

# hanham & longwellgreenvoice

July, 2026 Issue 116

[www.hanhamandlongwellgreenvoice.co.uk](http://www.hanhamandlongwellgreenvoice.co.uk)

**FREE EVERY MONTH IN HANHAM & LONGWELL GREEN**

Having a high old time on three High Street for the annual scarecrow trail organised by the Friends of Christ Church Hanham C of E Primary School are Edith, Flo, Mia, Aubery, Ivy, Rosie, Jude and Billy

More photos: Pages 12 & 13



## New cycle club lights the way

Bitton and Oldland Cycling Club (BOCC) staged a twilight Lantern Ride from Bitton Station to Bath as its inaugural event.

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## Charity match for Samaritans

A charity football match dubbed the Battle for Bristol will take place at SBL Sports Centre in aid of Bristol Samaritans.

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## By-election 'set to be thrilling'

A by-election for a Longwell Green seat on South Glos Council is tipped to be "a thrilling prelude" to next year's polls.

**PAGE 9**

## Nature reserve future in doubt

Wick Golden Valley could lose its status as a nature reserve unless enough people are prepared to back a rescue effort.

**PAGE 11**

## Beware extreme heat dangers

HANHAM and Longwell Green are braced for more extreme weather this summer following two record-breaking heatwaves in May and June.

The rare red alert last month forced the closure of many schools for two days and led to cancellations of recycling collections.

A lightning strike during a violent storm caused a fire that destroyed a house in Emersons Green, providing a warning of the very real dangers of rising temperatures.

South West Ambulance Service experienced the busiest day in its history with a 34 per cent increase

in the number of calls, many of them for falls, breathing difficulties and fainting.

Health officials issued advice about how to stay safe in the heat as forecasters warned that there was a likelihood of further very high temperatures in the coming months.

As the holidays approach, schools have been warning pupils about the dangers of swimming in open water. Bristol Water urged people to keep out of reservoirs, which are operational sites and can contain deep, cold water, hidden machinery and strong currents beneath the surface.

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## August deadline

Our August edition deadline is July 22nd. To ensure your news or letter is included, please contact us by then. Advertisers are also asked to contact us by the same date.

## Your views

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

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

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

**PUBLISHER'S NOTE:** Hanham and Longwell Green Voice is independent. We cannot take responsibility for content or accuracy of adverts, and it is advertisers' responsibility to conform to all relevant legislation. We cannot vouch for any services offered. Opinions are not necessarily those of the editor. Hanham and Longwell Green Voice is distributed each month to residents. If for some reason you do not get a copy, please collect one from local pick-up points. Feedback is always welcomed, contact Emma Cooper on 0117 908 2121 or sales@hanhamandlongwellgreenvoice.co.uk This month 9,500 copies will be distributed around Hanham and Longwell Green.

A member of the



## NEWS

# School hit by strikes

TEACHING and learning at Hanham Woods Academy has been disrupted not only by the hot weather this summer but by industrial action.

Members of the NEU at the secondary school went on strike for four days: June 18, 19, 22 and 23, with more walkouts planned for July pending a ballot result.

The strikes are a continuation of union action from the start of the academic year over concerns about financial cuts and changes to behaviour policy.

On its Facebook page, Bristol NEU said of the Hanham action: "Constant cuts have led to a poor curriculum; rising behaviour needs and workload through the roof."

Students in Years 7, 8 and 9 were moved to home learning on some strike days while Year 10s were just in school for exams.

Senior principal Kath Cooper kept parents updated by letters last month and thanked students and families for their

support. On June 26, she wrote:

"It remains our firm belief that issues raised by the NEU members can be best resolved with all parties in school, and that progress has been made within the school regarding the issues raised by union members. Regardless of the outcome of the ballot, we have assured the team at Hanham that we will continue to work constructively together to address the concerns they

HWA is part of the Cabot Learning Federation. A CLF spokesperson said: "We remain committed to working constructively with NEU representatives to resolve the current industrial dispute.

