

hanham&longwellgreenvoice

June, 2026 Issue 115

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Hanham Abbots Junior School headteacher Gabby Howells with some of her Year 5 pupils



First scarecrow trail is a big hit

Bitton's first Scarecrow Trail, held at the beginning of May with a storybook theme, proved a huge success and raised funds for the village playgroup.

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Bogus antiquities fraudster caught

A fraudster who tried to sell bogus stone sculptures to Sotheby's was caught out when his supposed 1976 documentation used a typeface only invented in 2001.

PAGE 3

Adele aims to swim Bristol Channel

Adele Benson from Kingswood is training for a 16-mile-plus swim of the Bristol Channel in a bid to raise funds for a disability charity.

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School is a class act – Ofsted

HANHAM Abbots Junior School is celebrating a highly successful Ofsted inspection.

The school has achieved the rare feat of being graded Strong in all areas of its provision.

Only a handful of schools in England have scored so highly since the watchdog introduced its new, tougher inspection framework last November.

A team of four inspectors visited the 321-pupil school in April and judged it Strong for achievement, attendance

and behaviour, curriculum and teaching, inclusion, leadership and governance and pupils' personal development and wellbeing. Safeguarding standards were also met.

The Ofsted report noted that pupils achieved results above the national average in reading, writing and maths tests.

"Pupils' achievements in reading are particularly impressive," it said.

"Pupils talk with confidence and enthusiasm about what

they have learned. They produce high-quality work which they are rightly proud of."

The inspectors described the school's curriculum as broad and highly ambitious and said the quality of teaching was consistently high.

"Leaders are highly attuned to the needs of vulnerable pupils and use reasonable adjustments to support positive behaviour and attendance," the report said.

Turn to Page 2

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Our July edition deadline is June 24th. To ensure your news or letter is included, please contact us by then. Advertisers are also asked to contact us by the same date.

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

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A member of the



NEWS

Ofsted praises HAJ

From Page 1

Inspectors found that children were immensely proud of their school. They highlighted the opportunities for pupils to take on leadership roles and experience a wide range of extra-curricular activities that helped them nurture their talents.

"The school's values of respect, independence, perseverance, enjoyment and responsibility are lived and breathed by this happy and highly ambitious school community," Ofsted said.

HAJ is part of the Hanham Primary Federation with Samuel White's Infant School and both schools are part of The Leaf Trust.

Ofsted said: "Governors, trustees, school and trust leaders are rightly proud of this inclusive and ambitious school. Over time, they have worked relentlessly to make improvements.

"Pupils are at the heart of their decision making and nothing is left to chance."

Children were said to behave remarkably well. "This is a result of clear and well-understood routines and warm, trusting relationships with staff," the report said.

Headteacher Gabby Howells said: "We are delighted and humbled by this remarkable outcome. It recognises the determination of our pupils, the expertise and care of our staff, and the support of our families and colleagues at The Leaf Trust. At Hanham Primary Federation we remain ambitious — to ensure every child, every adult can and will achieve their best."

Ross Newman, chief executive of The Leaf Trust, said: "Achieving a Strong standard in every area inspected is an exceptional accomplishment, and one that very few schools nationwide have achieved. The report reflects a school community that is ambitious, inclusive, caring and utterly committed to giving children the very best."

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NEWS

Fraudster tried to sell bogus antiquities

A FRAUDSTER who tried to sell stone sculptures with false provenance through London auction house Sotheby's has been sentenced after a Met Police investigation gathered evidence from across the globe

Andrew Crowley, 46, of Longwell Green was sentenced to two years' imprisonment suspended for two years at Southwark Crown Court on May 22. He pleaded guilty at the same court on Friday, 27 February to fraud by false representation.

Forensic evidence gathered by detectives proved that invoices submitted by Crowley, claiming to be from 1976, had in fact used a typeface only invented in 2001.

Detectives from the Met's Art and Antiques Unit launched an investigation after Crowley contacted Sotheby's in 2022, asking them to sell three stone Cycladic figures.

The figures – roughly 30cm tall and each weighing around 1kg – were purportedly from the Cyclades islands, in modern



Andrew Crowley

day Greece. They were said to date from the Bronze Age, at least 3,000 years ago, and worth hundreds of thousands of pounds.

Specialists at Sotheby's identified inconsistencies in the sculptures and suspected the accompanying documentation was false. Following these concerns, the auction house's legal department contacted the Met. Extensive enquiries by the specialist police team confirmed that their suspicions were correct.

Crowley claimed to have inherited the Cycladic figures from his grandfather, who he said had made his fortune in the United States before settling in England after his retirement.

Invoices presented to Sotheby's appeared to show that Crowley's grandfather had bought them from a New York based antiques dealer in 1976.

But forensic analysis established that the documents – which were made to look like they were written using a typewriter on paper embossed with the antiques dealer's logo – were forgeries.

The scientists concluded that the letters were printed using modern printer technology, which was not in widespread use in the 1970s. Further analysis showed they were not written using a typewriter.

Detectives identified and tracked down the US based designer of the typeface. Working with the FBI, a statement was obtained evidencing that the font was not in use until 2001, a quarter of a century after the invoices were supposedly written. The dealer's embossed logo, which looked genuine to the untrained

eye, was created using a pen or artist's tool rather than a stamp.

Crowley was arrested outside the front door of Sotheby's in Mayfair, on 27 July 2023, having been invited to a meeting with experts at the auction house.

The statues – which police believe to be modern replicas – were seized. Had the fraud gone undiscovered, the statues could have sold for up to £500,000.

Det Con Ray Swan, who led the Met's investigation, said: "This was a sophisticated fraud that required substantial planning. Sotheby's staff acted responsibly and swiftly in raising their concerns, and their cooperation was instrumental in preventing a significant fraud."

A spokesperson for Sotheby's said: "We are grateful to have been able to work closely with the Met's Art and Antiques Unit and are glad to have supported such a meticulous and superbly executed investigation that has helped prevent fraudulent material entering the market."

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NEWS

Child sex charges

A 36-YEAR-OLD man appeared at Bristol Magistrates' Court to face 27 charges against children.

Josh Scott, of Wilshire Avenue in Hanham, is accused of:

- Three counts of making indecent photographs of a child (category A, B and C)
- One count of possession of extreme pornographic images involving animals
- Ten counts of causing or inciting a girl to engage in sexual activity
- Three counts of causing a child to watch or look at an image of sexual activity
- Ten counts of taking indecent photograph of a child.

The charges relate to an investigation into incidents between August and December 2025 and are all online-based crimes against real world victims. Scott was remanded to appear at Bristol Crown Court on Tuesday 16 June.

Thieves target family support charity

OPERATION Community Hamper (OCH) has had overwhelming support from the community following a break-in.

Items donated to the charity, which supports local families and individuals in need across Bristol, were stolen from a domestic garage. Among the goods taken were nappies, a breast pump, children's toys and games, and raffle prizes intended for upcoming fundraising events.

Charlotte Churchill, founder and CEO, said: "We were deeply saddened by the incident, and

the irony of a charity supporting families and individuals in need being targeted was certainly not lost on us."

