Library strategy consultation

Bristol Council's Library Service are consulting residents on the future of libraries in the city. Stephen has already secured funding for the library service, so this consultation is not about cuts. Instead, it is about how people want to use our libraries in the future, including those who currently don't. After a series of public workshops in April, the consultation launches at the end of the month at bristol.gov.uk/librarystrategy

Potholes

People across Westbury and Henleaze are telling us about potholes in their streets – by phone, email and when we talk to residents on their doorsteps. Liberal Democrats secured an amendment to this year's Council budget to increase road maintenance spending by £1million to tackle the backlog. We have reported potholes for repair on Canford Lane, Channels Hill, Coldharbour Road, Cote Park, Henleaze Road, High Street Westbury, Northumbria Drive and Upper Cranbrook Road.

Road markings

Many of the road markings around the city are becoming very faded. There is a plan to repaint faded markings but they tend to go by ward rather than by need. We have raised several faded markings in the past and have been successful in getting some pedestrian crossings repainted. Caroline has raised the issue of the mini roundabout at the junction of Henleaze Road and Northumbria Drive for a second time as the circle mark is now invisible, and those who don't know the junction are getting confused leading to an increasing number of altercations and horn soundings at the junction. Please take care when using the mini roundabout. We will keep pushing to get it repainted very soon.

Contact us

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07386 698 750

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■ BOOK REVIEW

Trailblazer: Lily Parr, the Unstoppable Star of Women's Football

By Elizabeth Dale

I EXPERIENCE pride and joy whenever I watch my granddaughters Brooke and Cianna play for their local football teams.

This children's picture book tells about the time when the men who run football in our country banned girls and women from playing football for fifty years. Lily Parr was born in 1905 in St Helens in Lancashire. As a girl she showed little interest in the traditional female pursuits of sewing and cookery but she loved playing football with her brothers. When she was 14 she started playing for a women's team called St Helen's Ladies. Lily was spotted by the manager of Dick Kerr Ladies who offered her a job at Dick Kerr & Co, a local munitions factory. She was an instant success, scoring 43 goals in her debut season. Dick Kerr Ladies soon became one of the best teams in England,

beating men and women's teams home and abroad.

On Boxing Day 1920, some 53,000 people watched them beat St. Helen's 4-0 at Goodison Park in Liverpool with another 14,000 stuck outside, clamouring to get in, setting an attendance record that would not be surpassed for 92 years.

A year later, the men in the Football Association ruled that women were barred from every football ground affiliated to the FA. They stated that football was a most unsuitable game for a woman's physical frame, seriously impairing their future duties as mothers.

The real reason was that the FA was expanding the men's game by practically doubling the amount of teams and they were worried that the popularity of the women's game would affect the attendances of the expanded

men's league.

Undeterred by the ban, Dick Kerr Ladies played on village greens and open spaces and in 1922 travelled to the USA where they played nine matches against men's teams.

Lily lived to see the FA finally lift the ban in 1971 leading the way to the successful England Women's Team of today, becoming European Champions in 2022 & 2025.

This is an inspiring and beautifully illustrated picture book, providing essential reading for any girl who loves playing football.

Drop in to your local library at 100 Gloucester Road and read about one of the most famous female football players of all time.

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

My Year in Paris With Gertrude Stein: A Fiction by Deborah Levy

IN November 2024 a woman walks through the hundred and ten acres of Père Lachaise Cemetery looking for the grave of Gertrude Stein. She is in Paris to write an essay on the writer, art collector, legend, godmother of literary modernism, gourmand and self-proclaimed genius.

In Paris she has made two friends, Eva, into whose eyes no one can look without saying Awww, and Fanny, who has three lovers that month but finds time to manage the funds of many wealthy clients and to introduce her friends to Raclette.

Whether fictional character or biographer, anyone writing about Gertrude Stein seems likely to lose it. What is it? Deborah Levy's unnamed narrator (a fictional Levy herself? Well, maybe, but remember that Stein wrote 'You are of course never yourself') asks throughout the book.

What is it? It is daring, courage. It is all that Gertrude Stein lived through – colonialism, fascism, communism, alienation, cubism, modernism and more isms besides. It is being nameless, undermined and smiling through that. It is conformity. It is the character's essay on Stein and it is the name of Eva's cat, which leads to no little confusion for all except Eva who merely longs to find it.

This is a story about how we respond now when, 'bombs are falling through the twenty-first century upon the living and the soon-to-be-dead,' as we scroll, scroll, scroll through war, and about examining the life and work of a woman who lived through two world wars. It is about how art is put together, how we put together ourselves, how a story about language torn apart can be together.

The book has a simple beauty: it is easy to read despite its complexity, despite featuring a cat called it and despite focussing on a writer who thought no conversation worth having if it were understandable. The characters live in each other's present. They know nothing of their new friends' histories or their lives elsewhere, a state which allows the narrator to look at the present as if rootless, to travel back to a Paris in which writers and artists created something out of step with their time and to compose a stunning response to both.

Elizabeth Moss, Heron Books, Clifton

NEWS

Radio splash hit

A NEW short story by Bristol writer Emily Koch, inspired by her regular swims at Horfield Leisure Centre, will air on BBC Radio 4 this May.

