

bishopstonvoice

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Burnout forces MP Carla to take a break

BRISTOL Central's MP Carla Denyer has won praise for her decision to take leave of absence to recover from burnout.

Ms Denyer, who was elected as the city's first Green MP in 2024, said she wanted to be honest about her "incredibly difficult" decision, taken on the advice of her doctor, while also stressing that her constituency team would continue to support residents while she was away.

In a statement issued on May 22, she said: "I want to be open about the fact that what I am suffering from is burnout – and the mental and physical symptoms that arise from it. Burnout is a condition that does not tend to get better on its own. If left unmanaged, it can worsen and increase your risk of long-term health problems.

"This is something that I know will be familiar to many people in all walks of life, especially those working in high-stress environments and in people-facing professions such as nurses, teachers and social workers. But it is also something that too often is not openly discussed. I hope that by sharing my own struggles, I can help in some small way to combat the stigma around it and contribute to a more open conversation."

Turn to Page 2



Pedal power triumphs

Cyclist Alan Watling, 64, from Bishopston, set off from Land's End for John O'Groats – and took the scenic route. Thirteen hundred miles later he got there, raising thousands of pounds for Prostate Cancer UK. Report: Page 4



Mural marks 20 years of RGS

Redland Green and Fairfield High School are both marking 20th anniversaries this year. This mural in The Street at RGS is part of the celebrations.

PAGE 11

Shop's World Cup winner

Dave Giles butchers in Gloucester Road has kept up a family tradition by launching World Cup themed items, including a Kane Kofta.

PAGE 5

Bristol inspires author Tracy

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

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NEWS

MP takes a break

From Page 1

Ms Denyer, who has been active in public life for more than a decade as a councillor and a spell as her party's national co-leader, praised Labour's Nadia Whittome, who made a similar move for the sake of her health in 2021.

While her decision attracted some criticism and derision online, Ms Denyer also received messages of support from people in Bristol and further afield.

Stephen Williams, Lib Dem councillor for Westbury on Trym and Henleaze and a former MP for Bristol West, said: "Being an MP is a largely unrelenting 24/7 role, split across two locations with multiple competing demands. It can take its toll on anyone, and if you are determined to do it well, which applies to Carla, then the regime can be really punishing. It's also hard to do everything (including much of your private life) in the public eye, with the pressure of often unrealistic or unfair expectations, while under assault from 'social media'."

'Burnout' is recognised by the World Health Organisation (WHO) as an 'occupational phenomenon'. Burnout is a state of physical, mental, and emotional exhaustion. It can occur when you experience long-term stress and feel under constant pressure.

MP's letter to constituents: Page 17

LETTER

Let's support moves to make Gloucester Rd safer

I WAS pleased to read in the June Voice that cycle lanes on Gloucester Road are back on the council's agenda.

Proper cycle infrastructure along the A38 is long overdue, given that the St Pauls, Montpelier, St Andrews and Bishopston areas all have some of the highest rates of cycling of anywhere in England.

Cycle infrastructure is often fiercely opposed by people who perceive reallocations of road space as a challenge to the transport system's status quo and the idea that people have some sort of unquestionable "right to drive". But academic literature also points towards there being many people who are broadly supportive of active travel projects, but who are frustrated with the way such projects are implemented. Often, public support for policies which encourage people to use their cars less increases after these policies are implemented, and people can see that sustainable mobility has many benefits, and any negative effects weren't as bad as people feared.

It's important that people who are in favour of good quality, safe, cycle infrastructure stand up and be counted should the council come forward with any proposals. Supporters should join the Bristol Cycling Campaign, respond to consultations,

send supportive messages to pro-active travel local politicians. And try to challenge any critical friends to think about the benefits of things like bike lanes (if you feel comfortable doing so). Shifting as many different journeys from driving to cycling can have benefits for those who drive by necessity, by reducing the number of other cars on the road.

Adam Crowther, the head of transport, says the council's strategy will start with pinch-points, and that he doesn't think there is enough space along the whole length of the road for segregated cycle lanes. I personally hope that the section between the Bearpit and Zetland Rd Junction can be segregated as much as possible (which would then link up with the Southmead Quietway). The northbound cycle lane on Stokes Croft almost always has parked cars in it (on double yellow lines!), necessitating weaving in and out of traffic, and the whole mess of junctions around The Arches needs complete remodelling in my opinion to make it safer for cyclists and pedestrians. Many of the peak-hour only bus lanes don't actually seem to get used by buses, even in peak hours (I think because the bus lanes are quite narrow), and I think some of these lanes should be changed to be cycle lanes.

Whatever the final proposals turn out to be, anything that makes cycling along Gloucester Road safer is something to be excited about.

Oli, B56 resident

NEWS

Playgrounds app proves a boon for families

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



Daughter Martha tries out the newly refurbished Kingswood Park

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 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,



Emily Smithson, who founded the Bristol Playgrounds app

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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NEWS

1300 miles completed thanks to friends, family – and the kindness of strangers

WHILE many of us enjoy getting out on our bikes when the weather obliges, a Bishopston man was grateful for 26 solid days of sunshine and decent weather to take him all the way from Land's End to John O'Groats recently, as he pedalled his way up the UK to raise funds and awareness of prostate cancer.

Having conceived the idea of the challenge last July, 64-year-old Alan Watling persuaded two cycling friends, Josh (who flew in from the US) and Andy, who readily agreed to join him on the entire route, with many other friends and family accompanying the group for varying lengths of leg along the way.

Never one to take the easy option and keen to enjoy as much scenery as possible, Alan decided to head for the longer route, taking in byways and cycle paths rather than main roads. This made the journey a total of around 1300 miles, rather than the mere 800 or so miles on the standard route. Covering an average of 45-50 miles each day, the trio had no days off on their 26-day challenge, but Alan explained that it was rarely just the three of them – a total of 25 friends and family joined in at different points. On the Bristol to Gloucester leg, the group had swelled to 18, all keen to support

Alan and his friends.

"It was just as I'd envisaged," Alan reflected. "It was really sociable; I chatted to people as we cycled, the weather was perfect, the scenery was stunning."