Despite the setback, the charity has been overwhelmed by the response.

"What has shone through since is the incredible generosity and compassion of the people around us," Charlotte added.

Fundraising efforts have also been nothing short of inspiring. A team of five supporters took on the 10Y Fan Challenge, climbing Pen y Fan ten times within 24

hours. Battling extreme weather and exhaustion, they raised over £2,200. Another supporter represented OCH in the Bristol 10K, raising more than £350.

OCH is preparing for its second Quiz Night, which will take place on Sunday June 14 at the Masonic Lodge in Keynsham. Teams are welcome to enter for £5 per person.

If you'd like to know more about OCH or get involved in future initiatives, visit: www.operationcommunityhamper.co.uk/

Older women urged to join healthcare study

WOMEN aged over 55 are being urged to share their ageist and sexist experiences of healthcare.

Bristol Women's Voice and Bristol Older People's Forum are calling on older women to speak out about experiences of feeling dismissed, unheard and overlooked.

The organisations say they have uncovered repeated experiences of women over 55 feeling not fully listened to by medical professionals.

Some women described subtle but persistent

attitudes that left them feeling invisible or belittled during appointments. Others reported more direct experiences of ageism and sexism, including comments linked to their age, difficulties requesting female practitioners, and repeated dismissal of symptoms and concerns.

As their joint project enters its second year, the organisations are seeking more responses.

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NEWS

Progress on homes scheme

THE long-awaited redevelopment the former Grange school site in Warmley is a step closer.

South Gloucestershire Council has agreed the masterplan for the 12-hectare brownfield site. It includes up to 160 properties, of which 56 will be so-called “affordable homes”.

The scheme will see more than half of the land used as a community sports hub. This will include grass and artificial pitches, netball courts and a clubhouse.

The site is owned by the council, which received funding from Homes England to prepare it for development. It will be marketed to potential builders later this year, with a decision expected by the end of 2026 on who will lead the development.

Once a constructor has been selected, final designs, plans and a full project timeline will be brought forward.

The council will also begin a process engaging with local organisations, groups and sports clubs to determine how the new sports facilities will be managed and operated. The planning permission guarantees that the new facilities will be available for community use.

South Gloucestershire Council cabinet member for corporate resources, Cllr Adam

Monk, said: “The development of this site will bring the space back into productive use for the community, helping to deliver not just new homes, but space for local people to enjoy and participate in sports in their area.

“We have worked hard with partners and stakeholders, including Homes England to develop a masterplan for the site that will benefit the whole community.”

South Gloucestershire Council cabinet member for planning, regeneration and Infrastructure, Cllr Chris Willmore, said: “These new homes and sports facilities will be developed at the same time as a condition of the planning consent we’ve granted. It is a brownfield site, but more than half of it will be given over to the sports hub. It means that new residents, existing clubs and groups and the wider community will all benefit.

“More affordable homes are what we know our younger generations need to have the option to live locally, and we are committed to making sure that where development happens it will bring community benefits for years to come.”

The Grange School closed in 2016 and most of the buildings were demolished in 2021. One was turned into a base for Majestics gym in 2023. Digitech Studio School and Warmley Park School are nearby.



The proposed site layout



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NEWS



Scarecrows bring joy

BITTON'S first Scarecrow Trail, held over the weekend of 2nd and 3rd May, proved to be a huge success, bringing the community together and delighting visitors of all ages.

With 20 scarecrows displayed across the village, all inspired by children's book characters, residents, families and local businesses embraced the event

with creativity and enthusiasm. Despite some uncertain weather, the event saw a great turnout, with visitors guessing each character and voting for their favourites.

Stick Man was awarded first place, with Supertato and The Scarecrows' Wedding taking joint second place. The trail also raised valuable funds for Bitton Playgroup.

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COMMUNITY NEWS

KINGSWOOD SCOUTS

HERE in Kingswood we have volunteer Leaders working with Scout Groups and Explorer Scout Units providing fun and learning for some 1100 young people. We also have to administer the operation in accordance with Charity Commission rules. This is done through Trustee Boards. A number of volunteers from various backgrounds oversee such things as safety, managing the money, insurance and legal issues and keeps an eye on the vision across the whole of the District. We are looking for volunteers to join Trustee Boards. In particular we are seeking a TB Chair to take control of the District Board from July 2026.

If you've helped lead a project before, this'll really help you, but we're not expecting you to have any prior experience.

You don't need to have been in Scouts before, either – it's fine if you're completely new. There is a lot of training and guidance available.

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It's usual for trustees to meet 5-7 times a year, as well as a few additional hours a month when needed. It's a team effort, so you'll be working with other friendly trustees to get things done.

If you would like to help, please get in touch with Bob Sellar, at chair@kingswoodscouts.org.uk who can provide all the additional background that you will need to help you consider the District Chair role and becoming a Trustee.

SOUTH GLOS WINE CIRCLE

Our May meeting in hall featured Summer Sippers - with a difference. While researching the subject I came across an interesting hybrid of wine and beer. Essentially the beer is brewed and aged in oak barrels then re-fermented with the pomace from a local wine producer. The white wine therefore infused with Ortega grape and the red with Pinot Meunier. This produce a relatively lower alcohol [5.8%] sparkling wine/beer that was one minute winelike and then next beerlike.

We paired the white with dried apricot with a sprinkling of ginger and the red with small plum tomatoes halved and drizzled with balsamic vinegar. To finish the evening, and toast South Gloucester Wine Circle's 60th year, a dry Italian sparkling wine [not prosecco!] presented in Babycham glasses, for a bit of fun, and served with parmesan shavings.

Our next meeting in the hall will be a Quizzical Quiz.

There will always be a welcome for those with a passion for wine, beer and food. If you are interested get in touch by email address or look at our website sgwc.org.uk. We meet on the first Wednesday of month, doors open 7.30pm for an 8pm start.

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NEWS

Adele prepares to swim Bristol Channel

by Gianina Turner

A KINGSWOOD resident is preparing to take on one of the toughest open water swims in the UK – and she’s doing it for a cause close to her heart.

Adele Benson, who lives in Kingswood with her partner Josh, will attempt to swim across the Bristol Channel this September to raise money for Toucan Diversity, a charity that works to improve disability inclusion.

The swim will take place sometime between 14 and 18 September, depending on the weather and tides. Adele will swim from Glenthorne to Porthcawl, a crossing that’s around 16 miles as the crow flies – but likely much further in reality.

“The Bristol Channel has the second largest tidal range in the world,” Adele explained. “Because of the tides, you don’t always swim in a straight line, so the real distance can be much



Endurance swimmer Adele Benson

greater than it looks on a map.”

The route will also count towards the Original Triple Crown of open water swimming, which recognises swimmers who complete the English Channel, Bristol Channel, and North Channel crossings.

Adele successfully completed a solo swim of the English Channel in June 2024, finishing

in 15 hours and 13 minutes.

Her journey into endurance swimming began after a turning point in her life.