Lane Seven will be broadcast in the station's Short Works slot on Friday, May 22. It follows swimmer Jack, who is unsettled when he spots his ex-girlfriend in the next lane at his local pool - despite her always claiming she was afraid of the water.

Koch, who lives in Bishopston and is currently finishing her fourth novel, said: "Twice a week I swim at Horfield Leisure Centre, and my writer's brain goes into overdrive. There are so many people to observe and imagine stories for. I've been wanting to write one of them for a long time."

This will be the first broadcast work for Emily, who is the award-winning author of three novels including Bristol-set *If I Die Before I Wake*.

She said: "I was commissioned by producers at BBC Radio 4 in Bristol, so this feels like a very Bristol story. We're currently casting the actor, and I can't wait to hear it brought to life."

Emily is the author of three novels—*If I Die Before I Wake*, *Keep Him Close* and *What July Knew*. Her work has been shortlisted for the Crime Writers' Association Steel Dagger, won a French crime fiction award, and selected as a Waterstones Thriller of the Month.



Emily Koch

Demand for school places drops

THE number of children seeking reception class places in Bristol's primary schools has fallen again.

The city council received 4,424 applications from families for September 2026, compared with 4,656 a year earlier.

Demand is down by more than 1,000 from ten years ago, meaning many schools have surplus places. Some are considering reducing the number of pupils they admit each year.

This year, 99 per cent of families have been offered one of their top three preferences and 91 per cent have been offered their first preference.

Councillor Christine Townsend, Chair of the Children and Young People Policy Committee, said: "I'm pleased that most families have been offered one of their preferred schools."

Parents had to accept or decline the offers by April 30.

Theatre seeks diamond sponsors

THE Redgrave Theatre is launching a Buy A Seat campaign as part of the celebrations marking its sixtieth anniversary.

For a contribution of £300-£500, an individual can have a plaque on a selected seat for three years. Contributors will also be given a certificate and will be invited to a special event behind the scenes at Clifton College.

Funds raised will support capital improvements to preserve the venue, as well as funding scholarships for young people with a passion for the arts to join the school.

The theatre is now inviting applications for its second Youth Theatre programme for young people aged seven to 14. Details of the seat scheme and the youth theatre are on the college website.



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ORKU (meaning Energise) Chiropractic Health began four years ago with a simple mission; to create a space where our community could access honest, friendly, long-term, high-quality care.

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You may have walked past our doors on Henleaze Road, or seen our name around. Now we'd love to properly introduce ourselves. For the past four years, we've quietly grown and we're just getting started. If you've been thinking about sorting that back pain, those headaches, or simply to understand your spine and body better. This is your opportunity.

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orkuhealth

NATURE WATCH with Dawn Lawrence

Marvel at the annual miracle of migration

THIS month spring is at the height of its powers and all our summer migrants have returned. The dawn chorus is playing fortissimo even here in the city with enthusiastic blackcaps and chiffchaffs joining our resident birds such as the sweetly tuneful blackbirds and the cooing wooing wood pigeons. But I will also be listening out for house martins. There is still (I hope) a sizeable colony just off Redland Road but the small colony on Berkeley Road has been empty for the past two summers – a loss which is hard to bear and we still hope for their return.

The house martin is a smaller, plumper relative of the swallow; dark above with an obvious white rump and all pale below, with forked tail lacking the flamboyant streamers of the swallow. House martins, like swallows, build nests of mud, collected and manipulated by beak alone, which they construct under the eaves of our houses and other buildings. Unlike the swallows, they are not shy of nesting in the middle of a city (swallows prefer rural areas, stables being a favourite option). Martins and swallows are not related to swifts – those all-black birds that shriek and arrow across our summer skies. More about swifts another day but please be aware of their need



A house martin in flight Photo by Mark Kilner

to access their nest holes in and around our roofs if you are having building work done.

It was a baby swallow ringed in its mud cup nest in Staffordshire in 1911 that solved the mystery of migration. Up until this ringing recovery the suggestion that our summer visitors overwinter in Africa was still too incredible for some to believe. Ringing – the placing of a light ring on a bird's leg with return details – had only begun to be organised in May 1909 but in 1912 the Staffordshire ring was returned from Natal

in South Africa over 6,000 miles away. Taken from a living bird that had become trapped in a farmhouse, it proved that the delicate swallow, a mere 20g spoonful, had made that astonishing journey. Imagine being the scientist to open that particular letter!

It is almost more surprising that over 100 years later we have still not discovered the parts of Africa where our house martins spend the winter although we know they are there somewhere. Now that they have returned we have the summer to enjoy their delicate chirruping song, often delivered from a perch such as a telephone wire, and their amiable chatter as they hunt for insects over our gardens. They need us more than ever and small artificial nest cups can be fixed under sheltering eaves to help them out. As with swift nest boxes, the more you can place together the better, because house martins are colonial nesters. By avoiding pesticides, providing long grass, fruit trees and native wildflowers you will encourage the insects that house martins need to raise, typically, two broods of around five chicks each. That's a lot of insects required!