"Our priority remains to ensure a safe, consistent environment for staff and students and to minimise disruption to pupils' education. We continue to focus on delivering practical improvements and engaging positively with staff."

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NEWS

# Celebrating canal trust volunteers

THE Kennet & Avon Canal Trust's boat Hannah passed through Hanham Lock last month as part of the trust's 75th anniversary celebrations.

The wheelchair-accessible, wide-beam canal boat has been travelling all the way from Bristol to Reading.

Founded in 1951, the organisation has worked over many years to save and repair the derelict canal, which was fully re-opened for boats to travel between Bristol and Reading in 1990.

The canal is now maintained by the Canal and River Trust and volunteers from the two charities met up at Hanham Lock, which is on the River Avon between Hanham and Keynsham.

The Kennet & Avon Canal Trust continues to promote, protect and enhance the canal in a variety of ways. Almost entirely run by volunteers, it operates a fleet of four holiday-hire boats for people with disabilities, a narrow boat for youth groups, six boats for day trips and the world's oldest steam engine that is still in perfect working order. There is also a museum and visitor centre in Devizes.



Canal enthusiasts at Hanham Lock mark 75 years of the Kennet & Avon Canal Trust



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## NEWS

# Friends' football fun has a serious purpose

A GROUP of friends are bringing back their popular charity football match next month, aiming to raise funds for Bristol Samaritans.

The fourth instalment of the Battle for Bristol will take place at SBL Sports Centre in Oldland Common on August 8 at noon, with organisers hoping to raise more than £2,000.

The event is led by Freddie Leaworthy, James Wood and Callum Le Cras, who met while supporting Bristol Manor Farm, a non-league team. In 2024, they launched the initiative as a way to bring people together while supporting good causes.

Freddie Leaworthy said: "We never expected it to grow so much in popularity. We've now organised three events (in July 2024, December 2024 and July 2025), raising over £3,000 for charities including inHope, Mind, Spear and Young Lives vs Cancer."

What began as a simple kickabout between friends has developed into a well-loved community event, bringing together players from across Bristol.

Callum Le Cras said: "We're really proud of the atmosphere. The players are kind-hearted and generous lads who embody the spirit of the event. People from all over the city meet at these games, and friendships have even started on the pitch."

Players often include a mix of friends, family members and colleagues, with childhood friends, brothers, and even fathers and sons lining up side by side.

This year, organisers have chosen to support Bristol Samaritans, with a focus on raising awareness around mental health.

James Wood explained: "We chose Bristol Samaritans because mental health is something many people struggle with, and men in particular can find it harder to speak out. Supporting Samaritans helps break down those barriers and reduce stigma. With our player base being young men, it felt especially fitting to support this charity."

Past matches have been known for their competitive edge as well as their strong community spirit, with two of the three games decided by penalties.

Callum said: "Some of our highlights



Freddie Leaworthy and James Llewellyn competing at a previous event



An earlier round of the Battle for Bristol

include Tom Cogzell's underarm throw-in and Harry Wood scoring what might be the greatest goal in the game's history with his shoulder from the edge of the penalty area. James Llewellyn also scored in

controversially long added time to complete the Lions' comeback."

Spectators can also expect some lighter moments, including drone footage of the action captured by Richard Henderson, and referee Phillip Burnett's unique approach to officiating. Burnett overcomes a disability, having suffered a stroke earlier in life, to cover the pitch for the full 90 minutes.

Organisers are encouraging the local community to come along and support the event, or donate if they are able.

Freddie said: "So far, it's been mostly friends and family attending the events. However, spectators are very welcome and encouraged to donate a minimum of £7."

To contribute, visit: <https://www.justgiving.com/page/battle4bristol>

For updates, follow @battleforbristol on Instagram.

By Gianina Turner



## Could you be a support worker?

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NEWS

# Firefighter Lee earns British Empire Medal

A KINGSWOOD firefighter from Yate has been recognised in the King's Birthday Honours list.