“Following the pandemic, I found myself moving back in with my parents after completing my Master’s degree. That period became a wake-up call. I realised I wanted to find fulfilment and purpose beyond work alone.”

She began swimming and strength training regularly, gradually building up to longer distances through organised events.

“When I built up to my first major swim – the length of Windermere – I realised it was half the distance of the English Channel,” she said. “I couldn’t shake how close I felt to being able to swim like that, so I made a booking.”

Since crossing the Channel, Adele has gone on to complete a series of demanding swims, including Ullswater and Coniston in the Lake District, Lake Annecy in France, a crossing from

Gdynia to Hel in Poland, and an Escape from Flat Holm Island swim in the Bristol Channel.

This latest challenge is in aid of Toucan Diversity, an organisation that delivers training and education to help organisations become more inclusive of disabled people.

The charity has a deeply personal connection for her. Its founder, and Adele’s friend, Madissa Asgari, died in October 2020. The organisation is now run by Madissa’s mother and sister.

Adele believes disability inclusion is something that affects everyone – not just a few.

“I firmly believe that for most people, it is not if you become disabled, but when,” she said. “Disability touches all of our lives through ageing, illness, accident, or injury.”

To support Adele’s Bristol Channel swim and donate visit her fundraising page at: <https://givestars.io/gs/bristol-channel-swim>

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COMMUNITY NEWS

THE EVERGREENS

FOLLOWING the sad news of the closure of the Longwell Green WI on 1st April after 72 years, we are happy to announce the creation of a new social group called 'The Evergreens'. The name was voted from a shortlist of names put forward by the ex-WI members and it is hoped that the name will reflect current and new activities going forward.

The first meeting was held on Friday 15th May, attended by 55 members, starting with Bingo. It is only the second time I have played Bingo and I got a Full House on the second round. It definitely heightens your alertness waiting for that final number to come up. One of the members sitting next to me said this may be the start of an addiction for me!

There are currently four book clubs running, other activity groups include knitting, gardening, cinema, walking, social suppers, craft days as well as separate Day Trips being organised. The next day trip is to Stratford-upon-Avon.

The Evergreens monthly meetings are held on the third

Friday of the month at 7.30 pm at the Longwell Green Community Centre and new members are welcome. If you are interested in visiting, please get in touch by email at longwellevergreens@gmail.com, or come along on the meeting evening. We shall look forward to seeing you.

Kamann Huang

BITTON WI

OUR group met on 12 May in the Church Hall, Bitton where we shared the sad news that a former President of our WI, Janet Ballinger had sadly passed away recently. Janet undertook many WI roles over a number of years before leaving us a little over a year ago due to ill-health. She was our senior judge at many a cake competition at the village fete and I know she was over the moon when we resurrected the Bitton Baker competition a couple of years ago where she was once again able to pass judgement on the delicious bakes before us. Her jams and chutneys were legendary

and will be missed by many who purchased a jar or two from her at the fete, including myself.

This month we also took our Bitton WI wartime storyboard to the 80th Celebration evening in St. Mary's Church. I thought it was a good time to celebrate their contribution and dedication to the village during the war years. It certainly is humbling to look back at the minutes of the time to read how the women of Bitton gave up their time to knit, sew, make jam and preserves, grow vegetables, collect copious amounts of fruit when in season, sell the produce to donate funds to the war effort, make sure the children of the village had regular supplies of juice and rosehip syrup, run whist drives, as well as keeping family and home going at such a difficult time. Throughout the year, many of their meetings would be taken up with learning new skills such as make do and mend, cookery with wartime ingredients or knitting tutorials. They put aside a very small proportion of their meetings for their "social" time where they sang, danced, told stories, performed a skit or short play or

played games. A prop we took for our storyboard was a pound (lb) of onions. The story behind this both amused and amazed those visiting our stall. We read in the minutes that one month in 1943 a raffle took place where a pound of onions was the main prize. The prize was shared between five members, such was the precious nature of said onions at that time!

Our speaker this month was James Canard, a Financial Planner, who took us through some of the recent changes to pensions and Inheritance Tax. Many of us were unaware what the implications of these were for us or our families so it was really helpful to get clear and understandable information from James.

Our next meeting will take place on Monday June 9 in the Church Hall at 2 pm where our speaker will be Dr Amber Phillips, Senior Lecturer in Criminology. For more information, please email: bittonwi@gmail.com

Karen Davidson
President



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JUNE EVENTS

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■ **KINGSWOOD HISTORY SOCIETY** Presentation by John Hitchings; William Bence and the Longwell Green Coachworks (please refer to website www.kingswoodhistorysociety.org for any late change). Park Centre, Kingswood, Tuesday 2nd June, 7pm for 7.30pm start. Visitors £4 incl tea/coffee and biscuits.

REGULAR EVENTS

MONDAY

■ **LONGWELL GREEN ART CLUB**, no tutors. Would you like to do your own thing in the company of a small, friendly group that meet Mondays 9.30 to 12.30, arrive and leave as you please. URC Wesley room. Contact Jackie on 01179600273 or email colown@blueyonder.co.uk

TUESDAY

■ **LIP READING CLASS**, 1.30-3pm at North Common Village Hall, Millers Drive, BS30 8YH. Contact Mary Hall 07790 283939, lipreadingmary@yahoo.com
 ■ **TUESDAY CLUB** a social group meet every Tuesday 1.45-3.45pm at Longwell Green Community Centre
 ■ **EXERCISE AND FRIENDSHIP GROUP** at The Community Project in Cadbury Heath (BS30 8EL) every Tuesday, 11:00 – 12:30. Join our over 65s. Improve strength, balance, and more in a fun, inclusive environment. Just £5/session includes tea/coffee and chat. Don't miss out on boosting your well-being! For more information contact Adam - 07875503586

■ HANHAM TENNIS CLUB

Adult Play - Tuesday & Thursday evenings and Sunday afternoons. Monday, Wednesday & Friday mornings, 9.30am - 11 am. . Beginners' session coaching - Wednesday 7-8pm. Junior coaching - most early evenings. New players welcome. Fully qualified LTA coaching. See website for details www.hanhamtennisclub.co.uk

■ LONGWELL GREEN LADIES

GROUP meet at 2pm on the first and third Tuesday of each month at the United Church, Bath Road, Longwell Green BS30 9DU (opp. Aldi). Please phone Maureen on 0117 9322341

■ **LONGWELL GREEN SHORT MAT BOWLS CLUB**. We meet Wednesday and Fridays 1.30 to 3.30 at the

Longwell Green community centre, Shellards road, in the California suite. All equipment provided. Beginners very welcome. We are a friendly group who need additional members. Email. Michael8bence@gmail.com. Tel 07800869837

■ WELSH CONVERSATION

GROUP The Old Manor House, Keynsham 7pm-830pm 3rd Tuesday of the month 15th July (Aug holidays) Free. Organiser Catherine Dhanjal Call Catherine on 07941669925 or follow <https://www.facebook.com/CymraegBrysteCaerfaddon>

WEDNESDAY

■ BARRS COURT LADIES CLUB:

Wives and partners of the Probus club members meet 10-12 on the second Wednesday of each month at the United Church, Bath Road, Longwell Green. Website: <https://barrscourtprobus.org/>

■ **BARRS COURT PROBUS** is a friendly local club for men recently retired or semi-retired. We're a mixed group- extradesmen, engineers, teachers, shopkeepers and professionals-who meet every 2nd & 4th Wednesday of the month for talks, coffee and outings. Just good company, new experiences. Come as our guest and see what you think. Call Mick 0117 9324104 to check details and say you're coming. Bring a friend - everyone is welcome.