A highly experienced cyclist who has already cycled the length of France (with Andy), Alan had no doubt that he could complete the route, although agreed that some days were tougher than others.

"The hardest part was actually in the beginning," he admitted. "The short, sharp, repetitive hills of Devon and Cornwall, with 30/40mph easterly winds in our faces, were brutal. Once our direction and that of the wind changed, it was much easier and by Scotland, our fitness had improved so much that it felt very quick."

Apart from the odd day of feeling unwell and an unexpected encounter with a patch of stinging nettles, Alan, Josh and Andy had relatively few problems along the way.

What was most memorable for the team was the kindness of strangers that they encountered throughout their journey. Alan described how they would stop in cafes, where strangers, noticing their T-shirts, would chat, share their own stories and



Alan Watling at the end of his bike marathon for Prostate Cancer UK

donate money. Having finally reached their destination at John O'Groats, the group were touched to receive over £150 from others at the signpost on learning of their endeavours. Ever modest, however, Alan also shared how he met another man walking the opposite direction over 46 days – in a wetsuit and carrying a bathtub – on his own personal quest.

"This put what we were doing in perspective."

Three days from the end, Alan confessed that he felt he'd had

enough by that point.

"I'd really enjoyed it. The support was overwhelming, but I felt I'd done enough cycling and just wanted to get home and not get on a bike!

"But it was all I'd hoped for and more."

Having set an initial target of £1.5k (but with a secret ambition to actually reach £5k), their efforts have, in fact, raised almost £6k for Prostate Cancer UK – with a little help from friends, family and the kindness of those they met along the way.

Careers inspiration day

MORE than 40 organisations, businesses and professionals came together for a careers fair hosted by St Werburgh's Primary School.

Year 6 pupils from schools in the Amplify academy trust had the opportunity to engage directly with professionals, ask questions and gain insight into career pathways.

Representatives from sectors including space science, healthcare, technology, construction, sport, media, publishing, environmental

sustainability, education, policing, hospitality and the creative industries were on hand to share their experiences and inspire the next generation. Participating organisations included the UK Space Agency, University of Bristol, UWE, NHS, Avon Wildlife Trust, Bristol Rovers Community Trust, Gloucestershire Cricket Foundation, ss Great Britain, and Orion Publishers.

The event was officially opened by the Lord Mayor of Bristol Councillor Yassin Mohamad.



NEWS

Shop steaks a claim for World Cup success

AS football fans around the world enjoy the biggest competition in the sport, a Gloucester Road butcher is making sure the summer barbecue has a proper match-day line-up.

At Dave Giles Butcher, owner Amy has created a range of football-inspired favourites, including the Kane Kofta - a free-range spring lamb and mint kofta that has become the shop's star player.

The idea was first cooked up when Amy's late dad, who owned the shop and was a huge football fan, decided to combine his passion for the game with his love of creating great food.

"My Dad was football mad - he always used to do something," Amy said. At the 2010 World Cup, he debuted the Rooney Burger, creating a tradition the team is now keeping alive.

"We sell so many we just literally can't keep on top of it - they're so popular!" Amy said of



the Kane Kofta.

The World Cup-inspired menu has something for supporters from every nation, including the McTominay Sausage, a pork and black pudding sausage, which disappeared from shelves after Scotland's 1-0 win over Haiti.

England's opening match against Croatia saw the team at Dave Giles handling big demand for Kane Koftas and Bellingham Burgers. Other treats

on offer include the Mbappé Burger, while Amy's personal favourite is the Messi Burger - a 6oz Somerset free-range beef burger topped with homemade chimichurri. Her son Jack's pick? The Güler Kofta.

And the football theme is proving to be a winning formula, with Jack saying it's helping customers branch out and try something different.

"It definitely encourages people to try new things, and to

buy a bit more," he said.

Creating the menu hasn't always been easy though. The team had hoped to celebrate Wales' qualification with some special creations.

"We really wanted Wales to qualify because we could think of so many good lamb flavours, like a fiery Welsh sausage, but they didn't qualify!"

There were also some last-minute team changes to deal with. Carlos Soler didn't make Spain's squad, meaning the planned Soler Sausage had to be scrapped.

"That was all a bit awkward!" Amy joked.

The World Cup range will run throughout the tournament, with Amy and Jack hoping some of the creations prove popular enough to earn a permanent place in the shop. Until then, the pair will be keeping the barbecue line-up fresh during a summer of football.

By Ailsa Marshall



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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



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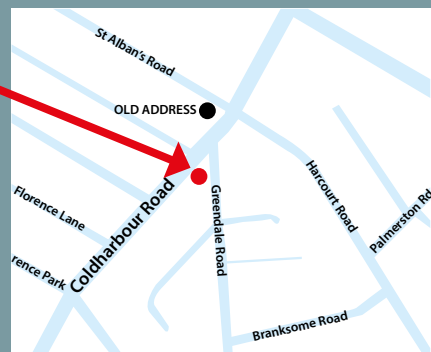
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What is the difference between source of funds and source of wealth?

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We also need to ensure that the source of funds evidence provided is consistent with your source of

wealth. Source of wealth refers to the origin of an individual's entire assets. For example, an individual may have accumulated their wealth from investments, employment income and inheritance. This helps us to build the picture on how you have legitimately accumulated your funds.

Although we appreciate that you may have already been required to provide information to your mortgage broker, or estate agent, we are reviewing the information from a different perspective, and may require more in depth information to satisfy our requirements. The earlier on you are able to provide information to your solicitor to satisfy these requirements, will aid for smoother transactions, and prevent delays. Therefore, it is important to work with your solicitor to provide the information they are requesting.

What can a buyer do to prepare



for source of funds and wealth checks?

It is really helpful for buyers to provide clear explanations of where the funds are currently held (along with documentary evidence such as bank statements), and documents showing how these funds have accrued (such as a copy of a completion statement for the sale of a previous property). The clearer the explanation provided, the swifter these source of funds checks will be completed.

Please note that your solicitor will likely require full bank statements rather than screenshots. Therefore, if these need to be requested with the bank, it is important to do this as early on as possible.



