

henleaze & westbury voice

July, 2026 Issue 138

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



Dancing until dawn! Dancers young and not so young enjoyed the fun of being part of the Flamingo Chicks 24-hour dance festival. Report: Page 3



Bristol inspires author Tracy

Tracy Maton, whose first novel has just been published, says her writing career began thanks to a notice in the window of the Durdham Down bookshop. **PAGE 19**

Expensive EV charges rapped

A pavement gully to allow EV charging from roadside homes in Bristol is set to cost £2,000 to £6,000. Critics say that's too expensive. **PAGE 17**

Dorothy reaches her century

Dorothy Cutts, a resident at Trymview Hall in Southmead Road, has celebrated her 100th birthday. **PAGE 27**

Fears over park closure plans

CONCERNS are growing over plans to shut Canford Park for up to two years so that a sewage tank can be built.

Wessex Water needs to build three underground tanks, at Canford, Old Quarry Park and

St George Park in east Bristol, to catch storm water sewage before it reaches our rivers.

It will give Bristol City Council £1 million for a green spaces improvement fund to make up for the disruption

caused by closing the parks while the interceptor tanks are installed.

Councillors and environmental campaigners have welcomed the action **Turn to Page 2**

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Our June edition deadline is July 15th. 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.

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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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Park closure fears

From Page 1

sewage pollution but people in Westbury and Henleaze say there are questions to be answered before the work begins.

In Canford Park, the main grass area will be closed for up to two years for the installation of the biggest interceptor tank. In Old Quarry Park, the grass area would be closed for one year while a smaller tank is installed. The three Liberal Democrat ward councillors say they are pressing Wessex Water to ensure that play areas and other facilities remain open throughout.

Wessex Water has a legal duty to undertake the works as the sewerage provider and does not need to seek planning consent.

Wessex Water chief executive, Ruth Jefferson, said: "The Bristol Green Spaces Fund will help community organisations deliver projects that encourage greater participation, improve

access and create safer, more welcoming spaces for local people."

Conservatives in Westbury and Henleaze say they support the moves to tackle sewage pollution and they welcome the £1 million secured for the parks.

But they are concerned that local people have not been given enough information.

They want to know:

- Exactly which areas of the parks will be inaccessible and for how long?
- Will play areas and other facilities remain open throughout the works?
- What steps will be taken to minimise disruption to residents, dog walkers and local sports teams?
- How will the £1 million improvement fund be spent?
- What alternative provision will be available while the works are taking place?

We Love Stoke Lodge campaigners say they would like to see more public access to that site while Canford Park is closed.

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NEWS

Flood of support after break-in

A BREAK-IN and theft from a church and foodbank left its community shocked and disgusted - but delighted by the offers of help from residents and other churches.

The Ebenezer Church in Filton Avenue said that it was 'deeply saddened' by what happened at the end of May but gave thanks to all locals and organisations who had rallied round and provided 'incredible' kindness and support.

The early-morning break-in resulted in the theft of items of significant value from both the church and foodbank offices, and the Transit van used by North Bristol and South Gloucestershire Foodbank was also taken from outside the building. At the time, the church posted on social media: "We are deeply saddened by what has

happened, but both the church and foodbank remain committed to serving our local communities and continuing to bring practical support, compassion and HOPE."

The following day, it was announced that the van had been found undamaged overnight, but other items stolen from the church and foodbank, including a safe and laptop, have still not been recovered.

Stewart North, one of the church leaders and chair of trustees at NBSG Foodbank, told the Voice: "There has been progress with the police investigation into the break-in and hopefully some announcement will happen soon."

"The public support with some financial support for the foodbank and the church has been so helpful in covering some

of the expenses that insurance doesn't cover. We have been blown away by the public support and seen an increase also of donations to the foodbank at a time where the foodbank stocks were low anyway."

He added that the break-in also proved that "in local neighbourhoods, we care about the spaces where we gather to connect and build community and Ebenezer Church is one of those spaces."

"Both the church and foodbank want to continue to look out for those struggling in crisis by offering food and wraparound support and advice to help people work through those tough times in life to a better place. We want to encourage everyone to be looking out for our neighbours in supportive ways."

Couple call time at pub

IT'S last orders for the landlords of a popular Westbury-on-Trym hostelry following a battle with the pub operators.

As reported in the Voice in February, Lee and Gemma Whitelock were dismayed to see The White Horse, which they had run for more than a year, being marketed for sale.

They had signed a temporary six-month lease with Stonegate for the High Street pub and were on a rolling month-by-month lease after that. Lease negotiations continued, with the couple having already spent over £30k of their own money, and facing the responsibility for ongoing renovations and repairs.

At the time, Lee and Gemma were determined to resolve the issues and continue to build the pub into a real focus for the community. Sadly, however, for the couple had to admit defeat, posting the news on social media in June, with the doors finally closing on June 26.

Now having to "relocate and restructure our entire lives", they stated that they were "heartbroken" to be forced into this position. They told customers: "We want you all to know we fought as hard as we could and tried our best to avoid this, but with no support, repair work or communication from Stonegate and them deciding to sign a lease with a new tenant without so much as a conversation with us, on top of the building literally crumbling around us and costs spiralling it's just not sustainable and we can't continue to keep fighting to stay."

A spokesperson for Stonegate Pub Partners said: "We have accepted an offer from a new publican for a long-term lease at The White Horse. The pub will reopen under new management shortly, and we look forward to seeing it continue to serve the local community as a valued local pub."

Flamingo Chicks go rocking and flocking around the clock

A 24-HOUR dance festival organised by the Flamingo Chicks charity transformed Bristol into a global celebration of movement, culture and connection.

The unforgettable, round-the-clock event brought together 342 participants aged 1 to 100 for a journey around the world, with a different dance style every hour - from Reggaeton and Bharatanatyam to Breakdancing, K-Pop, Forró and Flamenco

The event included virtual links between schools across the UK and collaborations with young people in Tanzania and care home residents Katherine House and Field House.

At its heart, the festival championed Flamingo Chicks' mission: ensuring that disabled and non-disabled children and adults can dance side by side, building a true sense of belonging.

Katie Sparkes, founder and CEO of Flamingo Chicks, said: "The Flamingo Festival is all about inclusion, connection, confidence and making dance accessible to everyone. There's



Participants make sure the event is full of cheer

huge energy in the room and a dance floor full of people proving just how powerful movement in any form can be," explained

"This phenomenal feat was only possible thanks to an army of volunteers and corporate supporters who turned out in force, alongside the invaluable support of The National Lottery

Community Fund. We truly appreciate the part everyone played in making this magic possible."

Even in the early hours of the morning, the energy never faded, with participants embracing styles from House dance and Waacking to Japanese parasol dancing.

COMMUNITY NEWS

WESTBURY ON TRYM SOCIETY

THE village centre is now much brighter following the recent plantings undertaken by Blaise nurseries and organised by the Society. Unfortunately, the hanging baskets on lampposts and above shop fascias have not been provided this year, largely due to the influence of 'health and safety'. However, Westbury on Trym Mens Club has organised its own hanging baskets, as has the White Lion at the other end of the village.

We were especially saddened to see that Kemps Jewellers will be closing at the end of July after 145 years in business. This is one of 4 businesses directly affected by the planning application to demolish part of the Carlton Court. This is just what the owners of Carlton Court wanted to happen, to assist the plans for elderly persons accommodation. However, as the Society has made clear, planning policy does not support the loss of shopping and service provision in the heart of town centres. Recent changes have shown that there is still strong demand for shop units in Westbury



The prolific white roses in Canford Park's sunken garden

with the reletting of the former Preserve shop on Westbury Hill and Blush shop on Canford Lane.