© Dawn Lawrence

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PHARMACY COLUMN

Sinusitis pain and discomfort this spring and summer? We can help



0117 9246579
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Westbury Park, BS6 7XR

WHEN people think of sinus problems, winter colds usually come to mind. But for many people, sinusitis actually becomes more common during the warmer months. Spring and summer bring blooming plants, rising pollen counts, and environmental changes that can trigger sinus issues, making these seasons especially uncomfortable.

Sinusitis happens when the lining of the sinuses becomes inflamed or swollen. This can block normal drainage, leading to a build-up of mucus and increased pressure.

Common symptoms include:

- Facial pain or pressure
- Nasal congestion
- Thick nasal discharge
- Headaches
- Reduced sense of smell

• **Fatigue**

While infections can cause sinusitis, allergies are often the main trigger during spring and summer.

Warmer weather usually means more time spent outdoors. Spring and early summer bring high levels of pollen from trees, grasses, and weeds. When inhaled, pollen can irritate the nasal passages and trigger allergic reactions. This can block the sinus openings, leading to sinusitis.

Allergic rhinitis, commonly known as hay fever, often overlaps with sinusitis. Sneezing, itching, and congestion can worsen sinus pressure and make it easier for mucus to become trapped.

Ironically, escaping the heat indoors is not always the answer.

Air conditioning systems can circulate dust, mould, and other irritants if they are not properly maintained, which may also contribute to sinus problems.

How to Manage and Prevent Sinusitis

1. Reduce allergen exposure

- Keep windows closed on high pollen days
- Shower after being outdoors
- Use air purifiers indoors

2. Rinse your sinuses

- Saline nasal rinses can help flush out pollen and reduce irritation.

3. Stay hydrated

- Drinking plenty of water helps thin mucus, making it easier for your sinuses to drain.

Effective NHS treatment is available

If your symptoms last more than 10 days, become severe, or include a high fever or swelling around the eyes, you may be dealing with a bacterial infection that requires appropriate prescription-only treatment. Options such as steroid nasal sprays or antibiotics may be available following a consultation under the NHS Pharmacy First service at Kellaway Pharmacy.

Sinusitis in spring and summer is often overlooked, but it can significantly affect your quality of life.

For adults and children 12 and over, Kellaway Pharmacy can help manage symptoms and enjoy the warmer months without constant discomfort.

KIDS FEELING UNWELL?

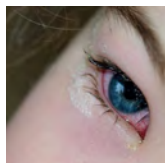
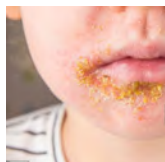
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WHAT'S ON

MAY EVENTS

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

May 14th & 22nd - Emilia Romagna

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

June 11th & 19th - Emilia Romagna

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

July 16th & 24th - Meridiana - A producer exclusive

July 23rd & 25th - Portuguese Tasting

Aug 6th & 14th - Meridiana - A producer exclusive

Aug 13th & 15th - Portuguese Tasting

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

May 16th - Calabria

June 27th - Calabria

July 18th - Emilia Romagna

August 8th - Emilia Romagna

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

May 18th

■ **HENLEAZE SENIOR FILM CLUB**

2pm. please note this is a week earlier due to the Bank Holiday. **Wonder (PG)**. Based on the beloved best-selling novel, Wonder follows the inspiring story of the Pullman family, whose youngest child, Auggie, is a boy born with facial differences. When Auggie enters mainstream school for the first time, his extraordinary journey unites his family, his school, and his community, and proves that you can't blend in when you were born to stand out. Starring Julia Roberts, Owen Wilson and Jacob Tremblay.

Carers welcome, easy access. St. Peter's Church Hall, The Drive, Henleaze BS9 4LD. For more information, please call 0117 435 0063

May 9th & June 13th

■ **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: Spring Market & Café on 9th May 9.45-3pm and further Café on 13th June 9.45-2pm

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 children'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 wvpf.uk for events, activities and volunteering opportunities.

■ **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.

Monday

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



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■ **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/>

■ **HENLEAZE SOCIAL GROUP 3 (U3A)**

is a friendly and active group who arrange regular visits to coffeehouses, restaurants, pubs, and exhibitions. We also organise walks, treasure trails, and trips to places of interest, meeting every 3rd Monday at 11:00am in the coffee bar at Trinity Henleaze URC. New like minded members very welcome. Contact Jane Stott 07788 418078.

■ **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. izzy@gmail.com or on Instagram @assassin_izzy

■ **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 ASSOCIATION** meets on the third Monday of the month in the Westbury Village Hall, Eastfield Road, BS94AG, from 2.00 - 4.00 pm. We have interesting speakers, and extra activities of crafts, lunch club, skittles, book club, coffee mornings and pub evenings. Our lively, friendly and inclusive group welcomes visitors at any meeting. For more information call Sascha on 07961619806 or Liz on 07587170766.

■ **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

WHAT'S ON

- 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 westburyparkwi@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 GALLERY 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 codonnell100@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 bedsides 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@bristol-acappella.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 welcome. Please email friendlybridgesw@gmail.com or call Gareth on 07921-788605 for further information.

Wednesday

■ **HENLEAZE CHORAL SOCIETY** 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.henleazechoralsocty.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>

■ **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

■ **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 tania lake@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

■ **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

■ **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

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.

WHAT'S ON

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

■ **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://henleazebowlingclub.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.

■ **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.com or phone/text 07880 700270

■ **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.