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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."

Survey on Blue Badges

PEOPLE who use a Blue Badge are being invited to share their thoughts on what it is like to travel and park across Bristol.

Working with the Disabled People's Strategic Transport Advisory Group, the Blue Badge parking survey has been developed to help the council better understand what is important to disabled people when using their Blue Badges.

Responses will provide insight into how arrangements work in practice and how future transport and street design projects can be improved.

Complete the Blue Badge parking survey on the council website by midnight on 21 July.

To request a paper copy of the survey or an Easy Read version, email transport.engagement@bristol.gov.uk or phone 0117 9036449 and leave a message.

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NEWS

Holiday fun on offer

PARENTS and carers can now book from hundreds of activities and trips as part of Your Holiday Hub, a programme that enables children and young people on benefits-related free school meals to get out and about during the school holidays.

Fifty-six providers across Bristol are hosting a variety of sessions running from 22 July to 28 August, all of which include a healthy meal as part of the day.

Councillor Christine Townsend, Chair of the Children and Young People Policy Committee is keen to see even more young people getting involved during the long holiday year. She said:

“Your Holiday Hub is such an important part of the school holidays for many local families needing a bit more support when children aren’t at school. We have made sure the sessions are varied and that they give young people of all ages a chance to be out, socialising with others and potentially finding new skills they didn’t know they had.

“We have over 28,500 places available this summer, covering the whole city, so parents can go online today and search by location, provider or age to find the activities that interest them the most.”

Parents and carers with eligible children with SEND or who have an Education, Health and Care Plan are welcome to attend sessions. There are also some limited spaces available over summer with selected providers for children with an EHCP who are not registered for free school meals. If children and young people would like to attend any sessions outside their local area, children under 16 are still able to travel for free on Bristol buses during the school holidays.

To search all the listings, go to www.yourholidayhubbristol.co.uk/activities which takes you through to the Eequ online booking system where they can secure spaces directly with each provider.



Dancers young and not so young enjoyed the fun of being part of the 24-hour dance festival

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.

NEWS

Two thriving schools mark anniversaries

TWO north Bristol secondary schools are celebrating 20-year anniversaries this summer.

Fairfield High School is marking two decades since it moved into its new building in Allfoxton Road while Redland Green School is commemorating the arrival of its first pupils in 2006.

The schools were part of big changes in secondary education in the city in the early years of this century. They were the only two built by the city council; many other schools were rebuilt under private finance initiatives.

One of the aims was to stem the flow of children out of Bristol to secondary schools in South Gloucestershire and North Somerset. This, coupled with the unusually large number of independent schools in the city, was distorting exam performance figures.

The new Fairfield was built on the site of the former St Thomas More School while the new north Bristol school, after some years of wrangling, was built in Redland. The building was not ready until 2007, so the first RGS pupils were taught in the old Fairfield building in Fairlawn Road, which later became Fairlawn Primary School.

FHS and Redland Green, like others in Bristol, later became academies, run independently from the local authority. Both are now part of the Excalibur Academies Trust.

Redland Green School is running a programme of events, performances, exhibitions and community activities through June and July to mark its 20 years, culminating in an anniversary concert and celebratory school dinner.

A centrepiece of the celebrations is a striking new mural, unveiled in the school's main thoroughfare known as The Street. Created as a lasting legacy, the mural captures the diverse experiences and opportunities that define life at Redland Green School. It

features imagery representing music, drama, sport, science, languages, learning, community and aspiration and reflects the journeys of thousands of students

Headteacher Ben Houghton said: "Our 20th anniversary is an opportunity to celebrate not only the achievements of our students and staff over the last two decades, but also the incredible support we have received from families and the wider Bristol community.

"The new mural beautifully captures the creativity, ambition and inclusivity that are at the heart of Redland Green School."

For more information about Redland Green School's 20th anniversary celebrations, please contact fhickson375@redlandgreen.bristol.sch.uk.

Meanwhile, Fairfield plans to showcase its 20 years in Horfield at its Summer Fiesta on July 15 from 5.30pm, which will feature dance, drama, music, multi cultural food stalls and much more.

The school also organised a mini festival to celebrate refugees, with a particular focus on the students and families who are part of the school community.

Guests enjoyed an exhibition of student artwork, shared cultural food, plus had the opportunity to exchange experiences and stories.

Organiser Mariluz Garrido-Ruiz said: "This was a fantastic opportunity to celebrate the cultures, experiences and contributions that make our school community so special. It was wonderful to see students share their artwork and messages, and for families to come together and celebrate. We are grateful to everyone who helped make the event such a success. We remain committed to creating an inclusive environment where every student and family feels welcomed, valued and a true sense of belonging."



The 20th anniversary mural in The Street at Redland Green School



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NEWS

Crochet creatures hook in the cash

FOUR talented pupils from Sefton Park Juniors raised more than £100 for school funds by making and selling crochet animals.

Poppy, Ivy, Emily and Mara, who all live in St Andrews, worked for six months to create the creatures for the stall at the summer fair, making a selection of large and small beasts including cats, octopus, frogs and ducks.

Poppy said: "It was great having the fair as something to aim for because it has given us a challenge which has really improved our crochet skills."

Poppy's mum said: "I am



Mara, 9, Poppy, 9, Ivy, 9, and Emily, 8, with some of their wares

really proud of the girls; they have worked so hard and learned not only crochet skills, but also business skills too."

Harriet from the Sefton Park schools' parent teacher association, which organised the fair, said: "We are hugely touched that the girls have

generously decided to donate the money that they have raised through their craftwork to the PTA.

"All funds raised by the PTA go to the benefit of students at our wonderful school. Thank you for this lovely act of community spirit."

Teachers thanked

FAIRFIELD High School staff were presented with gifts, treats and cards, following a Go Fund Me campaign organised by a group of governors for national Thank a Teacher Day.

The initiative resulted in the donation of five micro-waves for the Staff Room, in addition to edible treats.

Staff member Hanifa Tazaoui said: "Receiving these gifts is incredibly touching and genuinely appreciated. Education has its challenges but moments like this remind us of the difference we can make and why we love what we do."