Society members are continuing to maintain the sunken garden in Canford Park. Until 2018 this was a formal rose garden, but was then re-planted in the modern ecological style, with wildflowers and plants designed to attract bees and insects. Sadly, even these species are not immune from the need for maintenance, which is an ongoing problem for the council. Our volunteers are gradually getting the garden under control and it is currently starting to look good again with lots of colour at

present. We continue to press the council to ensure that our work is not undone by less frequent grasscutting.

We replanted one of the circular beds with bare rooted roses at the end of March, which was rather late for such work. For a while we were concerned that many of them had not survived, however, I can now report that all are in leaf. After planting, they need time to establish a strong root system, so we do not expect many of them to be blooming this year.

We can always do with more help, as once we have cleared a bed of weeds, they are very quick to re-establish themselves. So, if you can spare a couple of hours, our July sessions will be on Wednesday 8th July and Friday 17th July from 10am till lunchtime.

The Society's next talk in Westbury library is on Thursday 16th July at 8pm and will be given by Ian Witham on the work of the Friends of the Downs.

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

ST PETER'S CHURCH, HENLEAZE

ST PETER'S will celebrate its centenary at the Patronal Festival on Sunday July 5 with a Come and Sing Choral Evensong.

Anyone who'd like to join in is invited to pick up music and rehearse place from 2pm, with the service beginning at 5pm. The service will be followed by a reception, including finger food and drinks.

On July 18, the church is holding its Summer Fair in aid of its Later Life Hub, which encourages people over 50 to thrive. The fair takes place from 2 - 4.30pm and will showcase the church's activities and priorities as well as offering a variety of stalls and refreshments.

Built in 1926 when Henleaze became a separate parish from Westbury-on-Trym, St Peter's was designed to be 'light and commodious' and was joined by its Hall in 1937.

With a long history of engaging with its local community, the church hall served as a military convalescent hospital during WWII and later became a popular venue for dances and events.

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NEWS

Home EV charging 'too expensive'

AN innovative trial in Bristol making charging electric vehicles at home easier has been criticised for costing too much. Digging a gully in the pavement to pass a cable through from a house to an on-street parking space is expected to cost residents £2,000 to £6,000.

Bristol City Council is launching the gully charging trial to encourage more drivers without driveways to switch to electric vehicles. EVs pollute the air and contribute to climate change less than petrol or diesel cars, but the cost and difficulty of charging puts many drivers off the switch.

A common problem faced by people who don't have a driveway outside their house is running a cable across the pavement. This creates a trip hazard and is technically illegal, although many drivers do so anyway. The gully charging trial aims to get around this problem



A pavement gully

— but at a price.

The gully is a small trench running along the pavement in which the cable sits flush, so there is no trip hazard. An update was given to councillors on the environment policy committee in May.

Green Councillor James Crawford said: "I have had some feedback that the cost of that seems relatively high. EVs are relatively expensive anyway, so any way that we can make it cheaper and easier for residents to decarbonise would be really beneficial."

The council is taking applications from people who want a gully dug on the pavement outside their house. Initial estimates range from £2,000 to £6,000, which residents will have to pay, to get the gully. However, for this amount of money, you could buy both a second-hand Volkswagen Polo and a second-hand Ford Fiesta, both petrol cars.

Sam Robinson, the council's head of City Leap client and energy service, said: "I saw £2,000 to £6,000 quoted, which is hedging our bets a bit. We've had, I think, over 100 expressions of interest, but the development work hasn't been done yet to see what that looks like on the ground — hence the quite broad range that's been quoted."

"For context, my charger at home was £1,200 on the drive. So if you're at the £2,000 end, you're not a million miles

away. But clearly if you're at the £6,000 end it's a big gap and the payback period is going to be challenging."

The actual costs for residents will become clearer once the team has worked through the applications. From August until June next year, the gullies will be installed in batches. Then from July next year until August 2027, the council will monitor and evaluate the project.

Many houses in Bristol are part of Victorian terraces with no driveways and high demand for parking spaces. Another problem with the trial that has been raised is that even if you pay to have a gully installed outside your house, you cannot reserve the parking space. Public chargers meanwhile have been criticised as expensive and not always well maintained.

By Alex Seabrook, Local Democracy Reporting Service



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NEWS

Playgrounds app proves a boon for families



Daughter Martha tries out the newly refurbished Kingswood Park

A REDLAND mum has launched an app designed to encourage children and families to explore more of the city's parks and green spaces.

The Bristol Playgrounds app allows users to discover, visit, and log parks across Bristol, while building their own virtual playground that grows the more places they explore.

The idea came from Emily Smithson, a maths teacher turned app developer, after she began visiting parks across the city with her three daughters during the pandemic lockdown. She began blogging about their adventures, sharing reviews of each park they went to, and soon other parents began recommending new places for her family to visit.

Inspired by the Gromit Trails, Emily decided to turn the idea into an interactive app that could help other families find new parks and make outdoor adventures more exciting. One of her daughters, who was 10 at the time, even helped design some of the characters featured in the app.

Emily, whose daughters Jess, Sophie and Martha are now 17, 14 and 11, has updated and relaunched the app in time for the summer holidays. She said: "It's to encourage other people to get out there and visit other parts of the city because there's so much to offer and it's all free - so that's amazing."

"I think, especially since Covid, our kids have been so constrained by it, they've had such a different upbringing, and this is just a really great way to get them outside and exploring and adventuring."

The app features information on 59 parks mainly across Bristol and South Gloucestershire, helping families find the perfect place to visit. Users can filter parks by facilities such as cafés, toilets, duck ponds and playgrounds, as well as find directions and details about each location.

To make exploring feel



Emily Smithson, who founded the Bristol Playgrounds app

like a game, children can earn rewards and collect items for their own virtual playground. Each park visit unlocks a new piece of equipment, while special challenges offer extra rewards - including an early bird award for visiting before 9am and a prize for completing all the adventure playgrounds.

Emily also created printable versions of the activities, recognising the irony of encouraging children to spend less time on screens while using an app to do it.

"I feel like parents can use the app to find playgrounds and then there's a printout so the kids can have a physical thing to rate the playgrounds," she said. "There are also a few activities they can do."

Having visited most of the parks in the city, Emily knows a thing or two about Bristol's best playgrounds. Her daughters are big fans of larger parks such as Blaise Castle Estate and Hengrove Park, but Emily prefers something a bit more low-key.

"Those huge parks are amazing, but as a parent I sometimes find them a bit overwhelming," she said. "My personal favourite is probably Page Park in Staple Hill - it's just got absolutely everything."

By Ailsa Marshall

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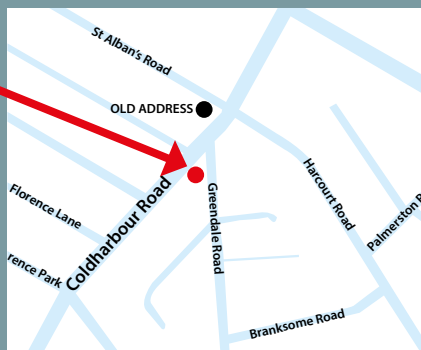
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NEWS

Calling all gardeners – the secret is out!

THE Westbury on Trym Allotment and Gardens Association (WOTAGA) may be one of the village's best kept secrets. Yet it has been in existence and thriving for over 30 years.

The Society has a membership fee of only £5 a year, (not much more than the price of a cup of coffee), and for that members get 50% off all seed orders from Dobies, and 20% off live items. They also get access to discounted garden supplies at the very successful Trading Hut on the allotment site on Falcondale Road, just opposite the BP Station.