■ FILTON COMMUNITY BRASS

BAND: We are a community brass band with a huge emphasis on being friendly and playing at community fetes and a few concerts. We practise on Wednesday evenings in Kingswood and would love to encourage developing players and those who may not have played for a few years to join us. To find out more, find us on Facebook or email filtoncommunitybrass@gmail.com

■ **ZEST CHOIR** is an inclusive happy singing group for all adults who love to sing - even if you think you can't or might be Tone Deaf! We meet Term Time Wednesdays at Longwell Green Community Centre from 10.15am-11.45am and from 7-8.30pm. Contact Mary on 07954 170532 www.zestchoirs.com.

■ **LONGWELL GREEN PROBUS CLUB** meets at Warmley Community Centre on the first and third Wednesday of each month.. New members welcome- for details contact Mike on 07817094147

■ **HANHAM BRIDGE CLUB** Every Weds 7-10pm at Hanham Community Centre, new members welcome. See www.hanhambridgeclub.co.uk or call Graham 07790 491564.

■ **HANHAM AND KINGSWOOD PHOTO CLUB**. A friendly club

welcoming photographers of all abilities to share our hobby. Meeting 7.15pm for a 7.30pm start on most Wednesdays, St Barnabas Church Hall, Warmley, BS30 5JJ. See the website for where meetings will be held (some on Zoom & some evenings out). For details visit <https://www.handkphoto.club> or contact Geoff Mallin at email address, geoffmemsechps@gmail.com

■ **RWP BADMINTON CLUB** play at Hanham Woods Academy 6.30-7.30 social club, 7.30-9.30 league club. Visitors welcome, please look at the website for more details
 ■ **LIP READING CLASS**, 10am-noon, Warmley Community Centre. Termtime only. Contact Mary Hall 07790 283939, lipreadingmary@yahoo.com

■ FRENCH CONVERSATION

GROUP The Old Manor House Hotel, Keynsham 7pm-830pm 4th Wednesday of the month 23 July (Aug hols) Free. Organisers Steve James & Catherine Dhanjal Call Catherine on 0794 1669925 or join L'Amicale Francaise de Keynsham <https://www.facebook.com/groups/429989176573347/>

■ OLDLAND VILLAGE CLUB

Wednesday Weekly Bingo. Books on sale 7:15pm with Eyes Down 8pm. Open to Members and Non-Members. Over 18s only.

■ OLDLAND VILLAGE CLUB

Monthly Coffee Morning take place every 3rd Wednesday of the month, 10:30am start; open to all, cake donations for the table greatly appreciated.

■ **SHORT MAT BOWLS** Every Wednesday and Friday at the Longwell Green community centre, Shellards Road. Beginners welcome. 1.30 til 3.30 Text Michael on 07800869837 or email michael8bence@gmail.com

THURSDAY

■ AVON SCALE MODEL

SOCIETY We are a small friendly club, all subjects are included, aircraft, cars, armoured vehicles, fantasy, etc we meet on the 3rd Thursday of the month, at St. Anne's Hall, Barry Road, Oldland Common. at 8pm. Please contact Ian on 0117 9603435

■ BLACK SHEEP HARMONY

We welcome new singers to any of our weekly rehearsals, to join in or just to listen. 7:30pm on Thursdays in Hanham Community Centre. Contact Noey: 07899 088180 or check out our website www.blacksheepharmony.com

■ WALKING FOOTBALL FOR

AGE 50 PLUS 19.15-20.30 Keynsham Town Walking Football

for age 50 plus. Play football at a slower pace for fun and fitness. New members welcome contact keynshamtownwfb@gmail.com for details

■ **WALKING NETBALL** Broadlands School, Keynsham, 7pm -8pm £5 per session, ex players or new to netball welcome, for more info email lindab2023@gmail.com

■ Join our SEATED FITNESS

CLASS at Longwell Green Community Centre, perfect for beginners, older adults and anyone needing gentle, low-impact exercise. Thursday 9:15-9:45am, first class free. Contact Sarah today to book your free trial class. on 07975 943589 or sarah@realfitnesswithsarah.com

■ **'STAND UP REACH OUT'** A social group meet every Thursday 2-4pm at Longwell Green Community Centre for different activities.

FRIDAY

■ TAI CHI FOR PARKINSON'S:

Weekly beginners Tai Chi & Qi Gong class for people with Parkinson's disease, their families and carers. Lincombe Barn, Downend. BS16 2RW. Fridays (term times) 10.15 – 12.15 including tea / coffee break. Contact: Claire - Claire@Taichibodyandmind.co.uk (07769 857672) or Sarah - buqiworks@gmail.com (07815 662844)

■ LONGWELL GREEN COMMUNITY CENTRE QUIZ

NIGHT, meets normally first Friday of each month at 8 pm. Bar available. For details please contact Marian.r.summerill@gmail.com, or ring 07503 989880.

■ LONGWELL GREEN

EVERGREENS, New social group meets on the third Friday of the month at 7.30 pm. If you are interested in visiting, please get in touch by email at longwellevergreens@gmail.com

■ CROFT END SILVER BAND

Hanham Tabernacle, Tabernacle Road, practice 7.15pm - 8.45pm. Players needed on all sections , all ages welcome and training given. We are a happy Band with a good atmosphere. More details contact Rob (Chairman) on 07788 473404

PHARMACY COLUMN

If you think your child has Impetigo, check symptoms with a pharmacist



0117 932 2293
24 Ellacombe Road,
Longwell Green, BS30 9BA

It might start as a small sore, a patch of dry skin, or what looks like a minor graze around your child's nose or mouth.

But Impetigo can spread very quickly between young children — at home, in nurseries, schools, playgrounds, and sports clubs.

That's why the team at Ellacombe Pharmacy is encouraging parents and carers to act early and get symptoms checked as soon as they notice them.

Early treatment can stop the infection from spreading to other children and family members.

What should parents look out for? Impetigo is a common bacterial skin infection that mainly affects young children.

Signs include:

- Red sores or small blisters
- Wet, crusty, or weeping patches on the skin

- Honey-coloured or golden crusts
- Itchy or sore skin
- Patches that spread over several days

It often appears around the nose, mouth, hands, or on skin that has been scratched or irritated.

Why acting quickly matters Impetigo is highly contagious and spreads easily through:

- Touching infected skin
- Scratching sores
- Sharing towels, bedding, toys, or clothing
- Close contact at nursery or school

What starts as one small patch can quickly spread across a child's body — and then to siblings, classmates, and other family members.