Parent governor Jessica Speddin said: "We wanted to find a way to thank all those staff who work tirelessly educating and looking after our children."

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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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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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NEWS



Caroline Quentin
with the rose

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.

MP hails hospice funding boost

ST Peter's Hospice has officially unveiled its refurbished first-floor offices at the Brentry site, with MP Darren Jones attending to formally open the improved space.

The new look has been made possible through government funding as part of a national programme supporting hospice infrastructure improvements across England.

St Peter's received £750,000 last summer and used part of the grant to modernise workspaces for its clinical teams, improve confidentiality and create a more effective and comfortable environment for staff and patients.

The revamp includes improved private spaces for confidential conversations, upgraded meeting and collaboration areas, enhanced lighting and heating, sound-proofing for the Hospice's 24-hour advice line and wider energy efficiency improvements aligned with the charity's net zero ambitions.

Opening the refurbished offices, Darren Jones praised the impact the investment will have on hospice staff and patient care. He said: "It has been wonderful to tour the hospice today and see how this government funding has been put to good use to create the workspaces needed for the team to deliver the best patient care. Because when we announce pots of funding, these aren't just numbers on a press release – this is real money that will make a real difference to people's lives."

Susan Hamilton, CEO of St Peter's said: "We're delighted to officially open these newly refurbished spaces and grateful



Darren Jones MP with hospice CEO Susan Hamilton and staff at the official opening

for the government funding that has made this possible. The improvements will make a real difference to the way our teams work together and support patients and families through some of the most difficult moments in their lives.

"The office space hadn't been significantly upgraded in more than 20 years, despite the Hospice and our services growing considerably during that time. These improvements give our staff the facilities they need to work effectively, collaborate better and hold sensitive conversations in appropriate private spaces.

"While capital funding like this is hugely valuable, our biggest need continues to be sustainable funding for our day-to-day care services. We still rely heavily on donations to ensure we can continue delivering compassionate end-of-life care across Bristol, South Gloucestershire and North Somerset."

The refurbishment project was carried out by Koddis Construction, with support from specialist project management firm Provelio,

alongside architects and acoustic consultants who worked closely with hospice teams throughout the design process.

Mike Catley, director at Koddis Construction, said: "We're proud to have worked with St Peter's Hospice on this important refurbishment project. The result is a modern, practical workspace that supports staff wellbeing and day-to-day operations. We're particularly pleased that we were able to ensure the Hospice could continue running throughout the works."

St Peter's Hospice is in line for a further capital funding grant to support a second phase of improvements, including roof repairs, upgraded equipment and improvements to IT infrastructure.

Susan continued: "The pressures facing hospices continue to grow. Demand is rising year on year, as are the costs of delivering high-quality, compassionate end-of-life care. Capital funding is an important step, but it must sit alongside a long-term, sustainable approach to hospice funding."



Darren Jones is given a tour of the facilities at St Peter's Hospice in Brentry



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■ FROM BRISTOL CENTRAL'S MP

Why I have had to take a break

Dear Constituents,

I've worked in politics for over a decade: as a Councillor, for an MEP, as the Co-Leader of the Green Party, and now it is a privilege to serve as the MP for Bristol Central.

Over the last few years, I have been struggling with persistent health issues and I have been trying to manage these alongside the long hours and significant responsibility my work entails. It has become clear that this is not an effective strategy and that doing so is inhibiting my ability to recover. Having taken advice from my doctor, I will be taking several weeks off in order to try to get back to full health.

I want to be open about the fact that what I am suffering from is burnout – and the mental and physical symptoms that arise from it. Burnout is a condition that does not tend to get better

on its own. If left unmanaged, it can worsen and increase your risk of long-term health problems.

This is something that I know will be familiar to many people in all walks of life, especially those working in high-stress environments and in people-facing professions such as nurses, teachers and social workers. But it is also something that too often is not openly discussed. I hope that by sharing my own struggles, I can help in some small way to combat the stigma around it, and contribute to a more open conversation.

Making the decision to take time off for my health was incredibly difficult. It is an honour to represent the people of Bristol Central. And I know that by stepping back for a little while now, I will ultimately be able to return as a better champion for the community that means so much to me. I am grateful for the

kindness and understanding I know my constituents will show if they see me out and about while I am recovering.

I want to say a huge thank you to all of my colleagues in the Green Party, in Parliament and in my Constituency team for their understanding and support. I also want to thank Nadia Whittome MP for the leadership she showed in 2021 when she took a leave of absence for her own recovery. Her openness then helped make it possible for me to do what's best for my health now.

During my time away, my Constituency office will be functioning as usual and will be there to support all my constituents who need help, so please don't hesitate to get in touch.

Thank you in advance for your understanding.

Carla



Carla Denyer's letter to constituents

• If you live in Bristol Central and need help with a local issue, email bristolcentraloffice@parliament.uk or write to Carla Denyer MP, House of Commons, London, SW1A 0AA. For national issues email using carla.denyer.mp@parliament.uk. My team will be there to support you.

■ 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



Darren Jones writes for the Voice

case that government must make sure that we regulate them to put 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.

■ 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 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



Thinning fruit from a pear tree at Horfield Organic Community Orchard

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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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!"

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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



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

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 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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■ 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
westburylibrarygroup@gmail.com

■ BOOK REVIEW

Villager by Tom Cox

WELCOME to Underhill, a village in the West Country with a lot of history buried in its boggy ground and harboured by its ancient all-seeing tor. It's a village which is rarely quiet and not only because of its residents, from folk musicians to a piano tuner to the green protestors to the many ducks, but also due to the river, the wind and the almost constant rain which bring their own identities to a small but very busy community.

Villager is told by some who know its environs by heart as well as those passing through who find an eccentric, if damp, home there and leave their mark in ways that may lie undiscovered for decades. The story moves back and forward in time, gently revealing connections between centuries ago and the year 2099 – despite that future proving a time when humans rarely connect with each other, only with the strange visors they are plugged into, an even more invasive invention than today's ubiquitous screens. The narrative often returns to 'now' from the point of view of the tor itself, a characterful landscape inspired by aspects of Dartmoor as well as Cox's tendency towards the folkloric and brilliantly off-kilter.