The 40 plots run alongside the River Trym and just by the main entrance is a large hut where WOTAGA sells a wide variety of gardening supplies at discount rates. The most popular items are the many varieties of compost, manure and soil, along with other indispensable items for the successful gardener. This spring, they were able to give all members a free bag of compost supplied by Bristol Waste.

The joy of this Trading Hut, which is open every Saturday morning from March to early September, is that it is right on the doorstep, saving members time and money driving out to Almondsbury or up to Blaise.

You might also have seen them at the annual Westbury on Trym Village Show where every year they have a stall selling produce and also sponsor a trophy for most successful exhibitor in show, now named the Roger Smith Cup in honour of the eponymous Roger who for many years was Chair of WOTAGA until he stepped down in 2024.

During the summer WOTAGA arranges events such as a summer BBQ or other social activities and each year WOTAGA members join Sea Mills Garden Club for their annual outing. This July, the trip will be to two amazing gardens, firstly Stockton Bury Gardens in Herefordshire and then on to Westonbury Water Mill Gardens

Members connect with each other through a WhatsApp group where people share information, ask questions and pick up gardening tips

WOTAGA members come from across the neighbourhood. Some are gardeners without an allotment whilst other members have an allotment on sites around Westbury including Stoke Lane, Canford B and E, Falcondale Road, and Monsdale Drive.

They would very much welcome new members from amongst the Voice readers. To join, email Liz on contactwotaga@gmail.com



THE VOICE KEEPS YOU UP TO DATE WITH WHAT'S HAPPENING IN YOUR AREA



Fragrant way to raise funds

A BEAUTIFUL new rose named in honour of actress, presenter and gardener Caroline Quentin is raising funds for St Peter's Hospice.

The 'Caroline Quentin' rose was unveiled at the RHS Chelsea Flower Show 2026, and is an elegant, fragrant floribunda with soft pink double blooms, glossy dark green foliage and an intense floral perfume. It has been bred for modern gardens and flowers repeatedly throughout the season.

Caroline said: "I am chuffed to bits

to have the prettiest, pinkest, sweetest perfumed rose I've ever seen, named after me. To think this gorgeous rose will carry my name into the future is such an honour."

Garden experts Thompson & Morgan say for every full-priced rose sold £1 will be donated directly to St Peter's Hospice, a charity that holds special significance for Caroline.

The Caroline Quentin rose was on show at the hospice gardens in Brentry last month.

NEWS FROM SusWoT

On safari in north west Bristol

TO investigate the cause of pollution in the Trym and Hazel Brook, a group of volunteers associated with Trout in the Trym has just completed Bristol's first Outfall Safari. This was modelled on an approach developed by the Zoological Society for London.

Ten individuals donned waders to walk in pairs on predetermined stretches of the river, at least four days after any rainfall. They started at Sea Mills, working upstream to Shetland Road in Southmead (Trym) and up near Catbrain Hill (Hazel Brook). 63 separate outfalls were recorded, including descriptions, key data, photographs, and precise locations.

Eight of these outfalls were reported: four to Wessex Water for follow-up action (as potentially from misconnected drains), two to Bristol Water (as potential water supply leaks), one to the council (it is damaging a footpath), and one to the Environment Agency. Several will now be closely watched in the months ahead.

Organiser of the safari, Peter Coleman-Smith, said: "I was pretty surprised - and pleased - at how few problematic outfalls we found and how little sewage debris. So, not many misconnected drains. This, plus the appearance of many recent pollution events and their transient nature, points to abuse of roadside drains as the key source of visible pollution in the Trym."



Kai and Peter checking an outfall

Abuse of drains is where paint, oil, plaster-washings, chemicals, etc., are poured into the surface water drain network. Contaminated water then flows directly into rivers and streams with no treatment. In addition to pollution, drain abuse can also lead to blockages or damage to drains.

Liquid paint, oil, etc., are classified as hazardous chemical wastes as they contain toxins, heavy metals, or volatile organic compounds (VOCs). Disposing substances like this via internal sinks or external storm drains is actually a punishable offence. Instead, Household Waste Recycling Centres should be used, and they can give advice about how to dispose of different materials correctly, within the law and minimising environmental

damage.

Participants of the safari really enjoyed it, welcoming the chance to do something for the river. Feedback included:

- I thoroughly enjoyed my safari and feel so rewarded just helping to look after the Trym.
- It's great that we now have all that information to hand to direct future attention/reporting.

Prepare for the Village Show

It is time to start planning your entries for the Westbury on Trym Village Show this September. SusWoT sponsors three classes, inspired by our main activities of growing and food, and removing rubbish from green spaces.

- Class 92: A plant in pot that produces edible produce
- Class 93: A vegetarian dish (sweet or savoury) where the main ingredient is home grown
- Class 94: An artwork representing a tree made from recycled materials.

Get Involved

All our usual activities continue through the summer months. For more information or to volunteer, visit suswot.org.uk or email suswot2050@gmail.com.

Peter Coleman-Smith
Liz Viggars

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■ FROM BRISTOL NORTH WEST'S MP

AI is changing the jobs landscape

As a government minister, it's unusual for me to be introduced on a political TV programme as the second-choice guest. But BBC Question Time recently did an AI special in which the producers weren't limited to living humans.

And so, presenter Fiona Bruce first introduced the panel for the programme as Winston Churchill, Frida Kahlo, Mahatma Gandhi, and Emmeline Pankhurst – before the real human panel was then revealed.

The idea behind the stunt was to show the incredible advances in artificial intelligence (AI). But it also highlighted the worries people understandably have on the wide range of tasks computers can now do for us and how AI will change the jobs landscape.

Service industry jobs are most at risk of changing, which is why I called for workers to have access to training at work on how to use these new technologies. It's also why this government is upskilling 10 million workers in AI skills –

that's about a third of the entire workforce!

Here in Bristol North West, it's estimated that we'll see the greatest impact on transport and logistics roles, with robots being used for warehouse order picking in Avonmouth, and to automate deliveries. Workers should be given the chance to learn how to maintain and operate these robots, for example, instead of just losing their jobs.

These choices are not just for government but for us as customers, too. On a recent constituency visit to Bishopston Fish Bar, I saw a pilot by JustEat and Delivers. AI to test autonomous delivery robots. Crucially, you get to decide whether a robot or human delivers your food when your order.

On 8th June, the Prime Minister also announced a new AI work assistant tool to help job seekers get into work – like having a Jobcentre in your pocket. The tool is being trialled for three months at jobs.service.gov.uk.

We're also giving young people the skills and degrees and technical training that's best suited to the modern economy coming out of the education system by investing £187 million in the TechFirst programme and launching the first ever level 4 apprenticeship in AI.

AI and robotics will also modernise our public services. At Southmead Hospital, for example, I recently observed a robotic-assisted surgical procedure.

These state-of-the-art surgical robots have 3D visualisation and instruments with more degrees of motion than the human wrist, which has made more complex operations possible with minimally invasive techniques.

AI is going to change how we work, shop, access support and live our lives in the future. I hope you take the chance to give it a go and learn how to use these new tools, and I'll continue to make the case that government must make sure that we regulate them to put



Darren Jones
writes for
the Voice

people and workers before profits for the big tech companies.

• As always, if you need my help or have a question, you can get in touch with me 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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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 long-stop 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



Martin Hall – Solicitor and Head of Civil Litigation

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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NEWS

Children's LitFest set to make a splash

A NEW children's literary festival will transform Clifton into a hub of imagination, storytelling and family fun this summer on Saturday 11 and Sunday 12 July.

Taking place in and around Clifton Library, the two-day festival will bring together bestselling authors, live performers, interactive workshops and creative activities for children aged 3–10, with events for older children and young people.