The earlier the treatment starts, the easier it is to control the infection and reduce the risk of it spreading further.

Skip the GP wait — Visit

Ellacombe Pharmacy Many parents still don't realise they can go straight to their local pharmacy for NHS treatment.

Through the NHS Pharmacy First service, the trained prescribing pharmacists at Ellacombe Pharmacy can assess and treat impetigo, where appropriate, with free NHS prescription-strength medication — without needing a GP appointment first.

Parents, grandparents or other carers often visit after pick-up or getting a call from the nursery or school because the service is fast, convenient, and easy to access.

- The service offers:
- Fast access to NHS care
- Free walk-in consultations
- Expert advice close to home
- NHS treatment, where appropriate
- Referral to a GP if further care

is needed

If it looks like Impetigo, don't wait If your child develops suspicious sores, crusting, or spreading patches, it's best to visit the team at Ellacombe Pharmacy as soon as possible, rather than waiting for symptoms to worsen.

Getting treatment early could help stop the infection from spreading through your household, nursery, or school community.

Fast NHS help for busy families

Ellacombe Pharmacy is here to help local families with fast, accessible NHS care through the Pharmacy First service.

No appointment is needed — just walk in. Call **01179322293** to find out more or speak to the pharmacy team today.

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- **BACTERIAL CONJUNCTIVITIS** (CHILDREN AGED 30 DAYS TO 2 YEARS)

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- www.pharmacyfirstlongwellgreen.com



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■ ANTIQUES

Pinning down history

You never quite know what to expect when you step into a home for a local home-visit. Sometimes it's fine furniture and jewellery, other times it's

stacks of old newspapers and bin bags. But every so often, you walk into a literal goldmine. Or, in this case, a "badge-mine!"

We recently undertook an 'urgent' house call. A gentleman had unfortunately passed away, and the relatives - who lived overseas - were at the property for just a few days before flying home. From the initial meeting, we had just 48 hours to evaluate the contents and clear the home.

Upon entering, it was immediately clear that this wasn't a normal house call; it was a 150-year archaeological dig through British badge history. The late owner had been a truly dedicated collector of vintage badges and brooches, and the treasures were hidden everywhere, including on top of the fridge and behind the television!

As we started gathering everything up, we began to uncover rare gem after rare gem. In one small box at the back of a cupboard we found an astounding collection of original (and very rare!) Suffragette badges, estimated to be several thousand pounds worth. In another cupboard upstairs we found some even-rarer WWII Air Raid Precautions badges, many of which were only made in very limited numbers and have not been known to appear in auction before now.

As I type, around a week later, we are still in the process of cataloguing and valuing everything from the collection and current estimates as to the total value are exceeding £15,000, and we expect to breach £20,000 very shortly.

It is one of the most interesting and varied collections I have ever come across, and every day we're discovering another rare badge hidden in a vase, shoebox or crate.

Collections like this are exactly why I love this job. When these go under the hammer, I expect fireworks. It is proof, if you ever needed it, that history isn't always in museums - it's probably hidden behind your TV!

Andy Stowe, Auctioneum



■ ADVERTISING FEATURE

Weight loss that lasts

THE Slimming World Consultants for Hanham, Longwell Green and North Common say long-term weight loss success comes from getting the support to make changes around food, drink and exercise and build positive lasting habits – even if you're taking weight loss medication.

Karen, Izzy and Emma, who between them have years of experience supporting people to manage their weight and who themselves have lost several stone, made the comments as Slimming World announces the launch of a new suite of dedicated GLP 1 support, designed to help people using weight loss medication build the healthy habits they need to achieve and sustain their weight loss for life.

The women, who run Slimming World groups in Longwell Green Community Centre, North Common Village Hall and Hanham Community Centre, say: "Our goal has always been to support anyone and everyone who comes to our groups wanting help to lose weight to reach the weight and size they want to be and, crucially, stay there. As more people turn to GLP 1 medications, that hasn't changed. What we're hearing increasingly is that weight loss medications aren't designed to be used on their own. Everyone – from the World Health Organisation to governments – is agreed that people need ongoing, evidence based support alongside them to really make changes stick."

If you'd like to find out more contact Karen on 07889 408969. To join the Longwell Green Slimming World group, just turn up every Monday at 6pm or 7.30pm or Tuesday 9.30am at Longwell Green Community Centre.

To join Emma at the North Common Slimming World group, just turn up every Tuesday 6pm or 7.30pm at North Common Village Hall or call 07773 689229.

To join Izzy at the Hanham Slimming World group, just turn up at the community centre on the High Street on a Saturday at 9am or call 07824 365101.



Hanham Community Centre.
118-124 High Street.
Hanham BS15 3EJ.
Saturday: 9.00am
Tel: Izzy 07824 365101

Longwell Green Community
Centre, Shellards Road
Longwell Green BS30 9DU
Monday: 6.00pm & 7.30pm
Tuesday: 9.30am
Tel: Karen 07889 408969

North Common Village Hall,
16 Millers Dr, North Common
BS30 8XX
Tuesday: 6.00pm & 7.30pm
Tel: Emma 07773 689229



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COMMUNITY NEWS

HANHAM WI

IN April, our branch welcomed our guest speaker Andrew Harper from the Great Western Air Ambulance Service. Andrew captivated us with an insightful presentation about the vital work that his organisation does to provide critical emergency medical services throughout the Southwest of England.

The Great Western Air Ambulance Service plays a crucial role in delivering life-saving care, particularly in remote and challenging areas such as moorlands and isolated beaches. With their dedicated team, they ensure that patients can access specialised medical treatments swiftly, even in adverse weather conditions. One of the standout points was how their air ambulance enables patients to be transported directly to the most appropriate hospital rather than merely the nearest one.

The Great Western Air Ambulance team consists of Specialist Paramedics, Advanced Practitioners, and Doctors who are specially trained to perform advanced clinical procedures that go beyond the capabilities of standard land ambulance services. This expert team ensures that patients receive the highest standard of care as soon as they are reached.

In addition to their helicopter, Andrew explained that the service operates a fleet of critical care cars, which allows them to extend their reach. Surprisingly, he revealed that about three-quarters of their callouts are responded

to by car, not by helicopter. This surprising fact highlighted the versatility and commitment of the service in addressing the needs of patients across the region.

Perhaps the most striking point of Andrew's presentation was that the Great Western Air Ambulance Service is a charitable organisation which relies primarily on public donations, fundraising initiatives, and legacies from individuals and corporations—rather than receiving funding from the public purse.

In closing, Andrew reminded us that our collective efforts - including fundraising and raising awareness - can make a significant difference in helping this vital service continue its life-saving work.

May proved to be a particularly busy month for the branch, with members taking part in a wide range of activities reflecting both the educational and social aspects of WI life.

Our main meeting featured two important elements. We were pleased to welcome guest speaker Hannah Vischer, who gave an informative and thought-provoking talk about the work of the homelessness charity Shelter. Her presentation was especially timely, as it closely linked to one of the resolutions members would later discuss and vote on during the evening.