The result is a superb exploration of memory, our place in the environment, the stories hidden in rocks, in paintings, in music and weird carvings on a medieval church. And then there are the tenants who find a doll in the wall of their home and the many incarnations of Little Meg, resident of Underhill in various forms for centuries, including lurking in the village's message board amongst the notices for the latest local history talk about letterboxes.

Cox's writing is funny and uplifting with a hard edge, as appropriate to its setting. The novel is moving too – there are love stories and family histories, as well as kind strangers who offer a haven to oddballs and to animals. Villager leaves you feeling for the land as though it were a beloved friend or parent, as well as craving a curry from the excellent local and hoping that all the band names and their albums are real.

Elizabeth Moss, Heron Books, Regent Street, Clifton

■ 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 an 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 at 100 Gloucester Road.

*Review by Bob Deacon, from
Bishopston Library*



Bishopston Library opening hours

Monday 1pm-7pm

Tuesday closed

Wednesday 11am-5pm

Thursday 11am-5pm

Friday 11am-5pm

Saturday 11am-5pm

Sunday closed

NEWS FROM THE METRO MAYOR

New buses connect more communities

SUMMER in the West of England is such an exciting time.

From Bristol's Harbour Festival to Valley Fest in Chew Magna, Countryfest at Weston's Grand Pier and open-air Shakespeare at Dyrham Park, there is something for all ages and hopefully we'll all be able to get out in the sunshine soon.

Connecting our communities through better transport is so important, which is why we are continuing to invest in bus services together.

Among the service changes from July 26 are:

65: Thornbury town service connecting more communities to the town centre.

K2: Keynsham town service connecting the Chocolate Quarter and town centre to neighbourhoods in South Keynsham.

100: hourly service between Bath and Bristol to serve Timsbury, Farmborough, Bishop Sutton, and Chew Valley.

101: service between Bishop Sutton and Radstock including Chew Magna, Paulton, and Midsomer Norton.

Y2C: service between Cribbs Causeway and Yate will also serve Ladden Garden Village and provide a bus from Westerleigh Road and Rodford Way into Yate town centre, and service for Severn Beach, Castle School and Iron Acton.

X91: Service between Ubley and Bristol, via West Harptree, East Harptree, Bishop Sutton is being

extended to Dundry.

25 is being extended to connect Southville to Bristol city centre, now terminating at Eastgate Shopping Centre.

768: service between Writhlington, Radstock, Timsbury, and Bath will have earlier and later journeys added.

Y8: Yate to Wotton-under-Edge service will be extended to serve Leyhill.

9, 21, 31, and 41: Park & Ride services in and around Bath and Bristol will be improved, including evening journeys.

525: service between Yate, Pucklechurch and Emersons Green will now run every 60 minutes Monday to Saturday, and every 120 minutes on Sunday.

534: route connecting SGS campuses in Filton and Stoke Gifford to Downend, Cadbury Heath, Kingswood and Fishponds will run three services on college days

Getting our region moving is one of our biggest priorities. Investing in these routes and services means better buses for passengers across the West Country and gives people certainty until at least spring 2029.

You can find the full list of service changes online at TravelWest.info.

Looking ahead, in Keynsham a review will look to ensure that connections currently offered by the K1 are protected going forward.

Options to connect Thornbury to both SGS College and Southmead Hospital are also being explored.



Metro Mayor Helen Godwin
writes for the Voice

More widely, work continues to fully assess options for how to take greater control of the region's buses – including through different types of franchising.

Alongside these changes, we want everyone to be able to make the most of our incredible region this summer, so we are bringing back Kids Go Free.

Running from July 18 until September 6, children and young people under 16 will be able to explore our whole region by bus free of charge again.

Kids Go Free is opening up our region, particularly for children from lower-income areas, and making a real difference to families – like our £1 regional fare freeze for children, saving people millions.

As a result, this August Kids Go Free will be rolled out across England with £100 million of investment – benefitting 7.5 million children.

MESSAGE FROM POLICE AND CRIME COMMISSIONER

Why we need visible policing

THE public tell me, in so many conversations, how important visible policing is to them.

Visible policing plays an important role in making people feel safe, improving communication with the public, and building trust and confidence in the police.

People want to know their communities are being listened to, and that their concerns are taken seriously.

Neighbourhood officers provide this significant link between the police and the public. They embed themselves into a community and become a consistent, dedicated contact, bringing people together and supporting community cohesion and safety.

Strengthening neighbourhood policing is one of the five priorities in my Police and Crime Plan, and I continue

to consistently advocate for local, visible policing.

It remains a national priority for the government, too, which has committed to an additional 13,000 officers, Police Community Support Officers, and special constables for neighbourhood teams across England and Wales, through its Neighbourhood Policing Guarantee – something I am working with Avon and Somerset Police to deliver locally.

But neighbourhood policing isn't just about being visible – it's also about meaningful engagement, long-term problem-solving, and strong partnership working. This is key to tackling local criminality and antisocial behaviour.

Antisocial behaviour and local criminality have complex causes that require sustained

investment, resource, and dedication.

While response officers play a critical role in responding to immediate threats or crises, neighbourhood policing focuses on solving problems at their root and delivering preventative, proactive action.

This requires coordinated action across all local services and community organisations; while neighbourhood officers play a vital role, they cannot deliver this alone, especially when we know that policing resources are already stretched.

That is why I continue to commission services and initiatives across Avon and Somerset that support preventative work and early intervention, including detached youth work, mentoring, school programmes, trauma-informed support, multi-agency research,

and youth outreach.

I know there is always more to do, and that antisocial behaviour and local criminality remain pervasive issues for our communities.

I hear your concerns, and I share them.

As your police and crime commissioner, I will continue to advocate for neighbourhood policing, focus resources where they are most needed, and work with partners to build safer communities.



With Police and Crime Commissioner Clare Moody

FROM YOUR COUNCILLORS

Redland: Martin Fodor and Fi Hance (Green Party)

Progress on traffic scheme

We've long known that more can be done for road safety and tackling rat running across the ward.