Following the success of last year's Clifton LitFest, the new family-focused festival has been made possible thanks to proceeds from the original event being reinvested directly back into the local community. The aim is simple: to inspire a lifelong love of books, storytelling and creativity in children of all ages.

Among the headline attractions will be Bristol's much-loved mermaid performer, Ruby Rockpool, who will be making a splash across the festival weekend with magical appearances guaranteed to delight young audiences.

The programme will also include a series of bilingual 'Speak in Tongues' storytimes, where children can hear classic stories read in both English and a second language, including Italian, Mandarin, Spanish and French, helping young audiences discover new words and cultures in a fun and interactive way.

Award-winning Bristol author, illustrator and animator Mikey Please will appear on Sunday with a series of live events inspired by his bestselling



Mermaid Hannah Pearl, author of the Ruby Rockpool books, will entertain audiences at the Children's LitFest

picture books *The Cafe at the Edge of the Woods* and *The Cave Downwind of the Cafe*. Families will be able to enjoy illustrated storytelling sessions and musical draw-along workshops where children can learn to sketch beloved characters René and Glumfoot alongside cosy café soundscapes.

The packed programme will also feature author events and creative workshops from a range of much-loved children's writers and illustrators, including fantasy author Ash Bond, illustrator Yasmeen Ismail, author and environmental storyteller Martin Kiszko, poet and performer Tom Bonson, illustrator Hannah Rose and interactive sessions from The Bristol Crocodile.

Alongside the literary programme, the festival will include illustration workshops,

live storytelling, family activities and face painting across Clifton, and Pokémon card swap sessions designed to appeal to older children and teenagers.

Paula O'Rourke, Chair of Clifton LitFest, said: "We are delighted to be launching the first Children's LitFest. We want children to discover the joy of

books, stories, creativity and imagination in a welcoming and fun environment. We are especially pleased that the success of last year's literary festival has enabled us to invest directly in young readers and families."

Edouard Gallais, events manager at Waterstones, added: "We're very excited to open this new chapter in the Clifton LitFest and offer this children's programme in 2026, the National Year of Reading. Events with brilliant local authors and illustrators are a wonderful way of introducing children to the fun of reading and sharing stories."

Organised by Friends of Clifton Library, in partnership with Waterstones and the Clifton BID, all festival events will be free to attend, with tickets being available to reserve online via Eventbrite. Further details, including programme information and booking details can be found at <https://www.waterstones.com/events>



Friends of Clifton Centre and Library have donated £5,000 to the city's libraries and £2,500 to fund the new Children's LitFest

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FROM YOUR COUNCILLORS

Southmead: Kaz Self and Kye Dudd (Labour)

Area Committee progress

Bristol has nine area committees made up of the local councillors who make decisions on how local funds (like Community Infrastructure Levy) are spent. Southmead is part of Area Committee 1, which also consists of Horfield, Henbury & Brentry and Avonmouth & Lawrence Weston wards.

Area Committees meet in-person twice a year to decide which local projects to fund. They also meet online twice a year to discuss updates in their areas.

At our in-person meeting at the Greenway Centre on May 11 we asked council officers to look in detail at a number of projects in Southmead, including investment in parks, transport improvements and other community infrastructure. We are now in Stage 2 of the process to decide what proposals to fund. There will be a technical assessment of each project before the Area Committee decides whether to formally approve them or not later this year.

Communal waste bins

We have been in touch with the Bristol Waste about the yellow communal waste bins on Ullswater Road, just off Arnside Road. Misuse of these bins is exacerbated by broken locks, an issue which Bristol Waste has promised to address.

Morrisons closure

Sadly, the Morrisons daily on Arnside Road is



one of the stores recently identified for closure (we've been told no earlier than Friday 17 July). This store contains a Post Office counter, a valuable community asset used by many local people. We have been in touch with the Post Office and other local retailers about relocating its counter elsewhere in Southmead.

Greenway pharmacy opening

The Greenway Pharmacy has stopped opening on Saturdays, meaning that local people now have further to travel to pick up prescriptions on that day. Cllr Kaz Self raised this as an issue at a recent Health Overview and Scrutiny Committee meeting. Following the closure of Boots on Southmead Road in 2024, we are

concerned that local pharmacy provision is being lost to communities.

Cribbs Patchway New Neighbourhood funding

At a Transport Committee meeting on May 14, the Committee approved an application for a potential £3million pot of money for transport improvements to mitigate for the new Brabazon development on the old airfield. Cribbs Patchway New Neighbourhood funding will primarily be used for improvements on the A38 Gloucester Road and the B4056 Southmead Road, although some has been allocated to improved crossing points and dropped kerbs with tactile paving along the Number 2 bus route through Southmead.

Happy Pride

Bristol Pride celebrates the LGBT+ community and culminates on Saturday 11th July. This is a city of inclusion where all are welcome; nothing exemplifies this more than the colour, spectacle, and celebration of Pride on the Downs. All events held on the Downs pay a fee, helping towards the maintenance and upkeep of this wonderful green space.

Kye & Kaz

Contact us

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FROM YOUR COUNCILLORS

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

New plan to clean up the River Trym Sewage interceptor tanks are to be built below Canford and Old Quarry Parks

Wessex Water plan to build large underground tanks to catch storm water sewage overflows and stop it from reaching our rivers. The tanks will be sited underneath two of our ward's popular parks, which would be partly closed during construction. Another large tank is to be constructed underneath St George Park.

We are glad Wessex Water are taking action to protect the River Trym. However, this environmental win comes at a cost to local people, who won't be able to use the parks while the tanks are being built. The council has obtained an agreement from Wessex Water for a parks improvement fund of £1 million, which will be spent improving the three parks affected and some other green spaces in the local areas.

In Canford Park, the main grass area will be closed for up to two years for the installation of the biggest interceptor tank. In Old Quarry Park, the grass area would be closed for one year while a smaller tank is installed. Your councillors are pressing Wessex Water to ensure that play areas and other facilities remain open throughout. As the sewerage provider, Wessex Water have a duty to undertake these works, and they also have the legal rights to do them, without needing permissions from the Council. In these circumstances, your councillors will do our best to reduce the disruption, and get the best outcomes for local people – including an end to sewage pollution!

Northumbria Drive junction to be resurfaced

The junction between Northumbria Drive, North View and surrounding streets has deteriorated to such an extent that it needs completely resurfacing. All three of your councillors have reported this to Highways, backed up by complaints from many local residents. A full resurfacing has now been scheduled for July. Bristol City Council's road repair fund was increased by £1 million this year thanks to a Lib Dem budget amendment voted through in February. This follows the resurfacing of the top of Parys Lane that was pressed for by Nicholas and the Parys Lane area around the crossing by Ormerod Road that Stephen secured a couple of months ago.



Stoke Lane zebra crossing

Your councillors have backed proposals for a zebra crossing on Stoke Lane. This would complete the circuit of zebra crossings around the Westbury-on-Trym war memorial. Councillors have voted to develop the scheme further, including a site visit, before a final decision on funding later this year.

Downs changing rooms

The Downs Football League has over forty teams from across the city – one of Britain's biggest amateur leagues. The changing rooms are no longer fit for purpose and need to be replaced, costing millions. The Downs Committee, of which Caroline is a member, has been pressing for action for many years. Stephen, as chair of the Council's Communities Committee, has met with the FA and Football Foundation and is working with council officials to find the money needed for a rebuild.

Van dwellers move away from the Downs

Following the granting by the court of a possession order and injunction covering the highways around the Downs, the area is now free of the hundred or so lived in vehicles that had been parked there for many years. At the same time, the council is providing advice and sourcing alternative sites for people affected. We have been working to achieve this combined approach, with both support and enforcement, to make interventions sustainable. Signs will be erected soon making the rules clear and the Neighbourhood Enforcement Team and police have leaflets for any newly

arrived vehicle owners to remind them that the injunction is in place. In September, the county court judge will reassess the injunction to decide whether it should stay in place.