■ **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

■ **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

■ **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 or email: repaircafe.seamills@gmail.com

■ **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.goldfinchcreateandplay.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

A taste of delights to come

HORFIELD ORGANIC COMMUNITY ORCHARD

AT this time of year, we're talking about hands-on workshops rather than sampling fresh fruit. Plum petals have fallen, pears are nearly bloomed out, and the apples are being pollinated as I write. All being well, early season fruit will be ready to eat from midsummer. Fruit for our popular Apple Day Tasting Table will be harvested from September. Between now and then we'll be doing our best to ensure a bountiful and delicious harvest. Mulching, pruning, fruit thinning, watering make a difference. We also keep an eye on diseases and insects that affect tree health, and may choose nature-friendly interventions to prevent loss of fruit.

To follow up the successful Dormant Season Pruning taster workshops which took place in March, Horfield Organic Community Orchard (HOCO) is offering further seasonal sessions during May and June. Led by the Apple Tree Lady, these hands-on workshops focus on actions to boost biodiversity, bring life to the soil, and focus on the pruning of stone fruits, e.g. plums and greengages.

Summer season Fruit tree care workshops

- Sunday 17 May, 2.30pm to 4.30pm
- Sunday 31 May, 2pm to 4.30pm



Picking an Opal plum at the orchard

Places are limited, and must be booked and paid for in advance. See the website for information and booking links: <https://community-orchard.org.uk/>

Look out for more taster sessions, and other orchard activities, at our Summer Orchard Open Day on Sunday 14 June, 2pm to 5pm. We're delighted to be one of the community-led events programmed as part this year's Bristol Festival of Nature.

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

THE ARDAGH COMMUNITY TRUST

The Ardagh is bursting with colour, wildlife and hidden corners — and we want YOUR photos to help celebrate it!

We're creating our very own Ardagh Calendar 2027, packed with stunning landscape views of our beautiful site... and our photo competition is now open.

You can submit up to five landscape images taken anywhere within The Ardagh.

No members of the public in shots please — but staff and volunteers are fine with permission.

A panel will judge entries after the closing date, and the winning photo will feature on the calendar cover and earn the photographer £150.

<https://form.jotform.com/260972660915060>

SEA MILLS FLOWER AND CRAFT SHOW

The show takes place at St Edyth's Church, Avonleaze, Sea Mills, on Saturday May 9. Entries must be in by 4 pm on Wednesday May 6. For a copy of our schedule email seamillsflowershow@gmail.com or download one from bit.ly/SMFCCSchedule. Looking forward to friends from Bishopston being represented in the classes.

NEWS

Next stop, Bristol Brabazon!

THE new railway station being built in North Filton has been officially named Bristol Brabazon.

The station is one of five coming down the track in the West. It is set to serve the new Aviva Arena at YTL Live as well as the surrounding West Innovation Arc Growth Zone, including Brabazon and world-leading engineering and technology companies.

Work is under way on site by contractors BAM Nuttall. When complete, Bristol Brabazon will see the first regular passenger services on the Henbury Line since 1964. A second construction phase will then follow to increase the capacity of the station to support the 20,000-capacity Aviva Arena being built, which will be the third largest in the country when it opens in 2028.



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elm-online.co.uk
765 Fishponds Road, Bristol, BS16 3BS

Pickleball
at Westbury Park Tennis Club,
Russell Grove, Westbury Park, BS6 7UF

**Pay and Play
Tuesday Evenings
7-9pm**

Details and booking on our website events page



<https://clubspark.lta.org.uk/WestburyParkTennisClub>
Coaching also available

■ VINEYARD NEWS with INGRID BATES

Vineyards bask in springtime glory

IT'S been a really special time in the vineyard over the last month. The buds have finally burst open on the vines, bringing excitement and anxiety in equal measure. With all the fresh green growth exposed, we've moved the sheep away to pastures new. The temptation to nibble the vines rather than the grass would simply be too much for them!

The sheep may have gone, but we'll be keeping a close eye on the threat of low temperatures and frost over the next few weeks. The main frost risk usually passes by the first week of May, but as ever with nature, there are no guarantees.

In our Wrington vineyard, we've finished pollarding the willow, and at our new Kelston site, we're getting ready to plant some new vines. Unlike everyone else, we'll be hoping for a decent amount of rain this summer to keep the young vines happy.

More than anything though, what

has stood this month, is the simple pleasure of seeing life return to the landscape. The fresh green growth in the hedgerows, the sound of birdsong, and the return of insects and wildlife is always so wonderful to see.

On the wine front, just a reminder that there may be a few tickets left for our wine and cheese evening at the Bristol Cheesemonger on Gloucester Road on May 21 - visit their website for details.

As always, you can book vineyard tours and buy wines directly through our website.

E: hello@dunleavyvineyards.co.uk

W: www.dunleavyvineyards.co.uk

Tiktok & Instagram: @
dunleavyvineyards

Facebook: @DYvineyards

Phone: 07779 085420



The buds on the vines have burst open

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E: office@haroldstephens.co.uk



Gaps and inconsistencies in your estate plan?

When people hear the phrase 'estate planning', they often think of writing a Will, arranging Lasting Powers of Attorney (LPAs) or using trusts to provide protection for families. Maybe by using a local solicitor.