Lee Ralph, 45, was awarded a British Empire Medal "for services to Mental Health, Wellbeing, and Resilience in the Fire and Rescue Sector".

Lee, who is a member of Red Watch at Kingswood fire station has been working for years to champion mental health initiatives. At the start of this year, he and fellow Avon Fire & Rescue Service firefighter Warren Shepherd launched a podcast called Ignite the Conversation, aimed at supporting those in the emergency services and beyond, helping to break down the stigma that can still exist around mental well-being.

Based around conversations and shared experiences, it stresses the importance of opening up about how being a firefighter can affect people.

Lee has been a firefighter for 22 years and spent six years in the Royal Marines before that.

He says he couldn't believe the news when he received the letter notifying him about the BEM.

Lee said: "Being ex-military and in the fire service, I'm quite a royalist and proud of it, so



Lee Ralph, left, with co-host Warren Shepherd

that part of it was as good as the actual award itself.

"I don't do things for accolades so, for me, it's about the impact on the community and the firefighters because there are so many people out there who are struggling."

Lee, who lives in Yate with his wife and two teenage daughters, is proud of the impact the podcast is having and how many people have reached out to them.

He said: "It's sometimes the people you least expect but it's important people know it's safe to talk to us.

"The fire service's well-being team is also breaking the stigma of it and want people to say when they've had a few struggles.

"I remember dealing with the suicide of a young girl a few years ago and that really hit me hard for a long time.

"I'm a big guy and covered in tattoos but I think me showing my vulnerabilities seems to really work - people think if a big guy like me can open up about these issues, they can too."

Chief fire officer Matt Cook said: "I want to congratulate Lee - this award reflects the difference he has made to colleagues across our service and the wider fire and rescue community.

"By promoting openness around mental health and well-being he's helped create a culture where people feel able to speak up and support one another."

Lee also runs Commando Boot Camp, a group of Yate fitness enthusiasts which is hosting a 24-hour fitness event in Chipping Sodbury on July 3-4 to buy a wheelchair for a 21-year-old woman who faces having both her legs amputated.

For more details visit [bit.ly/4uJwmRC](http://bit.ly/4uJwmRC)



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## ■ ADVERTISING FEATURE

# Shield Supports New Fostering Agency 'Sparks Fostering'

Shield Services Group, based in Hanham, specialises in services like construction, property maintenance, and security solutions. Renowned for reliability and professionalism, they focus on safety, innovation, and customer satisfaction, serving both commercial and residential clients. They have announced their support for the new fostering agency, Sparks Fostering, by displaying a fostering recruitment banner along the railings of their headquarters building in Hanham.

The banner, positioned prominently at the front of the Shield's site, aims to raise awareness of the urgent need for foster carers across Bristol & South Gloucestershire and encourage members of the diverse local community to consider fostering with Sparks Fostering.

Sparks Fostering, a newly established fostering agency in the Southwest, is committed to providing diverse, inclusive, safe, nurturing homes for children and young people who are unable to live with their birth families. The partnership with Shield represents an important step in building community support and increasing Sparks Fostering's visibility during the agency's launch phase.

Luke House, Chairman of Shield, said:



*"As a long-standing business in Bristol, we believe strongly in supporting initiatives that strengthen our community. When we learned about Sparks Fostering and the growing need for foster carers locally, we were pleased to offer our railings as a space to help spread the word. Fostering changes lives, and we're proud to play a small part in helping recruit more carers."*

Sparks Fostering Regional Manager Elaine welcomed the support, stating:

*"We are incredibly grateful to Shield for their generosity and community spirit. Recruiting foster carers requires the whole community to come together. By allowing us to display our banner so prominently, Shield is helping us reach local people who may never have previously considered fostering but have the*

*space in their hearts and homes to make a real difference."*

There is a significant and ongoing need for foster carers across the region, particularly for sibling groups, teenagers, unaccompanied asylum-seeking children, and children/young people who are neurodivergent. Sparks Fostering offers comprehensive training, 24/7 support, competitive allowances, and a trauma-informed approach designed to equip individuals with the tools and confidence they need to provide therapeutic, stable and loving homes.