Our main focus now is on making sure that all the waste, detritus and any hazardous materials are cleared away. Bristol Waste and the council's parks officers are coordinating and we have been submitting photographs of areas still to be cleared. If you spot any areas send us photos, with clear identification of the sites. While there is still work to do, it is clear that the plans that we developed are now working to restore the Downs to Bristol's premier green space for the enjoyment of everyone.

Blue badge holders parking survey

People who use a Blue Badge in their car are being invited to share their thoughts on what it is like to travel and park across the city. Working with the Disabled People's Strategic Transport Advisory Group, a survey has been developed to help the council better understand what is important to disabled people when using their blue badges.

From parking on street using pay and display spaces to using disabled bays in council car parks, having a Blue Badge can make it easier for Disabled people to park closer to their destination - whether they are driving or travelling as a passenger.

Responses to the survey will provide valuable insight into how arrangements work in practice and how future transport and street design projects can be improved to make Bristol more accessible for Disabled people. The survey can be found on the council's website section for 'consultation or engagement'

Funding for new secure bike racks

The council has funds this year to install new bike parking racks across the city. The racks must be sited on the pavement, at popular locations such as shopping areas, libraries, schools and so on. Please send us any suggestions for potential local sites.

Contact us

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BOOK REVIEW

She Who Remains

by Rene Karabash

SHE Who Remains is a Bulgarian novel translated into English and shortlisted for The International Booker Prize. The story is written in a stream of consciousness style. There is no formal sentence structure providing the reader with lyrical free flowing passages, providing a passionate and propulsive rhythm to the narrative. The story jumps back and forth in time as we follow the life of Bejika, from her conception in a remote Albanian village to the present day, as she recounts her amazing story to a visiting journalist.

Bejika is born into a patriarchal society, where women are told not to look men in the eye, to stay away from the pub and to spend their time, minding the children, washing clothes, cleaning the home and preparing the family meals. Her father Murash, is desperate for a son. He refuses to touch or speak to her for the first

year of her life. She has a younger brother, Sale who is also rejected by her father, as his sensitive and caring soul, prevents him from engaging in the manly pursuit of hunting and killing of animals for food.

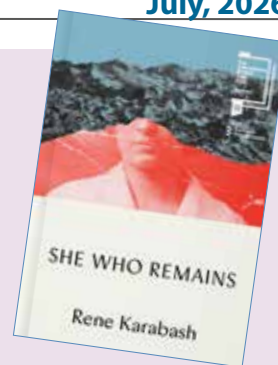
Bejika gradually gains her father's love, eagerly carrying out work around their farm and joining him on his hunting expeditions. Her life is transformed by meeting Dhana, a Bulgarian girl who spends each summer with her great-grandmother who lives in the village. They become inseparable, meeting up every evening in the dairy, where Dhana reads her favourite books to Bejika. Their close relationship quickly becomes the subject of village gossip.

Murash reacts by informing Bejika that she is to be married off to Nemanja, a local boy. Bejika escapes the marriage

by becoming a sworn virgin, renouncing her womanhood to live as a man. Her decision sets off a chain of events, including the murder of her father and the disappearance from her life of both her brother and her beloved friend.

This novel is an engaging queer love story, with the author providing us with nuanced and skillfully drawn characters, imaginatively translated by Izidora Angel.

It is above all, a story about resilience and survival, in a world where all the odds appear stacked



against you. A big shout out to locally based Pierene Press for naming both author and translator on the front cover.

For this book and many more, please visit your local library.

Review by Bob Deacon, from Bishopston Library

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NEWS

Bristol inspires Tracy's first novel

AUTHOR Tracy Maton's writing career started thanks to a flyer in the window of the Durdham Down Bookshop in Westbury Park, which advertised a writing class at Clifton Library run by Bristol City Council.

On a whim, she cycled over and a love affair began. Now, that love affair has led to the publication of her first novel, *The Artful Anna Harris*.

Many Bristol people and institutions have been part of her journey to publication.

- The Show of Strength Theatre Company, based in Bedminster, performed two of her monologues in a show at the Create Centre.
- A Bristol-based producer chose one of her short stories for BBC Radio 4, after which, Tracy enrolled on a part-time diploma at the University of Bristol to study creative writing and while there won a national short story competition.
- She went on to write for children, visiting many Bristol



Tracy Maton, whose first book, a psychological thriller, has won praise from critics

schools and libraries to run story-making workshops, before turning her attention to adults.

Her debut psychological thriller is the result of deciding to write what she knows and what she loves.

"What I know," explained

Tracy "is the ebb and flow – sometimes supportive, sometimes stultifying – of living in a small village, because I grew up in one. What I love is *The Talented Mr Ripley*, both the book by Patricia Highsmith and the screen adaptations, because Tom Ripley is such an excellent, morally repugnant character. *The Artful Anna Harris* is the product of these two quite different worlds."

Readers meet Anna Harris as she lies dormant in the depths of the English countryside, about to be poked awake by Sofia, a charismatic newcomer. Poor Sofia. She would have had a happier ending if she had left well alone. The reawakened Anna, bored by her relationship with dependable Ben and suffocated by his close-knit family, encounters the very charming Mark and, on impulse, borrows Sofia's identity to start an affair.

Increasingly Mark feels like the solution to her perpetual

Tracy Maton's book



dissatisfaction. What a shame, he, too, has something to hide.

A review by Publishers' Weekly US says: "Anna's cool, unreliable narration calls Tom Ripley to mind, but Maton freshens up familiar tropes by giving her protagonist uncommon dimension. The result is irresistible." The Sunday Times described the thriller as 'disturbing' and Anna Harris as 'ruthless.'

Tracy added: "The Artful Anna Harris was, in part, written in coffee shops in Henleaze and Westbury-on-Trym and I hope one day to spot someone reading my book in one of them!"

The book is available from any bookshop, online or in-store



Beyond the Clinic

The OR KU team has been out and about again attending both the **Business Expo** at the **BAWA** club and the **Henleaze May Fair**. It's been great meeting local people, businesses, and familiar faces along the way.

One thing we hear often is: "I've thought about seeing a chiropractor, but I'm not sure where to start."

That's exactly why we enjoy bringing Chiropractic outside the clinic walls. At our events, we offer free posture, movement and spinal health checks. Giving people the chance to ask questions, get advice, and better understand their body in a relaxed setting.

Next up, We'll be at the **Bristol Harbourside Festival**, so if you see the OR KU team under our green banners, come say hello and get checked! We'd love to meet you.

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NATURE WATCH with Dawn Lawrence

Grasshoppers: a celebration of summer

AS I write this in mid June, spring seems unsure about leaving us and stormy clouds are creeping across the white and blue of a more summery sky. But already we can see that insects are doing rather well, building on the success of last year following a series of poor years. Recent excursions have discovered good numbers of my favourite group: the bush crickets and grasshoppers.

I have mentioned before the summery-singing dark bush crickets with their exceedingly long antennae – easily found by tracing a gentle “tssp tssp”, coming from a bramble patch. Grasshoppers look rather similar but have short, rather thick antennae. In ideal conditions they can be hard to miss with dozens of grasshopper villagers leaping from your every Gulliver footstep, although such conditions have been rare in recent years. If found, this abundance is usually a display of meadow grasshoppers – generally a fairly uniform green and our commonest species. They thrive where the different grasses have grown tall enough to bear the shimmering clusters and the chunky spikes that are their flowerheads, in the long grass on the Downs for example. But even in the more urban parts of the city, especially where there is some



Field grasshopper posing on a bramble leaf
Photo by Rupert Higgins

sparse vegetation adjacent to bare soil, along a path in a sunny section of an alleyway, for example - you might find field grasshoppers.