These are important steps. But in practice, estate planning often involves more than many people think. When families begin reviewing their estate plans more holistically, especially with our guidance as later life financial and legal specialists, they are often surprised to discover gaps and inconsistencies.

A well-considered estate plan usually brings together several areas of financial and legal planning. Wills, LPAs and Trusts form part of that picture, but so do questions about inheritance tax, long-term care considerations and investment management.

Alongside legal arrangements, financial planning considerations are often closely

connected. Investment decisions, pension planning and inheritance tax allowances can all influence how efficiently assets might pass between generations both in lifetime and on death.

For some families, another important aspect of estate planning, particularly with regard to LPAs, is considering how financial resources might be used later in life, particularly if care or support becomes necessary. With this in mind, thoughts turn naturally to aligning investment management, Immediate Care Plans and inheritance tax strategies.

Many people find that different parts of their planning have been put in place at different times of their life. A Will may have been written many years ago, LPAs actioned at some point but long forgotten about, pensions and investments taken out whilst still working. Individually, each decision may have been

sensible at the time. But without reviewing them together, it is not always clear whether the overall plan still reflects current intentions and your life situation as it stands. It is critical that the financial and legal arrangements for your estate planning are perfectly aligned. If they are not, it can create unwanted upset down the line.

To help people understand these issues more clearly, we will be running a series of free estate planning seminars locally this June and July. These sessions will explore key elements such as Wills, LPAs and Trusts and explain how they work alongside your financial planning arrangements like inheritance tax, investment management and care fee planning.

To find out more about the seminars or arrange a relaxed chat about your circumstances, call **0117 363 212** or email **office@haroldstephens.co.uk**.
50 High Street, Westbury on Trym, BS9 3DZ



If you would like a relaxed chat about how to manage your assets in later life, then we are on hand to deliver it the good old-fashioned way – face to face right here in your local community.

- Inheritance Tax Planning
- Savings & Investments
- Wills & Power of Attorney
- Long-Term Care Planning
- Pensions & Retirement
- Trusts



50 High Street, Westbury on Trym, Bristol BS9 3DZ

0117 3636 212

office@haroldstephens.co.uk
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PUZZLE PAGE

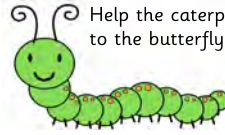
Sudoku

Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

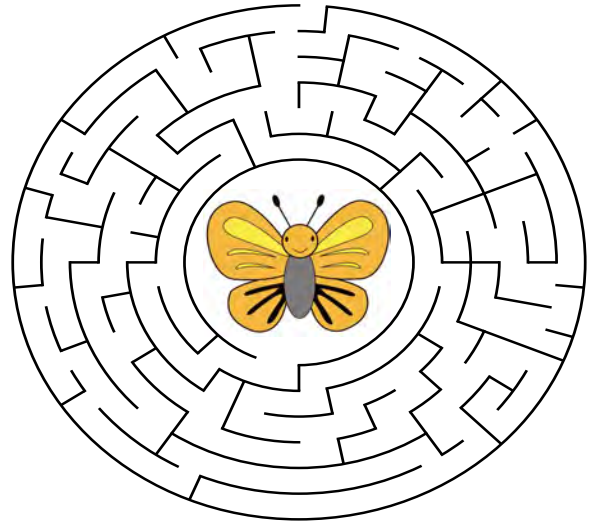
	2					3		
		5			7		9	
	4		5		3		7	2
		6		1	8		2	
4						9		
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			6		9	7	5	
8								1

For younger readers

Caterpillar Maze



Help the caterpillar find their way through the maze to the butterfly.



© www.ActivityVillage.co.uk - Keeping Kids Busy



Txtpert

Theme: Capital cities

1				2			3
4		5					
				6	7		
8							
	9						

Use the phone keypad to decode the clues. For example: 2 could be A, B or C ... and 5678 could be LOST

1 0.o	2 abc	3 def
4 ghi	5 jkl	6 mno
7 pqrs	8 tuv	9 wxyz

Across

- 1 54647866 (8)
- 4 66676842 (8)
- 6 5663 (4)
- 8 5462 (4)
- 9 926466 (6)

Down

- 1 5267252 (7)
- 2 73685 (5)
- 3 642639 (6)
- 5 668632 (6)
- 7 6756 (4)

Easier sudoku

Rules the same as the Fiend, but only four numbers in each box, row and column

		1	
	4		
2			1
		2	

Solutions

Txtpert

N	O	G	N	V	A	6
	T		E			
A	S		V	M	I	T
E	W	O	T	U		V
M		U		O		P
V	I	A	O	R	N	S
I		E				V
N	O	T	S	G	N	I

NEWS

Cheers! Pub team celebrates

STAFF at the Westbury Park Pub and Kitchen are celebrating an award.

The pub won the 'Bar and Pub' category (sponsored by Thatchers) in the Bristol Life Awards 2026.

The venue, run by Zazu, was described as: "A foodie pub with a great range of drinks, appealing events, and run by an excellent team. Proper hospitality at the epicentre of its community."