We're delighted that after we submitted a proposal to our Area Committee [the group of four wards that allocate capital projects funding from developers and money for replacement trees] and argued for the issues to be prioritised we now have the start of a project to work up a proposal for street improvements in our ward.

We'll be working with a highway engineer to review suggestions and she is planning to visit the streets on a walkabout. Thanks to everyone who has made suggestions and been in touch – we appreciate you've waited a long time in many cases as this wasn't a priority for the council for many years. We're discussing how to involve people from each street affected by rat running and speeding at an early stage in the process.

While we can't promise what might be drawn up and the budget available we're hopeful this is the start of some long awaited improvements.

Culture and arts consultation

There's still time to take part in the council's consultation on the role of culture and the

arts in the city. We know this sector is a vital part of the local economy and much appreciated by creative people, participants and audiences. Here's a chance for people and organisations to help shape the future strategy. The consultation can be found at Bristol.gov.uk/arts-and-culture and closes on 10th July.

Swift boxes

Well done to local residents who installed swift boxes in Egerton Road and more planned in Berkeley Road! Making space for nature, especially for species at risk like swifts is something we can all play a part in. Thanks to everyone who's helped make, plan, and install the nest boxes. We're hopeful that new swift colonies will be attracted now there are more homes for them. There's also work in the city through the Nature Together project to make working on pieces of council land to enhance nature around the city a more straightforward process with every part of the council involved.

The Downs

Both Fi and Martin attended the recent Downs Committee where we were delighted to hear from the biodiversity engagement and learning manager that the Downs are recovering very well

following efforts from the Council and others to clear waste and flytipping. The number of vehicle dwellers has also greatly reduced, again following introduction of new Council policy to support people into more appropriate locations and accommodation. We know that many Redland residents have been worried about the situation so it is a real joy to see matters improving thanks to the hard work of so many volunteers alongside council officers.

More streets opt out of Glyphosate spraying

We've been impressed at the way local residents have responded to the new opt out scheme to carry out community weeding instead of spraying. Thanks to everyone who's been in touch and shared their applications.

The scheme is described on the council website – search for 'glyphosate' and you'll find the survey form to work with neighbours and opt out of spraying. Taking part in weeding parties, as with litter picks, is a good way to get involved and enjoy activities together in looking after the street with neighbours. We know some groups enjoy tea and cake as a reward afterwards.

Blue Badge parking survey

Submissions from Blue Badge holders and those with an interest in access are invited until July 21st to get feedback on how the scheme works in Bristol. We know there have been issues in the past with delays and out of date parking areas so we welcome the survey and efforts to improve the way the scheme works in future transport projects. It's available in different formats and looks at experience of users and the availability of spaces on and off road around the city. Do refer anyone who might want their say to the council website and look for blue badge survey.

The basic scheme is this: Blue Badge holders can park for free in on-street disabled bays which have signs showing a blue wheelchair symbol and are usually restricted to three hours. Badge holders can also park for free and without a time limit in on-street pay and display bays. And they can request the council paint white lines for an advisory disabled parking space near their home.

Contact us

Fi: Cllr.fi.hance@bristol.gov.uk
0117 3534720

Martin: Cllr.martin.fodor@bristol.gov.uk 0788 4736101

[Facebook.com/cllrmartin.fodor](https://www.facebook.com/cllrmartin.fodor) or
[/cllrfi.hance](https://www.facebook.com/cllrfi.hance)

Bishopston & Ashley Down: Emma Edwards and James Crawford (Green Party)

EV charging

We have had some feedback on the new lamppost chargers being quite expensive to use, and James is looking into this as part of the Environment and Sustainability committee. Residents might also be interested in signing up for the expression of interest for a trial of electric vehicle gullies. These allow residents without a driveway to safely charge their cars from a home charger, by having the cable hidden in the gully instead of trailing on the pavement. You will have to pay for the works yourself, but it could be a cost effective way to charge your car for many. You can find the sign up form at www.bristolcityleap.co.uk

Petition for more lighting on Concorde Way

We have hit an exciting milestone of 250 signatures on our petition! We'd like to thank you all for your support. 250 signatures gives us the opportunity to debate the petition at an area committee, but we are discussing whether to submit it there, or to wait for more signatures and submit it to a policy committee instead. In the meantime, please keep sharing the petition, which you can find here: www.change.org/p/improve-street-lighting-on-concorde-way

www.change.org/p/improve-street-lighting-on-concorde-way

20 mph consultation

Bristol city council has launched a consultation on making around 100 of Bristol's most dangerous roads 20mph. These roads represent just 8% of Bristol's road network, but account for 30% of serious and fatal collisions. 20mph are well known in reducing serious collisions. For example, in Wales, the reduction on street-lit road in Wales has been one of the most successful road safety measures in UK history. In the first 18 months after the new speed limits came in, there was a 25% reduction in casualties on the roads compared to the previous 18 months.

This is almost as big an impact as when seat belts were made compulsory in front seats in 1983, which faced opposition at the time but is now widely accepted.

Kellaway Avenue and Muller Road are the two roads in our ward that are being consulted, we are supportive of the reduction but we encourage residents to make their views known on the consultation page here: www.bristol.gov.uk/ask/find-consultation-engagement

Eco Week

Emma attended Eco Week at Brunel Field's School and had a great time speaking to pupils. This annual event aims to involve the children in sustainability and environmental issues, Emma ran sessions on transport and clean air, which the children thoroughly enjoyed. The school have already won awards for their environmental work and it's clear to see why.

Area Committee update

James chairs the area committee that includes our ward (area committee 2). The deadline for for CIL submissions for the area committee passed in late March, and it was really great to see some really high quality applications from residents. There is a clear focus on transport interventions, and we are arranging a meeting with officers to discuss further. Unfortunately, funding remains a challenge to come by, but we hope that over the next year we will be able to work with officers to unlock funding.

Contact us

Cllr.james.crawford@bristol.gov.uk
Cllr.Emma.edwards@bristol.gov.uk

WHAT'S ON IN OUR AREA

■ **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 8th

■ **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 18th & July 25th

■ **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 10th

■ **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.