On my allotment my disgraceful patches of long grass (mainly false oat grass, queen of the shimmerers) sometimes turn up a grasshopper or two. These are invariably field grasshoppers; the species is a good flier and travels around more than the meadow grasshopper. Its chunky face with big staring eyes cautiously peers at you, perhaps from around the other side of a grass stem. They are amongst the

few insects that seem to really look you in the eye and this elevates them above the moth or the butterfly in my opinion. They are only about 2cm long but with a hoop-stripped body, a couple of chevrons like reversed brackets on their back and, sometimes, a brick red tail end, they are attractive little fellows and I enjoy their companionship even as I fight back the thuggish shimmerers.

Our grasshoppers are vegetarians, feeding, as you might expect, mainly on grasses and they complete their life cycle within one year. Both meadow and field grasshoppers sometimes lay their eggs in the light soil of an anthill where the eggs hatch to produce a tiny larva, ignored by the ants, which wriggles to the surface and casts its larval skin to become a miniature version of the adult, barely a few millimetres long. They then shed again, usually three more times, to emerge as adults around midsummer. The males then sing, each species with its own tune, by rubbing their elongated back legs (also used for the characteristic hopping motion) against special pegs on their wings. An ephemeral celebration of summer, they are gone with the first frost, over-wintering as eggs.

© Dawn Lawrence



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PHARMACY COLUMN

Is your child protected against Meningitis B?

MANY parents assume their child has received all routine meningitis vaccinations. However, for thousands of children and teenagers born before September 2015, this may not be the case. Kellaway Pharmacy can help secure this protection.

Meningitis B (MenB) is a serious bacterial infection that can cause meningitis and septicaemia (blood poisoning). Although uncommon, it can become life-threatening very quickly. Some survivors are left with lifelong complications, including hearing loss, epilepsy, brain injury or limb loss.

While babies and young children are most at risk, teenagers and young adults are also vulnerable, particularly when social mixing increases at sixth form, college and university.

The vaccination gap
The NHS introduced routine

MenB vaccination for babies born from September 2015 onwards. This means many older children and teenagers were not eligible for the vaccine as infants and may have little or no protection against MenB disease.

But my child received a NHS Meningitis ACWY vaccination?
Young people also now receive the MenACWY vaccine, but this protects against different strains of meningococcal disease and does not protect against MenB. This sometimes confuses them and parents.

Recent cases and fatalities among young people have increased awareness of this important vaccination gap.

New Government vaccination programme
In response to growing concerns, the Government has announced a one-off MenB vaccination programme starting in July 2026

and Kellaway Pharmacy will be part of it.

The programme is aimed at:

- Year 13 students
- Young people under 25 starting university for the first time
- Young people under 25 entering residential further education for the first time

Eligible young people will be offered the required two doses, with the first dose in July (or from late July) and the second dose in August, so they are protected before the higher-risk autumn academic term begins.

Could your child be unprotected?
Your child may wish to check their vaccination status if they:

- Were born before September 2015
- Are unsure whether they received MenB vaccination
- Are starting sixth form, college or university



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• Will be living in shared accommodation
Need advice or to book?
Families who are unsure about their child's vaccination status should speak to their GP Surgery.
At Kellaway Pharmacy, our team is happy to advise you alongside providing the NHS service, subject to eligibility and our popular, affordable Private MenB vaccination option, helping families protect their children against this serious disease. Call us to book on **0117 9246579** or just come in.

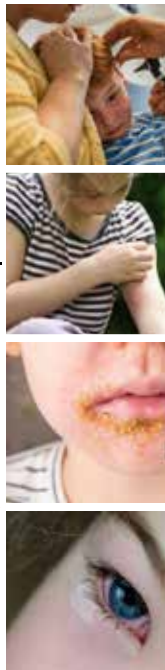
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Is Your Child Fully Protected Against Meningitis B?

Children born before September 2015 may not have received MenB vaccination as part of the routine childhood programme.

Meningitis B can become serious within hours. Protect your child before they need protection.

Can affect otherwise healthy children. Meningitis B can strike anyone, even when they're healthy.

Meningitis B can progress rapidly. Symptoms can develop quickly and become life-threatening.

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WHAT'S ON

JULY EVENTS

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

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

July 23rd & 25th - Portuguese Tasting

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

Aug 13th & 15th - Portuguese Tasting

Sept 3rd & 16th - Italian Islands Wines

Sept 5th & 17th - Tuscany Regional Tasting

Oct 8th & 22nd - Italian Islands Wines

Oct 21st & 24th - Tuscany Regional Tasting

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

July 18th - Emilia Romagna

August 8th - Emilia Romagna

September 19th - Tuscany

October 10th - Tuscany

Call for Corporate/Private bookings
Tickets at www.lascaladeli.com/tickets and in-store
W&D - Tuscany - 19/9 & 10/10

July 27

■ **HENLEAZE SENIOR FILM CLUB** 2pm. **Mr. Burton (12)** In the Welsh town of Port Talbot, 1942, Richard Jenkins lives as a wayward schoolboy, caught between the pressures of his struggling family, a devastating war, and his own ambitions. However, a new opportunity arises when Richard's natural talent for drama catches the eye of his teacher. Starring Toby Jones & Harry Lawtey. Carers welcome, easy access. St. Peter's Church Hall, The Drive, Henleaze BS9 4LD. For more information, please call 0117 435 0063

Send details of your events and activities in the following format:

in no more than 40 words,
email us at: news@henleazeandwestburyvoice.co.uk

July 10

■ **WESTBURY SINGERS PRESENTS 'SUN, SUN, SUN' OUR SUMMER 2026 CONCERT.** 7.30pm (doors 7.00pm). Westbury on Trym Village Hall, Eastfield Road, Bristol, BS9 4AG. Join us for a feast of sunney songs on a summer's evening in our lovely village hall. Adults £10 under 19s free. Tickets (incl. refreshments) are available from choir members: via www.westburysingers.org or on the door by card, Apple Pay, G Pay, Cash or Cheque. Enquiries: wotsingers@gmail.com. Contact Pete on 07885822121 for more details.

July 18 & July 25

■ **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:** Henbury Flower Show 18th July 1-4.30pm, further Garden Cafés on 25th July 9.45-3pm & 8th August 9.45-2pm

July 8

■ **BRISTOL OPERA CLUB** brings a successful first year to a close on Wednesday 8th July. Do join us for an informal sociable and informative evening to include opera quizzes, in a team format, presented by Andrew Borkowski, with tasty prizes for the winning teams. 6.30 for 7pm - FREE admission at The Apostle Room, Clifton Cathedral (Worcester Road entrance) - parking - bar. All are welcome. More info 01275 848526 or borkmail100@gmail.com

July 4

■ **BLOWN AWAY! SUMMER CONCERT** is at Trinity Henleaze URC, Waterford Road, BS9 4BT on Saturday 4 July at 7:30pm. Blown Away! is one of the bands in the Bristol Concert Wind Band family. Tickets £6/U-18 free. www.bcwb.co.uk for advance purchase. An enjoyable evening for all the family.