Rebecca Sneddon, Zazu operations manager, said: "We were so surprised

and pleased to win, especially in the 10th anniversary year of the Bristol Life Awards. The ceremony is always a wonderful night, and a great opportunity to connect with other local businesses. Our biggest thanks goes to all the customers of the Westbury, as without you the pub is just a building - the people are what make it special!"

The Westbury Park Pub and Kitchen building was once the setting for the famed 'Kebab and Calculator' in the 80s cult classic TV show, The Young Ones.



■ MESSAGE FROM POLICE AND CRIME COMMISSIONER

Antisocial behaviour: don't suffer in silence

ANTISOCIAL behaviour is one of the issues people speak to me about most often.

Whether it's persistent noise, groups causing concern in town centres, or behaviour that makes people feel intimidated, it can have a profound and lasting effect.

Antisocial behaviour doesn't just cause inconvenience - it can erode people's confidence in their neighbourhoods and undermine their sense of safety. That is why tackling antisocial behaviour is one of my priorities, and it is a priority shared across our public services.

I work consistently with the constabulary to deliver against the national neighbourhood policing guarantee. As a result, Avon & Somerset police have launched their new Five-Year ASB Plan, a strategy that focuses on prevention, early intervention and the right action

against the small number of people whose behaviour repeatedly harms others.

The plan strengthens partnership working, improves how vulnerable victims are identified, and places greater emphasis on understanding community concerns.

Good intelligence sits at the heart of this: reports from you as residents, insights from neighbourhood officers who know their areas well, and the information shared by partner organisations all help build a clear picture of where problems are happening and what targeted action is needed.

As an example, we have seen the value of this approach in Weston-super-Mare. Persistent antisocial behaviour in the town centre had left too many people feeling unsafe.

By bringing together council teams, voluntary organisations,

specialist support services and neighbourhood officers, we have been able to make a tangible difference.

A visible presence, targeted support for vulnerable individuals, and practical tools such as CCTV, street wardens and problem solving patrols have helped reduce the most harmful behaviour and reassure the local community.

It shows what is possible when everyone plays their part and when we listen directly to the people affected.

For anyone experiencing antisocial behaviour, knowing where to turn is vital.

Reporting it really does help. Even small or repeated incidents add to the intelligence picture and lead to better responses.

If you prefer to stay anonymous, you can contact Crimestoppers on 0800 555 111.

If issues persist and you feel not



With Police and Crime Commissioner Clare Moody

enough has been done, you can request an antisocial behaviour case review through your local council.

This brings agencies together to look again at what more can be done to resolve the problem.

Victim support must always remain at the centre of our response.

I fund the Avon and Somerset Victim Service partnership, which provides free, confidential help to anyone affected by crime or antisocial behaviour, regardless of whether they have reported.

You can contact ASVS on 0300 303 1972 or go to victimsupport.org.uk/avon-somerset to find out more.

■ NEWS FROM THE METRO MAYOR

A year of progress

A YEAR on from being elected as your Mayor, I've been reflecting on what we've achieved together and what comes next for the West of England.

From day one, I said I wanted to do things differently. That has meant focusing on the things that matter most to people, while also laying the foundations for the future.

We've made a strong start: you will have noticed the West Country's voice growing louder during the last 12 months, as we continue catching up with other places and securing more investment for the country's fastest-growing regional economy.

We've secured a record-breaking £752 million to improve transport, including better buses, more reliable journeys and exciting mass transit plans for the future.

That's on top of investment which will soon see 250 new electric buses serve routes across the West, helping make more journeys cleaner and more comfortable.

We've continued to invest in rail too, with work on new and improved stations, including Bristol Brabazon and Charfield.

The Bristol & Portishead Line has received the green light, with work well underway, and half-hourly services are being protected.

The launch of our Kids Go Free scheme has helped families right across the West, with more than 910,000 free journeys taken last summer

alone, with the offer returning over the Christmas and Easter holidays.

It's been especially positive to see the difference it's making in communities where it matters most. The latest data shows that, in areas where families have some of the lowest incomes in the country, children's bus travel has doubled.

Alongside this, we've frozen the £1 child bus fare cap until 2029 and extended free bus travel for care leavers, helping young people and families with the cost of getting around.

While transport is at the heart of much that we do regionally, it's only part of the picture.

In September, we launched an ambitious Growth Strategy, with plans to create 70,000 new jobs over the next decade, backed by a new Business Board to help attract investment and support local businesses.

Our creative industries will benefit from £25m of new funding to help support jobs, skills, and opportunities in one of our fastest-growing sectors.

We've also made progress towards North Somerset joining the combined authority, with the majority of responses in a recent consultation showing that people and businesses support the move.

For communities, we've secured £45m to unlock new affordable homes, set out plans for a new regional hub bringing together charities to provide food and essential items to people who need it



Metro Mayor Helen Godwin writes for the Voice

most, and continued investment in our parks, high streets, walking, cycling and green spaces. We're also supporting nature and tree planting through the Western Forest, helping to make our region greener for the future.

We are also supporting the development of Brabazon and the West Innovation Arc, with the potential for the area around the upcoming Aviva Arena to become one of the UK's most significant new towns.

We've made real progress in our first year.

I'm determined to keep building on this momentum, working together to make the West of England the best place to live, work, study, and raise a family.