Founded in 1966, Shelter works across the UK to tackle homelessness and poor housing conditions. Hannah explained how the charity supports people facing housing difficulties

by providing advice, practical assistance, and campaigning to raise awareness of housing issues. She also highlighted that Shelter's work is funded largely through public donations, legacies, and its network of charity shops.

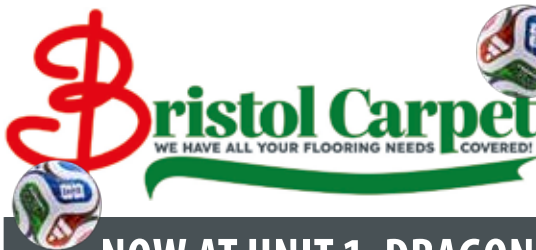
Following the talk, members took part in the annual resolutions' discussion session, considering the two resolutions that will go forward to the National Federation AGM.

The first resolution called for clean, free, and accessible public toilets to promote dignity, health, and social inclusion for all. The second urged all levels of government to take stronger action to reduce women's homelessness, improve temporary accommodation, and provide better support for women at risk. After thoughtful discussion, members voted to support both resolutions.

Resolutions remain a vital part of WI campaigning and action. Indeed, it was the adoption of last year's National Federation resolution, "Bystanders Can Be Lifesavers", that inspired the branch to organise a first aid course earlier in May. Delivered by St John Ambulance, the session focused on CPR training and gave members valuable lifesaving skills and confidence.

Our social calendar continued with an informal coffee morning which attracted a record attendance and provided members with another opportunity to catch up with friends and enjoy lively conversation in a relaxed setting.

Dianna Coles



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SPORT

KEYNSHAM BOWLING CLUB

AFTER a series of friendly fixtures for Keynsham Bowling Club, the serious stuff has now started, with both ladies and gents competing in their various leagues.

Our ladies have started the season with games coming thick and fast. They have to date played 15 fixtures, six in the North Somerset League, four in the County League and five friendlies. Whilst results have been mixed, confidence is high as various cup games come into play.

On Thursday evenings, we field three teams in the Men's Bristol and District League. Our A team started their campaign by losing away to Bristol St Andrews, followed by a home defeat by Victoria Park, and then a high-scoring victory away to Long Ashton.

The first fixture for our B team was at home when they beat our C team, followed by a home defeat to Bristol B.

Following the defeat by our B team, the C team lost at home to Ardagh but then had a good win against Avonmouth.

The Saturday Somerset League,

where we have entered two teams, is also up and running.

Our A team won away to Weston Bath then lost away to Bloomfield. Our B team started with a home defeat against Knowle B but the following week they beat Knowle C.

In the Friday Triples League, our men are in fine form, having recorded home victories against Begbrook and Greenbank and away success at Knowle and Bristol, with just one defeat, away at Page Park.

In the Triples Cup, we were drawn away to Victoria Park, and what a game that was! At the conclusion of the 18 ends, the scores were level and an extra end had to be played on all three rinks, which we won by four shots. We now travel to Avonvale in the next round.

Our Monday Club Night has started successfully with between 20 and 30 members attending for a roll-up. Our open weekend attracted nearly 30 members of the public, who tried their hand at the sport, and from this event we anticipate recruiting some new members.

We hold coaching sessions every Monday and Saturday at 11am, with our qualified coaches in attendance, and these are open to experienced bowlers and novices, whether members of the club or not. A warm welcome is extended to anyone who wishes to attend.

The club hosted a county game between Somerset Indoor Bowls Association and Somerset Outdoor Bowls Association. This is one of the two fixtures held each year, with an indoor game in the winter and an outdoor one in the spring. The fixture was played over six rinks, with the outdoor team winning by 105 shots to 93.

Our captains this year have selected the Great Western Air Ambulance as the club's charity, and one of our members, Julie Matthews, took part in the Newport Marathon to raise £500 for the cause.

At the end of April, club members crowded into St Dunstan Catholic Church in Keynsham for the funeral service of our club secretary David Hockney, who passed away after a short illness.

In paying his respects, our club chairman Steve Coles said: "David

was a well-liked and respected member of the KBC family, who was not only our long-standing club secretary but an accomplished bowler. He will be sadly missed, and we send our condolences to his wife Ann and his family on their loss."

CARSONS & MANGOTSFIELD CRICKET

THE first Carsons & Mangotsfield side to take the field in anger this year were the Under-19s, who finally got to play their rain-delayed 2025 Gloucestershire Youth Cricket League U19 Development Cup final.

Batting first, they made up for lost time with a commanding 171-5 from 20 overs, Ollie Catton's unbeaten 50 and Harry Ravenscroft's 46 setting the tone.

The job wasn't done, but regular wickets kept opponents Stoke Bishop in check.

The Buckingham brothers led the squeeze: Max with 2-23, Isaac miserly with 1-13, as the reply stalled at 133-5.

A deserved win and a trophy in the bag - not a bad way to open the season!

Your black bin collections have changed



Find your new three-weekly collection day and set reminders in the council app.



southglos.gov.uk/app

COMMUNITY NEWS

HANHAM AND KINGSWOOD PHOTO CLUB

ARE you a photographer searching for a community that shares your passion? Look no further than the Hanham and Kingswood Photo Club. We invite local photographers of all skill levels to come and discover what our club has to offer. Whether you are a beginner looking to learn or an experienced photographer seeking inspiration, our welcoming atmosphere will make you feel right at home.

Every Wednesday at 7.15 pm (except the first of the month, when we Zoom), we gather at St Barnabas Church Hall, Church Avenue, Warmley, BS30 5JJ. Our meetings

feature presentations by visiting experts and members who share their knowledge and insights into various photography techniques and styles, including portraits, sports, wildlife, flora, interiors, urban and rural landscapes, seascapes, and street photography. This is a fantastic opportunity to expand your skills and gain fresh perspectives on your craft.

In addition to informative talks, we organise regular photo shoots and field trips, allowing members to put their skills into practice while exploring exciting, interesting locations. It's not just about taking pictures; it's about building friendships and sharing experiences with fellow

photography enthusiasts in the area.

Membership secretary, Peter Phillips, says, "We want to create a space where anyone who loves taking pictures, using whatever camera or smartphone, can come for a bit of guidance, a bit of camaraderie, and a lot of fun. There's a wealth of talent right here in East Bristol, and we're just giving it a place to shine."

Whatever your experience levels, we promise you a warm welcome and lots of opportunities to grow as a photographer. If you're interested in joining us, visit our website: <https://www.handkphoto.club> or email at handkpc@plphillips.plus.com

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KINGSWOOD MEMORIES & HERITAGE MUSEUM



LESLIE CROWTHER

Game-show host and actor Leslie Crowther's natural, relaxed style with audiences made him a household favourite during a long television career.

In the 1960's Leslie made his mark as a presenter on BBC programmes such as "The Billy Cotton Band Show" and "The Black and White Minstrel Show" He is perhaps best remembered from this period as presenter of the long running and hugely popular children's variety show "Crackerjack".