REGULAR EVENTS

Various days

■ **PILATES** classes, Northcote Scout Hall, BS9 3TY. Mondays 9.30am (Improvers), 10.30am (Mixed Ability inc. Beginners); Tuesdays 9.30am (Improvers), 10.30am (Gentle); Thursdays 9.30am (Improvers), 10.45am (Mixed Ability - inc Beginners). Small, friendly classes. Please register interest before attending. Full details at www.mindbodypilates.org. Contact: Leanne 07817189474 or leanne@mindbodypilates.org

■ **GENTLE PILATES** Small and friendly group classes with a mindful approach. Beginners welcome. Tuesdays 7.15-8.15pm and Thursdays 11.30-12.30am at Bristol Yoga Space, Princes' Place, BS7 8NP. For further information visit pilates.ittahowie.co.uk or email Itta@mail@ittahowie.co.uk

■ **ITALIAN CLASSES** Learn Italian in friendly, small-group classes in Bishopston and Henleaze.

Daytime and evening options for beginners to advanced, taught by an experienced teacher. We hold sociable aperitivo events too. Trial lesson £14. <https://ruthspencelanguages.co.uk/> Email: ruthspence@live.co.uk

■ **BRISTOL HOME LIBRARY SERVICE**. A free home delivery service for Bristolians provided by local volunteers. For anyone affected by age, disability or caring responsibilities. 07714898558

Monday

■ **SHARED READING AT ST PAUL'S LIBRARY**. Meet and connect with others Mondays 2pm - 3.30pm. St Paul's Learning Centre, 94 Grosvenor

Road, Bristol BS2 8XJ. Email: support@thereader.org.uk

INSTRUMENT AMNESTY:

If you have an unused keyboard, guitar, violin or ukulele gathering dust Folkstars would love to hear from you! We will come and collect from you. Any condition, we will fix and use to give more kids in Bristol the chance to play an instrument. Smaller sizes a bonus but all sizes useful. Please email info@folkstars.co.uk to arrange a collection. Folkstars is a non-profit setup to give more children in Bristol the chance to learn an instrument. We provide affordable instrumental tuition during school time that's free for pupil premium, inclusive and fun. If you would like your school to be considered please email info@folkstars.co.uk

■ **REDLAND WIND BAND** has vacancies for some woodwind, brass and percussion players. This friendly group meets 7.30-9.30pm at Redland Church Hall, Redland Green. Contact via email on redlandwindband@gmail.com

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

■ **WESTBURY ON TRYM WOMEN'S ASSOCIATION** meets on the third Monday of the month in the Westbury Village Hall, Eastfield Road, BS94AG, from 2.00 - 4.00 pm. We have interesting speakers, and extra activities of crafts, lunch club, skittles, book club, coffee mornings and pub evenings. Our lively, friendly and inclusive group welcomes visitors at

any meeting. For more information call Sascha on 07961619806 or Liz on 07587170766.

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

■ **BRISTOL COMMUNITY GAMELAN** play the music of Java at Cotham School from 6.30-8.30. We play by numbers - only 1-6, without the 4! So no auditions, no need to read music. If you fancy a different musical experience, contact us via email on keithtriple27@gmail.com

Tuesday

■ **HORFIELD STROLLERS** take a leisurely 2 to 3 mile walk in Bristol or nearby on Tuesday's at 10.00am. Details of the next walk can be obtained by ringing the walk leader, Julienne, on 07999 865393.

■ **THE ARTS SOCIETY BRISTOL** welcomes new members. Our lectures, given by specialists in their own field, take place on the second Tuesday of the month from September to May at 7.30pm at Redmaids' High BS9 3AW and by internet. For more information visit our website www.theartsociety-bristol.org.uk

■ **GENTLE PILATES** Small and friendly group class with a mindful approach. Beginners welcome. Tuesdays 7.15-8.15pm at Bristol Yoga Space, Princes' Place, BS7 8NP. For further information email Itta@mail@ittahowie.co.uk

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

■ **GLOUCESTER ROAD WI** We meet the 3rd Tuesday evening of every month at St Bonaventure's Parish Hall off Friary Road from 8-10pm. We are an active, social group with talks, craft, physical activities and outings. For more information visit <https://gloucesterroadwi.org> or email info@gloucesterdwi.org Visitors welcome (at a cost of £7.50).

■ **POETRY UNLIMITED** - poetry circle meet on the First Tuesday of every month 11am - 12 midday.

WHAT'S ON IN OUR AREA

Basement Room, Café Kino, 108 Stokes Croft, Bristol, BS1 3RU.

£2.50 - £3.00 donation towards the cost of the room. Bring a couple of poems to share, other poets or your own. Contact Dee: wetwo@gentlyblown.co.uk Web: www.poetryunlimitedbristol.weebly.com

■ COMPANION VOICES BRISTOL

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

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

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

Tuesday 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.

Wednesday

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

■ **HEALING SESSIONS** 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

■ PULSE: MUSIC & MOVEMENT CLUB FOR ADULTS

Join Bristol Beacon's friendly community club for adults who wish to improve their health and wellbeing. Together we will make music through our instruments and voices, move our bodies, relax, listen, breathe and connect. Weekly sessions on Wednesdays in term-time 11am - 3pm. Beacon Music Centre, Stanton Rd, Bristol BS10 5SJ. First session free, then £3 per session. Find out more and sign up: bristolbeacon.org/whats-on/pulse

■ **GOLDEN HILL WI** Meets the first Wednesday of every month. 1-3pm. Golden Hill Sports Ground, Wimbledon Rd, BS6 7YA. A vibrant, lively new afternoon WI in BS6. Contact Pam Scull at goldenhillwi@gmail.com.

■ **BRISTOL VOICES COMMUNITY CHOIR** welcomes new members at any time. We meet at 7.30pm in St Werburghs Primary School during term time. See www.bristolvoices.org.uk for details.

■ 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.