The banner will remain in place over the coming months as part of a wider recruitment campaign, reinforcing the message that fostering is not just a social care responsibility — it is a community one.

Residents interested in learning more about becoming a foster carer with Sparks Fostering are encouraged to contact Elaine for an informal conversation.

For media enquiries, please contact:  
**Elaine Graham, Regional Manager,  
Sparks Fostering  
07702044113  
elaine.graham@sparksfostering.org  
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NEWS

# 'Active travel' bridge over Avon – but who will pay for it?

FUNDING has yet to be found to build a bridge over the River Avon from Hanham to Keynsham – a year after the scheme won planning approval.

The proposed bridge would allow pedestrians, cyclists, wheelchair users and horse riders to cross the river, which forms the border between South Gloucestershire and Bath & North East Somerset.

It is a shared project between the two district councils, which both granted planning permission for the bridge last summer.

At the time, B&NES Council told the Voice that a potential timescale for construction was still to be confirmed because funding to deliver the scheme had not been secured.

But the council added that, by having a detailed design and planning consent, it would be able to progress funding bids and grant applications.

However, little significant progress appears to have been made since.

Councillor Sarah Warren, deputy leader and cabinet member for sustainable transport on Bath & North East Somerset Council, recently told the Voice: "Planning permission for the bridge was obtained on both the South Gloucestershire and B&NES side last year.

"The council continues to

explore funding options to progress it to construction. At present no specific external grant source has been identified."

The bridge, spanning the river from south of the Chequers Inn at Hanham to a point near Durley Lane in Keynsham, would be 40 metres long and up to 4.3 metres wide, with a rubber-tiled surface suited for horses.

It has been designed by Buro Happold, the lead consultant, and Moxon Architects.

For the planning stage, funding contributions were made by the West of England Combined Authority as well as Taylor Wimpey, as part of its development of the Somerdale estate.

The bridge is part of the WaterSpace Connected programme, which aims to enhance the River Avon corridor between Bath and Bristol for people and nature.

The proposal attracted numerous comments of support from members of the public on both sides of the river during the planning stage, with supporters welcoming the fact that it would promote active travel in a safe way while connecting to wider routes.

South Gloucestershire Council said in its submission to B&NES Council that the main issue in planning terms was the potential impact on the green



How the bridge could look and, below, where it would be sited



belt.

But it concluded there was "clear and convincing rationale" for the bridge to be built at that location, as it would encourage

access into the countryside, link to the Bristol and Bath Railway Path, and promote more sustainable modes of pedestrian access.

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## NEWS

# Law change means crash driver avoids jail

A LORRY driver who admitted causing the death of a passenger in a crash on the Avon Ring Road will not go to jail.

A judge told Michael Ronner the right sentence for causing Tyler Carley's death by careless driving was six months' imprisonment.

But he said a change in the law, brought in a few days before Ronner pleaded guilty to the offence, meant he had to suspend the sentence.

The decision has been met with dismay by Tyler's parents, who say they feel shocked and let down by the system.

Tyler, who was 20 and lived in Thornbury, having spent his early life in Kingswood and Mangotsfield, died after the DAF scaffolding lorry he was a passenger in overturned on the A4174 near Mangotsfield on December 5, 2023.

He was thrown from the cab, suffering a fatal head injury.

Tyler's friend and colleague



**Tyler Carley. Picture courtesy of Gemma Showering**

Cameron Williams was also thrown from the cab and survived with minor injuries - but Bristol Crown Court heard he took his own life the following year, aged 19, as a "direct result" of the psychological trauma he suffered.