NEWS

Cladding removal on high-rise blocks completed

EFFORTS to improve the safety of homes in Bristol's council owned high-rise buildings has taken a step forward with the completion of works to end the use of waking watches.

Through a combination of the removal of cladding systems, and the installation of new sprinklers and alarms the final few waking watch teams were removed from the last three high rise buildings to require them.

Councillor Barry Parsons, chair of the homes and housing delivery policy committee, said: "The safety of our residents is our number one priority, and we are taking action across all estates to improve safety and ensure people feel secure in their homes. We have made significant investment in fire safety measures to both communal areas and individual homes, enabling us to bring an end to waking watches. I am therefore pleased to see waking watches now concluded across the city – this is a major

milestone in delivering on our commitment to resident safety.

"Waking watches were always intended to be a temporary but vital safety measure, and we recognise their presence could at times feel unsettling for residents. That is why we have worked at pace to reduce the risks posed by fires in high rise homes. Standing down the final waking watch teams means all council high rise homes have now moved away from this approach."

At the height of the programme, waking watches were in place in 38 council owned high rise buildings across the city, following updated fire safety guidance and inspections of external wall systems.

The council will continue to monitor fire safety measures closely and work with the fire service to ensure buildings are managed in line with the latest guidance. A wider programme of investment will improve fire safety in council homes .

NEWS

Museum and library given funding boost

BRISTOL Museum and Art Gallery and Henleaze Library are set to benefit from new investment to fund repairs and refurbishment .

Over £3.5 million of funding from the Museum Estate and Development Fund has been awarded to carry out vital repairs to Bristol Museum and Art Gallery. The investment will fund urgent roof and exterior works, helping to safeguard the building and its nationally important collections and ensuring the museum can continue to welcome visitors for generations to come.

Henleaze Library has also been awarded almost £280,000 through the Libraries Improvement Fund. The funding will be used to create a small rear extension to house an accessible toilet and storage space and a front extension to replace the current conservatory, extending it to create new meeting space.

The funding forms part of the

government's Arts Everywhere Fund, a major national programme designed to support cultural infrastructure and protect valued venues.

Councillor Stephen Williams, chair of the public health and communities policy committee, and ward councillor for Westbury-on-Trym and Henleaze, said: "Henleaze Library is one of our most popular branches.

"This new funding is very welcome and will have a significant impact on the library as a community space.

"It will ensure the space can continue to be somewhere that people of all ages and backgrounds can come together, learn new skills, meet and enjoy time in shared public spaces.

"The investment will help us achieve our ambition to ensure our community spaces are fit for purpose, accessible and deliver the maximum possible benefit for their local neighbourhoods."



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Why every parent needs to hear about short-sightedness

A conversation Peter had recently with his friends stayed with me and I was concerned about how little many parents know about this topic. Over the last few years, their child had become increasingly short-sighted, needing stronger and stronger contact lenses just to keep up & be able to see the school board, TV & at the cinema.

Their response after hearing about our Myopia Specialist Clinic at Turners Opticians was simple:

"Why did no one tell me I could stop my child's vision from worsening?" It's a question we believe more parents should be aware of.

For many families, their experience of eye care has been reactive. A child struggles to see the board at school, their glasses prescription is increased, and life carries on. At their next sight test, the prescription has worsened again, so the lenses are made stronger once more.

And so the cycle continues.

The difficulty is that many parents understandably come to believe that this is simply "what happens" when a child becomes short-sighted.

But it doesn't always have to be that way.

At Turners Opticians in Bristol, we believe parents deserve to know that there is another way; a proactive approach designed to actively work to slow down worsening eyesight wherever possible.

Short-sightedness, or myopia, is becoming increasingly common in children, particularly in a world of intense near work, screens, and reduced time outdoors.

And of course, we don't want our children's eyesight to deteriorate unnecessarily. That's why early action matters.

So what should parents actually do next? If your child's glasses or contact lens prescription has increased over the last 6-12 months, the most important thing is not to wait until it worsens again.

The next step is to have their eyes assessed in a proactive myopia management clinic, where the focus is not simply "Can they still see clearly?" but:

- How quickly is their prescription changing?
- What is driving that change?
- What can we do now to slow it down?

At Turners, this starts with a dedicated Myopia Specialist Assessment. We look carefully at how your child's eyesight is changing, how much time they spend on close work and screens, their outdoor time, family history, and the way their eyes are developing.

From there, we create a personalised myopia management plan. For some, the best solution is a specialist spectacle lens designed to slow progression. For others, a carefully selected contact lens or Ortho-K may be more suitable.

Sometimes improvements come from lifestyle changes that families can implement immediately, such as structured screen breaks, working distance habits, and increasing time outdoors.

The important thing is this; you now have options.

You do not have to simply accept stronger and stronger prescriptions as the only path forward. The earlier you act, the more opportunity there is to help protect your child's long-term vision and reduce the risk of higher myopia in later life.

So if you've recently said: **"Their prescription seems to go up every year"** Or if you've simply wondered whether more could be done, this is the time to ask the question that changes everything:

"What is the plan to stop it getting worse?" If your current optician hasn't had that conversation with you, it may be time to speak to a practice that will. At Turners Opticians, our Myopia Specialist Clinic is built to help families.