■ **CLIFTON CRAFTERS** We all have craft items we started and are now lurking in a drawer unloved - dig them out and come and share a morning of knitting, crochet, tapestry, rag rags or whatever you would love to resurrect or mend! Every Wednesday in October at Clifton Library 10.30-12.30pm.

■ **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

Thursday

■ HIGHBURY BADMINTON CLUB:

Pete Stables 0117 950 1524 or www.pete4458.wixsite.com/highburybadminton Thurs 7:30pm mid September to End April, Westbury-on-Trym Village Hall

■ THE STEPFORD SINGERS WOMEN'S COMMUNITY CHOIR

meets at Horfield Baptist Church, Bishopston on Thursday afternoons, 1pm to 3pm. No auditions and no need to read music! Come for a free taster session with our friendly, supportive group and learn to sing in harmony. For info, contact Fran franbolton66@gmail.com

■ MINDFULNESS YOGA.

Thursdays 5.30 - 6.30pm. Deepen your yoga practice & awareness, through a meditative & loving-kindness approach. Classes adaptable for beginners and intermediates. By donation. See www.bristol-buddhist-centre.org/yoga/ for more details. Or email info@bristol-buddhist-centre.org

■ **GENTLE PILATES** Small and friendly group class with a mindful approach. Beginners welcome. Thursdays 11.30-12.30am at Bristol Yoga Space, Princes' Place, BS7 8NP. For further information email Itta@mail@ittahowie.co.uk

■ **THE READER:** We meet to share experiences using stories and poems that we read aloud; no pressure to read or talk. 11.30am to 1.00pm at Bishopston Library. Dee Derbyshire 07980364909 & Juliet Harvey

■ 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

■ SWIFTS INCLUSIVE SPORTS

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

■ ENJOY SCOTTISH DANCING]

Looking for a new hobby? Join us for fun, fitness and friendship (singles welcome). First evening free! Thursdays: 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 01179683057.

■ **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

■ HENBURY SINGERS WELCOMES NEW MEMBERS

Do you have a yearning to join a choir? Whether you are new to choirs, or returning after a short or long break, a warm welcome awaits you at Henbury Singers. We meet each Thursday 7.30 - 9.15 at Stoke Bishop Primary School, Cedar Park BS9 1BW during school term times. We perform a wide range of sacred and secular music under our conductor Barbara Rusbridge. No auditions. See our website www.henburysingers.org. Contact the secretary at secretary@henburysingers.org

■ **HENLEAZE LADIES' CHOIR** Join us as we fill St Peter's Church Hall in Henleaze with a diverse selection of music. 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

■ HEALING FOR WELLBEING

- New time, 5pm to 6.15 pm. Drop in sessions with trained practitioners. Redland Meeting House, 126 Hampton Road, BS6 6JE. All welcome - donation basis. For information, visit <http://www.facebook.com/BristolHealingGroup> or <https://www.thehealingtrust.org.uk/healing/healing-centre> or phone Selina 0117 9466434.

■ BISHOPSTON COMMUNITY CHOIR

Meet on Thursday evenings, 7.30pm to 9.00pm at Horfield Baptist Church, 160a Gloucester Road, Bishopston BS7 8NT. Everyone welcome, no audition necessary. Contact us on bishoproadchoir@gmail.com

■ LOCAL CHOIR ACTIVELY RECRUITING NEW MEMBERS.

We meet at Stoke Bishop CE Primary School, BS9 1BW on Thursday, 7.45 - 9.15pm. We are a well-established mixed choir performing both sacred and secular music. See website www.henburysingers.org contact secretary at secretary@henburysingers.org.

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

WHAT'S ON IN OUR AREA

on the last Friday of the month, at St Peter's Church Hall in Henleaze. For more info, see <https://www.spanishcirclebristol.com/>

■ **COFFEES AND CRAFT** at Horfield Baptist Church, This community event is open to all who enjoy making and doing activities with their hands. Please bring your craft to work on and expect to have a relaxing and social time. When: 10,17 and 31July, 14 and 28 August. Times 10.30 to 12.15. For further information please contact the church office office@horfieldbaptist.net

■ **HENLEAZE BOWLING CLUB.** Come along at 5.45pm on Fridays to see if bowling could be the sport for you. Coaching available. Experienced bowlers welcome. Grange Court Road, by Newman Hall. This is a friendly Club with good

bowling facilities and social events throughout the year. Phone, Tom Logan, on 0117 962 1669 or email hbcsec@henleazebowlingclub.org.uk for further details.

■ **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. 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 Saturday of the month (except August). This is a voluntary service run by experienced repairers. Donations welcome. FFI see Facebook @seamillsrepaircafe

COMMUNITY NEWS

BRISTOL ROVERS COMMUNITY TRUST

AS the 2025/26 season has come to a close, Bristol Rovers Community Trust (BRCT) reflects on a year of significant growth, recognition, and measurable impact across Bristol.

This season has reinforced its commitment to using the power of football to address health inequalities, reduce isolation, and improve life opportunities through education, inclusion and wellbeing programmes.

Operating in a challenging EFL landscape and a city facing deep health disparities, BRCT continues to deliver a commercially focused, partnership-led model that creates scalable, long-term social value.

This year saw BRCT expand its work significantly across health, education, and community engagement, supported by key partners including North Bristol NHS Trust. A landmark two-year NHS collaboration delivered national recognition and high-impact interventions including CPR training, workforce health checks, screening programmes, and matchday health activations.

Innovative projects such as 5K Your Way, Rebound with Rovers, Extra-Time, and the Talk Club Cup helped reduce stigma, increase participation, and bring communities together.

Adam Tutton, CEO of Bristol Rovers Community Trust, said: "To be recognised at EFL level reflects the dedication and innovation of our staff, partners, and community. We believe football can change lives, and this recognition highlights the real impact we are making across Bristol. From health and wellbeing to education and inclusion, we are incredibly proud of what has been achieved this season."

Send details of your events and activities:

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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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■ 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.

E: hello@dunleavyvineyards.co.uk

W: www.dunleavyvineyards.co.uk

Tiktok & Instagram: @dunleavyvineyards

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Dramatic skies over the Kelston vineyard

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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 shimmery 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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