His switch to ITV in the 1970s saw him in a string of successful variety shows and sitcoms, among them "Crowther's in Town" and "The Leslie Crowther Show".

Leslie's natural empathy with audiences made him the perfect compère for "The Price is Right" in the 1980's, whose appeal was based largely on the unpredictable reactions of unsuspecting members of the audience as he urged them to "come on down!"

He went on to present the celebrity-

impersonation show "Stars in Their Eyes" while continuing to work in pantomime and supporting charities, including a period as president of the Lord's Taverners.

Although Nottingham-born, Leslie Crowther lived at Temple Court in Corston near Bath for many years prior to his death in 1996.

In the photograph from 1989 (courtesy of the South Gloucestershire Gazette) Leslie can be seen with children of the Downend NSPPC Young League.

We are open for the new season

Kingswood Heritage Museum is now open until the end of November from 2 – 5pm every Saturday, Sunday and Tuesday, and from 11am to 5pm on Bank Holidays.

Museum Talk: "Festivals of Britain"

The next talk at the Museum is on Wednesday 10h June, when renowned historian Professor Ronald Hutton will explore the rich traditions and festivals of Britain through history.

Admission costs £4.50, including tea or coffee; doors open at 6.45 pm and the talk commences at 7.30 pm; Seats must be booked in advance via 0117 9605664, or by email: kingswoodmuseum@gmail.com.

Events

The Hidden Museum Tour – Sunday 7th June, 2pm: Step behind the scenes on our special curator-led guided tour, including exclusive access to the museum archives and library — areas not normally open to the public. Discover hidden objects, photographs and local stories while learning more about the museum collections. Tickets are £8 and numbers are deliberately kept small for a more personal experience.

Father's Day Activities – Sunday 21st June: Bring the family along for free children's craft activities to celebrate Father's Day. Children receive free museum entry, with normal admission prices for adults. A lovely opportunity to explore the museum together and enjoy some creative fun.

Glossypots Workshop – Sunday 28th June: Get creative and paint your own ceramic pots in this enjoyable hands-on workshop.

Further details of all of these events can be found on the Museum's website: www.kingswoodmuseum.org.uk

Garden walks

Walks around William Champion's historic gardens will be available on the second Sunday of every month from June to October. Walks start at Kingswood Heritage Museum at 2.15 and cost £5, payable on the day.

Knit and Natter Group

The Museum hosts a popular Knit and Natter group on the first and third Wednesday each month, from 2pm to 4pm. Bring your own knitting, crochet, embroidery, etc., and enjoy a natter with like minded friends. Entry fee: £3 (which goes to the Museum). For further details please contact the Museum on 0117 9605664, email us at kingswoodmuseum@gmail.com, or just come along to join us.

Volunteer with us

Kingswood Heritage Museum is run entirely by volunteers. If you're interested in history and can spare some time to help us to conserve and display the history of our area, please do get in touch!

Whatever skills you can offer, Kingswood Heritage Museum would like to hear from you. To join our enthusiastic and friendly group of volunteers either email us at kingswoodmuseum@gmail.com, or simply call us on **0117 9605664**. We would love to hear from you!

COMMUNITY NEWS

FRIENDS OF CHRIST CHURCH SCHOOL

THE Friends of Christ Church Primary school are running the annual scarecrow trial over the weekend of the 13th and 14th June. School children, local families and business are supporting us by making over 30 scarecrows/models to place in the shop windows on Hanham High Street.

The theme this year is animal

characters. Help the friends raise much needed funds for the school by purchasing a question sheet (£5) from the community center between 10am-3pm and see if you can guess the characters. Return the sheets for a chance to win one prize of £50 cash for the most correct answers as well as being entered into a draw of 2 x £10, all kindly donated by D.W Smith Estate Agents, Hanham.

There will be snacks and drinks available in the community centre.

Walking rugby festival

WALKING rugby enthusiasts from all over the country will be heading for Kingswood next month.

They will take part in a festival of the sport organised by Kingswood RFC's Titans.

The club's walking rugby programme hosted its first festival in 2018 and Saturday July 11, 2026 marks the eighth festival, which will be attended by 52 teams.

It means more than 500 people will be at the club's ground for the event.=

Walking rugby is a simplified version of rugby, fully inclusive, for all ages, abilities and genders regardless of ability.

Games are generally played over two halves of seven minutes each with a two-minute change around at half time with rolling replacements throughout the playing period.

Steve Deery, director of walking rugby at Kingswood

RFC, said the sport was proud to be inclusive.

"Basically, if you can walk you can play," he said.

"Players enjoy the exercise, friendship, and camaraderie they gain from Walking Rugby in a community club environment.

"Kingswood RFC has playing opportunities for everyone from 18 months – 80+ years."

Kingswood Titans regularly compete at festivals across Southern England and the Midlands and by invitation at Welsh Rugby Union sponsored events.

This season saw them go international, competing at a festival in Brussels.

Kingswood Titans say anyone interested in coming to watch and support their 'home' festival will be welcome on July 11 at Kingswood RFC, Grimsbury Road Playing Field, BS15 9RA



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SPORT

FRY'S BOWLING CLUB

THE Bowling Club held an event at the club to thank St. Monica's for their completion of the decoration of the interior of the club. The work which St. Monica's completed in January included removing asbestos from part of the club, levelling the floor, laying new carpet tiles, decoration of the main club and changing rooms and the purchase of 60 new chairs.

Our thanks to David Williams CEO for his support on the work. On the day of the event the club offered refreshments and bowling on the green to the guests. Ben Kelly the project manager cut the ribbon. Our thanks to Keynsham Town Council Katherine, Dawn and councillors Caitlyn and David for their attendance also to Imy Coley from the Chocolate Quarter.

All guests and members enjoyed the delicious scones and cakes provided by Carol Grenfell and her team.

Bristol and District League: Fry's began the new Bristol and District League campaign in Division 2 following last year's unbeaten season in Division



3. The opening match was at Henleaze 'A' who finished 3rd in Division 2 last year. Fry's took the lead, but after the halfway point, Henleaze threatened to get back into the match, but Fry's limited the damage to keep Fry's ahead. Rink 3 dropped 5 shots on their penultimate end with Henleaze taking the 2 points. Rink 1 sealed the match and with rink 2 securing shot on the last end, Fry's took 8 points to sit 3rd in the early standings.

The second match saw last year's Division 3 runners-up St

Anne's Park visit Fry's. St Anne's closed Fry's early lead, but Fry's were able to reopen the gap in the closing ends. On the last end, rink 3 got the 2 shots required to give Fry's 8 points to sit joint top of the table.

A challenging third match saw Begbrook Green Oaks see off Fry's attempts to get back into the game after taking an early lead, with Fry's only taking 2 points from the match.

Scores: 30th April: Fry's 47-Henleaze 'A'; Rink 1: 20-10; Rink 2: 12-9; Rink 3: 15-17; (8-2).