Because helping your child see clearly today is important. Helping protect how they see tomorrow is even more important. To find out more or to book an appointment, visit our website or contact our friendly team by calling our Henleaze practice on **0117 9622 474** or our Fishponds practice on **0117 965 4434**.



Parents - Is Your Child's Sight At Risk of Deteriorating?

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SPORT

GCCC seeks volunteers

GLOUCESTERSHIRE County Cricket Club is inviting fans to become part of its long-running Cricketeers programme, an initiative that supports matchdays and enhances the experience for spectators and visitors.

The Cricketeers are volunteers who contribute to the smooth running of events while representing the club in a friendly and engaging way. Cricketeers play an important role in assisting with matchday operations, welcoming guests, and helping create a positive atmosphere at games and events.

The club is actively looking to expand its group of Cricketeers and encourages anyone with an interest in cricket, community involvement, or gaining experience in a sporting environment to get involved. No previous experience is required. Applications can be made via the club's website.

Club's looking to the future

FOLLOWING an extended Easter break for National League Rugby the clubs started to face what may be termed the business end of the season when places are fought for the promotion slots to the Rugby Football Union's national leagues and, at the opposite end of table, avoidance of relegation back into the regional leagues.

The season ended at the end of April and two final games towards the end of the month will have decided if Clifton Rugby Club will kick off the 2026-27 season in September remaining in National One or moving back into National League West.

Their first season back on the national scene has, as expected, been tough with some formidable opponents and long coach journeys especially to teams in the north and east of the country. The devastating news in March of the sudden death of their highly regarded Director of Rugby

Matt Salter cast a shadow over everyone at Clifton and across the wider rugby community and the community at Clifton College where he worked as their Director of Rugby.

Highlights of the season will be recognised at the club's annual dinner in May with stories to be shared about individual and team efforts over the long months in games played on muddy pitches and cold temperatures.

Completing home and away double victories over Sedgely Park from Manchester and more significantly over local long standing rivals Dings Crusaders are certain to feature. Bristol can be proud of having two clubs competing at this level as well, of course, having Bristol Bears in the Premiership.

The home win over Dings was played as a celebration of the life of Matt Salter and could not have had a more dramatic conclusion

with clock going into the red a decision was taken not to take a simple penalty kick to draw the match but to go for territory and seek a try. The decision paid off and how Matt would have enjoyed that moment of challenge and enterprise.

Inevitably over the summer months there will be news of players retiring and some moving away as career and playing opportunities take them away from Bristol.

Player recruitment will begin as preseason training starts in June. With Clifton having three regular teams in national, regional, and local leagues players of all abilities will be made welcome to join the Clifton ranks. Details will be on the club's website.

Roger Opie

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NEWS

PEOPLE in Westbury and Henleaze are being invited to help shape bus services as part of the West of England's Mayoral Combined Authority's Bus Plan.

The consultation, which runs until May 10, is a chance for everyone in the region to help shape improvements.

People are asked to share what is most important to them when it comes to buses whether that is frequency, making it easier to use multiple routes in one journey, or going green.

Have a say on bus services

This follows the Transport Vision published by the Mayor, Helen Godwin, and council leaders, which set out shared ambitions for reliable, affordable bus services.

Ms Godwin said: "We want to help more people across our region to get home sooner, get out into nature more, and explore the best the West has

to offer, rather than being stuck waiting for a bus or in traffic.

"Residents, businesses, bus users, and people who don't get the bus too, can have their say about what matters most, to help shape improvements.

"We have secured a record-breaking investment in transport in the West from the government, and are planning

to invest £150 million into bus improvements. With your feedback we can make sure that we get the most out of our huge investment and deliver the bus network we all deserve."

To take part, visit haveyoursaywest.co.uk/betterbuses. Paper copies are available at Bristol bus station and at libraries.

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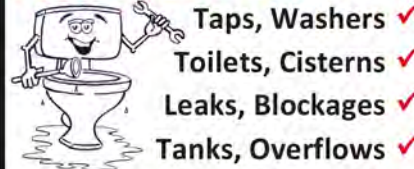
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Coombe Dingle Guide Price £950,000

This high quality 4 bedroomed detached house provides comfortable, spacious accommodation of a very high standard. The kitchen/diner extends to circa 28 ft. Principle Bedroom with en-suite Rear garden boasts a westerly aspect. Double garage and parking. EPC D



Westbury on Trym Guide Price £695,000

A fantastic 3 bedroom semi-detached cottage close to local amenities. The property offers generous living space, 3 double bedrooms, including a principal bedroom with en-suite. Further benefits include a rear garden, outbuilding, garage, and the advantage of being offered with no onward chain. EPC D



Clifton Guide Price £500,000

This attractively presented garden maisonette is set in a classic Grade II listed Georgian style terrace located a stones throw from Whiteladies Road. Two spacious bedrooms, off street parking provision and additional basement area, private rear garden offered for sale with no onward chain. EPC C



Westbury on Trym Guide Price £725,000

A fantastic 3 bedroom semi-detached 1930s family home, ideally positioned close to local shops, schools. The property offers generous living space, 3 well-proportioned bedrooms, a family bathroom, and an additional shower room. Externally, there is a driveway, garage, and a beautifully maintained rear garden. EPC C

LEESE & GORDON

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