June's sentencing hearing was told that Ronner, 39, of Summer House Way, Warmley, had been drinking, should not have been driving the lorry and should not have been carrying two passengers.

Oliver Glyn-Jones, prosecuting, said Ronner's licence to drive a lorry had expired. The cab had only one passenger seat, and Tyler was sitting on the cab's central console at the time of the crash.

Mr Glyn-Jones said after finishing a job in Radstock for employer MJD Scaffolding, Ronner had bought them each a bottle of Thatcher's Katy cider, which they drank before setting off towards Pucklechurch.

Before he died, Cameron gave an account of the incident, describing how they were laughing and joking when Ronner looked over at Cameron and Tyler, taking his eyes off the road, and the lorry started moving into the inside lane.

A roadside breath test detected 36 micrograms of alcohol in 100ml of Ronner's breath, above the limit of 35mcg. A blood test three hours later found 14mg of alcohol per 100ml blood, below the 80mg limit.

The lorry was travelling at 56mph, under the speed limit, and had no mechanical defects.

Tyler's father Mark told the court about the impact of his son's death. He read messages from Tyler's sisters Ronni and Skye, who said their lives had been changed forever.

In a statement, Tyler's mum Gemma Showering said: "What is every parent's nightmare is now my reality - my whole world collapsed around me and Tyler's brother that night."

Representing Ronner, Sam Jones said he had changed his plea to guilty in March, after expert reports agreed that the crash was caused by his "momentary lapse of concentration".

The judge also told Ronner to carry out 150 hours of unpaid work and undergo treatment for alcohol dependency. He disqualified him from driving for 18 months and ordered him to pay £630 costs.

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NEWS

# 'Safe Tory suburbia never looked so interesting'

A BY-ELECTION takes place this month for one of the two Longwell Green seats on South Gloucestershire Council.

Five candidates will be on the ballot paper on July 23 for the contest, which has come about because of the resignation of Conservative Councillor Kris Murphy.

And, while the current national focus is on the change of Prime Minister, this by-election has been described as "a prelude to one of the most thrilling chapters in South Gloucestershire's electoral history".

Councillor Murphy is giving up the role he has held for three years because he has joined the Royal Navy.

"The operational commitments and statutory requirements of full-time military service mean it is both legally and practically impossible for me to continue

constitutional duties and maintain my role within local government," he says in his resignation letter.

Bidding to replace him as the Tory councillor is Graham Hardwell, a member of Oldland Parish Council. The Lib Dem candidate is Jim Corrigan, a South Glos resident for more than 40 years while the Greens have selected Rachael Ward. Labour's choice is Jack Friend and Reform's is Stephen Burge.

James Hinchcliffe, a commentator for public affairs firm JBP, says the contest could provide clues to the outcome of elections for the whole council in a year's time because of the influence of a "turquoise wave" from Reform.

In a blog entitled "Safe Tory suburbia never looked so interesting" Mr Hinchcliffe writes: "On paper, the ward is classic Conservative territory, with the electoral results to

prove it. In the 21st century, the Tories have won every local council seat here and usually with convincing ease."

But, he continues, "The question is not whether Reform UK can win in LG. It is the extent to which they disrupt what would normally be a routine Tory win, whether by winning outright or by taking a significant share of the vote."

Mr Hinchcliffe says a likely swing to Reform could take votes from the Conservatives, allowing the Lib Dem to squeeze through the middle and win.

"This by-election feels like the prelude to one of the most thrilling chapters in South Gloucestershire Council's electoral history," he concludes.

Councillor Murphy's letter expresses his regret: "Stepping down brings a genuine sense of sadness. It has been a distinct privilege to represent the

residents of Longwell Green, and I am incredibly grateful for the time I have spent serving the community.

"I would like to think that, through working with local residents, we managed to move the needle and make the everyday lives of people in the local area a bit better.

"While it is difficult to close this chapter, I am exceptionally optimistic about the future. It has been an honour to serve people at the local community level, and I now take on the responsibility and honour of serving the country on a national scale."