7th May: Fry's 51-37 St Anne's Park; Rink 1: 12-19; Rink 2: 24-5; Rink 3: 13-12; (8-2)
14th May: Fry's 40-46 Begbrook Green Oaks; Rink 1: 9-20; Rink 2: 19-11; Rink 3: 12-15 (2-8).

Friday Triples League

In contrast, the Triples League side have had a difficult start to the season. The opening home game against Victoria Park saw the away side take a 10 shot win with Fry's only picking up one rink win. It was a similar result the following week at the artificial surface of Imperial, with the home side taking the win 64-40. The sense of deja-vu continued at home against Severn Vale as a 37-59 scoreline went against Fry's as Severn Vale took 10 points. The following week, Page Park visited Somerdale. Fry's put up a good fight on rink 1, only going down by 2 shots, but with losses on the other two rinks, Page Park took all 12 points.

Scores: 24th April: Fry's 44-54 Victoria Park; Rink 1: 22-10; Rink 2: 15-18; Rink 3: 7-26 (2-10)
1st May: Fry's 40-64 Imperial; Rink 1: 11-19; Rink 2: 8-31; Rink 3: 21-14 (2-10)
8th May: Fry's 37-59 Severn Vale; Rink 1: 6-21; Rink 2: 19-15; Rink 3: 12-23 (2-10)
15th May: Fry's 39-67 Page Park; Rink 1: 14-16; Rink 2: 13-31; Rink 3: 12-20 (0-12).

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COMMUNITY NEWS

BRISTOL u3a

Bristol u3a has just set up a new informal group, Art in 15 Minutes, to encourage people to get creative. The idea is to grab a cuppa and then doodle, sketch or paint something in the time it takes you to drink your tea. This is something everybody can do at home. Members share their efforts on WhatsApp. Come along to one of our café socials to find out more about Bristol u3a.

All are scheduled from 2-4pm, and in June you'll find us at Orchard Coffee & Bakery in St George on the 5th, the Market Café and Lounge in Kingswood on the 9th, the Crafty Egg in Fishponds on the 17th, Mokka Downend on the 22nd and Hillfields Park Community Centre on the 25th. Email me at learnlaughlive@bristolu3a.org.uk and I'll do my best to answer your questions. You can type "Bristol u3a groups" into your favourite search engine to see the full range of activities.

Lindsay Gough

KINGSWOOD HISTORY SOCIETY

Being a pantomime dame

by Tim Mayo – May 5

An hilarious presentation by Tim as he morphed his way during the presentation into a Pantomime Dame. Great audience participation and a good laugh had by all. Tim (from the Warmley Players) started by outlining a few rules that normally govern each pantomime. Not a dame in every pantomime, good v bad, possible enchanted forest, Principal Boy is usually a girl. Includes romance and comedy. The Dame (normally a man) is the mother of the hero, Chris Biggins being Tim's current favourite. From this point on Tim started to dress as a Dame and included how to add your make up. The red lips being a key feature! All in all, very funny and we all finished with a rendition of "A Pizza Hut, A Pizza Hut, Kentucky Fried Chicken and a Pizza Hut!" With actions I might add. Next meeting at the Park Centre, Kingswood is Tuesday 2d June, 7pm for 7.30pm start. Visitors £4 incl tea/coffee and biscuits. Full schedule of presentations can be found at www.kingswoodhistorysociety.org

LIBRARY NEWS

FREE EVENTS AT CADBURY HEATH LIBRARY LIBRARY IN JUNE
CONTACT THE LIBRARY AT CADBURYHEATH.LIBRARY@SOUTHGLOS.GOV.UK OR CALL 03454 848904

LIBRARY OPENING TIMES	WEEKLY DROP-IN EVENTS
Monday 10-5	Storytime 9.30-10.30
Tuesday 10-5	Coffee Morning 10.30-12.30
Wednesday 10-5	Playtime 9.30-10.30
Thursday 10-5	
Friday 10-5	
Saturday 10-12.30	

Chatter Books - sign up for our monthly fun book club for ages 5-7. Saturday 13th June 10.00-10.45

Tea Talk and Stories June 9th and 23rd 10.30-10.45. you are welcome to come and chat books and have a cuppa with our friendly group.

Chatterbooks Free after school crafts for children every Thursday 3.30-4.30pm

Lego Club June 6th and 20th 10.30-11.30. Join us for creative Lego Fun! Our themed sessions are perfect for kids aged 4-12. There's time to build just come along.

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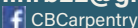
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Exciting times ahead for The Hanham Clinic as MRI scanner is introduced!

Over the past few years at The Hanham Clinic, one thing we've heard more and more from patients across Hanham, Longwell Green and Bristol is just how difficult it can be to access imaging quickly when you're in pain or worried about an injury.

Whether it's ongoing back pain, a persistent knee problem, or a shoulder injury that simply isn't improving, many people are facing long waits for scans — while private imaging can often cost far more than most people expect.

That's one of the main reasons we decided to introduce our new Open MRI scanner here at The Hanham Clinic.

Dean, the owner and founder of the clinic explains "As someone who has worked in musculoskeletal healthcare locally for many years, I've always wanted the clinic to offer more than just treatment alone. Quite often, people simply want clearer answers and reassurance about what's actually going on with their body. Having access to MRI imaging within the clinic allows us to help bridge that gap for local people."

We're really proud to now be able to offer MRI scanning right here in Hanham, without patients needing to travel into central Bristol or further afield.

One of the things that makes this scanner different is that it's an open-design MRI machine, which is generally a much more comfortable experience than the traditional tunnel-style scanners many people picture when they think of MRI. For patients who are claustrophobic or anxious about scanning, this can make a huge difference.

We've also worked hard to make the service more affordable and accessible than many private options currently available nearby.

Our introductory offer is currently £299, for one area to be scanned, which is significantly lower than many private MRI providers locally, where scans can often exceed £500. Although a large amount has been invested into setting the service, having much lower overheads than larger hospital type setups, means that we can pass that onto our patients.

A few highlights of the new MRI service:

- Open-design MRI scanner for improved comfort
- Ideal for patients who feel claustrophobic in traditional MRI scanners
- Fast appointment availability
- Introductory pricing from £299
- Experienced radiographer-led service
- Free parking onsite at Hanham Hall
- Detailed musculoskeletal imaging for joints, spine and soft tissues
- Local service for the Bristol community

Areas we can scan include:

- Neck and lower back • Shoulder • Hip
- Knee • Elbow, wrist and hand • Ankle and foot
- Muscle, tendon and ligament injuries
- Various musculoskeletal soft tissue problems

The response from local patients so far has honestly been brilliant. We've already seen how much of a difference quicker access to imaging can make for people who have often been waiting months trying to get answers elsewhere.

For us, this isn't just about having new technology in the clinic- it's about trying to improve access to healthcare locally and helping people feel listened to and supported earlier in their journey.

The Hanham Clinic has always aimed to offer a modern and evidence-based approach to musculoskeletal care, and bringing MRI scanning into the clinic feels like a really important next step for both us and the local community.

If anyone would like more information about the MRI service, our team is always happy to help.

To find out more about this exciting new service, please get in touch.



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