July 10

■ **WESTBURY SINGERS** summer concert in the village hall. 7.30 pm (Doors at 7pm) Adult £10, under 19 free (Including refreshments) Tickets available from choir members

or on the door by Card, Apple Pay, G Pay, Cash or Cheque. Or via our website www.westburysingers.org
Enquiries: wotsingers@gmail.com

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 wwpf.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

■ **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. izzyy@gmail.com or on Instagram @assassin_izzyy

■ **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

WHAT'S 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 - 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@grenvillmusic.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

PICKLEBALL AT WESTBURY

PARK TENNIS CLUB, Russell Grove. Pay and play Tuesday evenings 7-9pm. Details and booking on our website events page www.clubspark.lta.org.uk/WestburyParkTennisClub Coaching also available.

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.

WESTBURY ON TRYM WOMEN'S

INSTITUTE is now meeting in the Atrium Oatly Hall, St Monicas Village, Cote Lane, BS9 3UN. At 2.00pm on the 4th Tuesday of the month. For more information, please contact Sue - M - 07971556859

WOTS TOTS - NOW ON TUESDAYS!

Starting on Tuesday September 15th 2026, 9:30am - 11:30am. Do you have a pre-school child or children? Our fortnightly Tuesday community toddler group @ Westbury Baptist Church: Reedley Rd. BS9 3TE. Crafts, toys, singing and stories for families & carers. Cost is £2.50 per family includ-

ing refreshments. For more info, please visit our www.westburybaptistchurch.org.uk

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.westbury-scottish.org.uk. SC dancing also possible with RSCDS Bristol: see Thursday columns.

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

BRISTOL HARMONY WEST GAL-

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

WESTBURY FOLK/COUNTRY

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

companionvoices.org.

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

Tuesday and Saturday

BRISTOL HF RAMBLING CLUB

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

Tuesday, Wednesday & Thursday

FRIENDLY BRIDGE SW

is a Bridge Club operating on Tuesday, Wednesday and Thursday mornings from 10am to 1pm at Stoke Bishop Village Hall. We also offer online bridge and face to face tuition. New faces are always welcome. Please email friendlybridgesw@gmail.com or call Gareth on 07921-788605 for further information.

Wednesday

HENLEAZE CHORAL SOCI-

ETY meets at Henleaze Bowling Club, Grange Court Road, Wednesdays 7.30 to 9pm. A small, unauditioned choir singing varied music. New members welcome. For info, contact Kathy, 0117 949362 <http://www.henleazechoral-society.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: chairaerobic-slouisa@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.

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.

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. Call Louisa: 07725 091429. Email Louisa: chairaerobic-slouisa@gmail.com

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

WHAT'S ON

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. 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/BristolHealingGroup> 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.

■ **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.

■ **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

Friday

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

■ WESTBURY ON TRYM COUNTRY

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

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

Saturday

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

tral 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

■ SOUTHMEAD "SONGS OF PRAISE" - A COMMUNITY SING-ALONG

Come for the music, stay for the friendship. The Community Church are delighted to sponsor a dementia friendly community event at the Greenway Centre, Doncaster Road, BS10 5PY, 0117 9503335. Join us every third Sunday of the month, 3pm-4.30pm, for an afternoon of singing well known hymns and favourite songs. Complementary refreshments and a boost to well-being available. For further details please contact: admin@thecomunitychurch.net.

■ HORFIELD ORGANIC COMMUNITY ORCHARD

The joy of excess?

WHAT a strange start-stop growing season. Temperatures, sunshine, and rainfall have veered from one extreme to the other, and every week has felt windswept. We were delighted that June's Summer Orchard Open day was blessed by warm sun and calm conditions. Perfect for welcoming visitors to the lush green and fruitful oasis of Horfield Organic Community Orchard (HOCO).

Midsummer is a good moment to assess the quality and quantity of fruit and new growth on the trees – and to begin taking action to lighten the load of excess fruit and leafy shoots. It takes knowledge and confidence to thin fruit, and to prune trees in full leaf and fruit.

A moderate crop of fruit is a good thing. Too much fruit can do more harm than good. Branches break under the heavy



Thinning fruit from a pear tree at Horfield Organic Community Orchard

burden. Hundreds of small fruits are tasteless and tart compared to fewer well sized, beautifully coloured, and sun-ripened fruits. Next year's blossom buds can't be nourished if all the resources and energy of a tree are used up by this year's fruit.

Removing surplus fruitlets is an ongoing task at this time of year. Nature lends a hand thanks to the life cycle of insects that have evolved to nibble young fruits and leaves. Timely growing season pruning also makes a difference. Hand thinning little-and-often is a mindful, caring and helpful process. Remove

damaged or infested fruits first, and reduce clusters down to three fruits. After a few weeks, thin to two fruits, and finally, to one. It feels wrong, but it's right! **Growing season fruit tree pruning courses:**

- Beginners – Saturday 1 August
 - Improvers – Sunday 2 August
- Places are limited and must be booked in advance.

Fees are discounted for HOCO members.

More information: <https://community-orchard.org.uk/>

Words by Shannon Smith aka The Apple Tree Lady

Photograph by Jamie Carstairs

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■ VINEYARD NEWS with INGRID BATES

Raising a glass to midsummer glory

MIDSUMMER in the vineyard is always a busy and exciting time. The first mow of the year has now been completed at our Wrington site. Our sites don't always look as tidy and manicured as others because we mow with the intention of leaving some grass sections long to encourage a greater diversity of insect life.

It's been wonderful to welcome visitors to our second vineyard tour of the season. It's always a pleasure to share the wines and story behind the vineyard with new and familiar faces. Tours will continue on the first Sunday of every month if anyone might wish to come during the remaining summer months.

One of the highlights of the last few months has been watching the swallows return to the Wrington site. Their arrival always feels like a true sign of summer as they swoop across the vineyard hunting for insects.

Over at our new Kelston vineyard site, the young vines are settling in well. While

many people were hoping for sunshine, the recent rain has been incredibly beneficial for the newly planted vines, helping them establish strong root systems during their first growing season. Over the coming weeks I will begin the process of shoot selection. Each young vine naturally produces several shoots, but I will select the strongest one and remove the others. This encourages the vine to concentrate its energy into developing a healthy trunk as a foundation for many years of future growth.

The new site is developing beautifully and I'm looking forward to welcoming visitors there soon.

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Dramatic skies over the Kelston vineyard

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Taking advice in later life

Anyone in later life may experience circumstances that make managing financial and legal affairs more challenging. Vulnerabilities can be physical or mental, temporary or permanent, and often change over time. They may arise through illness, bereavement, changes in personal circumstances, financial shocks, or simply as part of the natural ageing process.

At Harold Stephens, supporting clients in later life is at the heart of what we do. We have extensive experience helping people and their families navigate a wide range of situations, including long-term illnesses, dementia, memory loss, communication difficulties, limited IT skills, physical disabilities, bereavement, hospital stays, care arrangements, and other challenges that can arise as we age.

Our advisers and support team understand that every client is different. We pride ourselves

on being kind, patient and empathetic, taking the time to understand your individual circumstances and adapting our approach to suit your needs.

We have built our processes around supporting later life clients. This might mean arranging meetings at times that work best for you, allowing extra time where needed, breaking discussions into multiple appointments, or communicating in a way that feels most comfortable. Meetings can take place in our relaxed, living room-style office or in your own home if that is more convenient.

We will always listen carefully, ask open and thoughtful questions, and never rush you into making decisions. Where appropriate, we are more than happy to involve family members or carers in discussions. However, we always remember that ultimately you are the client and will always act in your best interests.

Alongside providing personal support, we offer specialist advice across later life financial and legal planning. This includes pensions, savings and investments, inheritance tax planning, care fee planning, estate planning, Wills, and Lasting Powers of Attorney – all under one roof to make life just a little easier! If we aren't able help you, we'll do our best to signpost you to a service that can.

Our aim is simple: to help you make informed decisions and put plans in place that provide security, clarity and peace of mind for you and your family.

If you would like to arrange a relaxed, no-obligation chat about your financial or estate planning needs, please call us on **0117 3636 212** or email **office@haroldstephens.co.uk**.

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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.

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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.

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

For younger readers

Summer Sports Boggler Puzzle

How many words of 3 letters or more can you find using the letters below? Words are formed from adjoining letters. Letters must join in the proper sequence to spell a word and may join horizontally, vertically, or diagonally, to the left, right, or up-and-down. No letter square, however, may be used more than once within a single word. You may use plurals if available. Score 1 point for each 3 letter word, 2 points for 4 letter words, 3 points for 5 letter words and so on. Score an extra 2 points for every summer sports word that you make!

A	T	C	S
H	T	I	N
L	E	N	C
K	C	I	R



My points _____

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Txtpert

Theme: Cooking

1	2		3		4		5
	6						
			7				
							9
	10						

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

1	2	3
4	5	6
7	8	9

- Across
 1 38243773 (8)
 6 288 (3)
 7 748 (3)
 8 645 (3)
 10 3987228 (7)

- Down
 2 86266533 (8)
 3 46875283 (8)
 4 7728852 (7)
 5 344 (3)
 9 768 (3)

Easier sudoku

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

	1	6	3		
	2	3		4	
1			5		2
			4		
		2			6
6					

Solutions

Txtpert

			E	D		
T	C	V	R	I	X	E
O		L	V		K	
d		u	l	i	o	
		t	i	d	o	
G		v	t	u	c	
G		p	d	o	n	
E	S	S	E	C	U	D

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NEWS

Culture on the catwalk



PUPILS at Henbury Court Primary Academy came together for a cultural fashion show, celebrating the diversity of their community.

With representation from over 60 countries, children took to the stage wearing national dress that reflected their cultural heritage. The event offered a showcase of identity, belonging and pride, with families and staff coming together to support and celebrate.

The celebration extended beyond the catwalk, with guests treated to cassava leaves – the national dish of Sierra Leone – lovingly

prepared by a Year 6 parent. The shared meal added to the sense of community and gave pupils the opportunity to experience and appreciate cultures through food as well as fashion.

Jake Howarth Brown, headteacher, said: "This was a truly special event that reflects everything we stand for as a school. Our community is incredibly diverse, and it was wonderful to see our pupils so proud to share their heritage with one another. Events like this help to build understanding, respect and a real sense of belonging."



100 not out

Dorothy Cutts, a resident at Care UK's Trymview Hall, on Southmead Road, has celebrated her 100th birthday. She loves spending time with her husband Alan at the home. The couple have eight children, seven grandchildren and four great-grandchildren.

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Go your own way



Why are my eyes so itchy?

By Specialist Optometrist Marta who has a Special Interest in Dry Eye & Eye Allergy Care.

If there is one thing I hear almost every week in clinic, it is this: "Why are my eyes so itchy, all I want to do is rub them". Now whilst allergies are certainly a common culprit, the answer is not always quite so simple.

As an Optometrist with a special interest in caring for and helping those with dry, sore or itchy eyes get relief, I often meet patients who have spent months, sometimes years, trying different eye drops, antihistamines, or simply "putting up with it," never quite understanding why their eyes still feel irritated red and sore.

The truth is that itchy eyes are often caused by a combination of factors, and dry eye can frequently be hiding in the background. The cause can vary depending on whether your eyes are itchy in the corner or along the lid, itchy some of the time, itchy all of the time...

When most people think of dry

eyes, they imagine eyes that feel dry, sore, or gritty. But surprisingly, dry eye can also make your eyes water excessively and feel itchy. This happens because the delicate tear film covering the eye becomes unstable, causing irritation to the surface of the eye. Our natural body defense often responds by sending out poor-quality "emergency tears," which unfortunately do little to sort the problem.

Allergies, meanwhile, tend to trigger inflammation. Pollen, dust, pets, and even cosmetics can all play a role. If your eyes feel intensely itchy, puffy, watery, or appear red, particularly during summer, allergies may well be contributing.

However, what many people do not realise is that dry eye and allergies often occur together. This combination can create a self-perpetuating cycle. Allergies irritate the surface of the eye, inflammation worsens tear quality, and rubbing the eyes

(which we all instinctively do, but know we shouldn't...!) can make symptoms even worse. In some people, frequent rubbing can even contribute to changes in the shape of the cornea over time.

I always say that our aim is not simply to make eyes "less sore", it is to help them look and feel comfortable again. This starts with understanding the root cause - which is where our specialist clinics come in,

Sometimes treatment is as straightforward as choosing the right allergy drops or preservative-free tear drops. Other times, we may recommend warm compresses, specialist eyelid hygiene, dietary advice, or more advanced dry eye treatments if the oil glands in the eyelids are not functioning well too.

Simple changes can also make a surprising difference: avoiding rubbing your eyes, washing your face in cold water when you get home, keeping windows closed on high pollen days, and taking screen

breaks if your eyes feel tired or strained can all help.

Most importantly, please do not assume itchy eyes are "just something to live with." Your eye comfort matters to us too! And in many cases, with the right advice and treatment plan, there is much more we can do than people realise.

After all, your eyes should feel as good as they help you see!

To find out more or to book a specialist 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.

Marta

Marta Bochenek-Cutler is a Specialist Optometrist, at Turners Opticians in Bristol, who has an interest in dry eye and blepharitis care. She was formerly a physiotherapist.

BEFORE

Suffering with

Dry Eye & Allergies

- ✗ Itchy, irritated eyes
- ✗ Redness
- ✗ Watery eyes
- ✗ Gritty, uncomfortable
- ✗ Tired looking eyes

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AFTER

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Images are for illustration purposes only, and are with and without makeup.

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FRIENDS OF REDLAND LIBRARY

THE Friends of Redland Library are hosting an event to coincide with the Council of British Archaeology's 2026 Festival of Archaeology.

On Tuesday July 21, in Books That Made Me An Archaeologist, a panel of archaeologists will talk about the books that have influenced their life journey. The panel includes Dr Lorena Becerra-Valdivia (Lecturer, Department of Anthropology & Archaeology, University of Bristol), Dr Jenni Butterworth (Archaeologist and former member of Time Team) and Dr. Aisling Tierney (Archaeologist and Lecturer, Bristol Institute for Learning and Teaching, University of Bristol).

The event starts at 7pm and doors open at 6.45pm. Admission is £3 (pay at the door - cash only).

The Festival of Archaeology (Saturday July 18 to Sunday August 2 is the biggest archaeological celebration in the UK. Bristol Museum and the National Trust are organising events in and around Bristol.

For more information on this and other events organised by the Friends of Redland Library, please visit <https://FriendsOfRedlandLibrary.org.uk>

WESTBURY LIBRARY GROUP

WE hold our Coffee Morning on the last Saturday of the month, so our next one will be on July 25. Why not come and join us for a drink – hot or cold, depending on the weather! – a cake or biscuits and a chat! The morning lasts from 11.15 am until 1pm, and refreshments are free.

The Westbury on Trym Society will be holding their monthly talk in the Library on Thursday July 16, when Ian Witham will be talking about "Friends of the Downs". The talk starts at 8pm and seats can be booked by emailing westburyontrysociety@gmail.com

Finally, the Westbury Forum will be on Thursday July 7. This is an opportunity to discuss local issues and raise concerns with our three Councillors, Caroline Gooch, Nicholas Coombes and Stephen Williams. While it is dangerous to try and predict the future, it is likely that Carlton Court and the Westbury Hill car park will feature, and Stephen may be able to shed some light on the recent Library Strategy consultation.

Please continue to visit and support our local library. **Malcolm Neave**
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