Full details about the by-election can be found at: <https://beta.southglos.gov.uk/current-and-upcoming-elections/>

The JBP blog is at <https://jbp.co.uk/longwell-green-safe-tory-suburbia-never-looked-so-interesting/>

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## ■ HANHAM & KINGSWOOD PHOTO CLUB

# Winning images in focus

MEMBERS of the Hanham & Kingswood Photo Club have once again demonstrated their talent and creativity in the club's highly anticipated Best Picture of the Year"competition.

Held at the end of the season, the annual event brings together the finest images from throughout the year, showcasing the remarkable diversity of photographic styles within the club—from striking landscapes, architecture, sports events, and compelling portraits to imaginative street and abstract photography.

Taking top honours were:  
For **printed** images: First Place: **Geoff Mallin**, Salisbury Cathedral Ceiling Panoramic. Digital Projected Images (DPis): First Place: **Andy Haynes**, Quiet Reflection

A number of Highly Commended and Commended images also received praise, reflecting the depth of talent within the club. Club Chair, Peter Weaver, commented: "This competition is always a highlight of the year, and this time was no exception. The standard continues to rise, and it's fantastic to see so many members pushing themselves and producing such outstanding work."

New members are always welcome, whether complete beginners or experienced photographers looking to refine their craft. More information about the Hanham & Kingswood Photo Club, including meeting details and upcoming events, can be found via the club's website: <https://www.handkphoto.club/> or email [handkpc@plphillips.plus.com](mailto:handkpc@plphillips.plus.com)



**Print winners: First, Salisbury Cathedral Ceiling, Geoff Mallin; Second, The Cobbler, Peter Phillips; Third, Drawing Pins, Geoff Malin**



**Digital winners: First, Quiet Reflection, Andy Haynes; Second, Palua de Musica Catalana, Tom Sharp; Third, Five Fight to the Finish, Andy Haynes**



NEWS

# Could you help save nature reserve?

THE future of the Golden Valley nature reserve in Wick hangs in the balance.

Residents are being urged to have their say about the popular wildlife haven, which has been maintained by South Gloucestershire Council for 20+ years.

The council says it can no longer manage the wooded site alongside the river Boyd following a change of ownership. It is seeking to have Golden Valley's official status as a Local Nature Reserve removed.

It says its action is a last resort, after exploring all other options, and is carrying out a public consultation before applying to Natural England to de-declare the site.

In response to feedback, the Friends of Wick Golden Valley Nature Reserve group has agreed to explore the possibility of taking on the nature reserve but warns: "This would be a huge undertaking and would require the support of the whole community."

For now, its priority is to ensure as many people from Wick and the surrounding area take part in the consultation, which can be found at <https://wickgoldenvalley.commonplace.is/> The deadline for responses is midnight on July 14

The council has managed access to Golden Valley under an Access and Management

agreement since 2005. It looked after rights of way and permissive paths and managed the trees, habitats and fencing, while the landowners were responsible for the ongoing upkeep of the industrial structures.

But the new owners are not willing to continue the partnership with the council.

The council says: "De-declaring Wick Golden Valley as a Nature Reserve is a process which the Council is pursuing only as a very last resort. We believe we have exhausted all options to maintain the area as an official Reserve.

"We have conducted technical assessments of the site and the industrial structures and concluded that the potential costs and liabilities of managing these buildings does not represent good value for money for taxpayers.

"We have engaged with the local parish council and several local and national nature-focused charitable organisations. None are interested in getting involved, either in partnership with the council or on their own."

Following the council's drop-in sessions in Wick about the proposals, the Friends group met to discuss the feedback. In a statement on its Facebook page, it said: "One of the frequent comments made was why can't the

Friends group or some other community group take on the ownership and running of the site?

"This is something the Friends have discussed and have decided to explore, however, this would be a huge undertaking and would require the support of the whole community.

"To take this forward the Friends are looking for people to step forward and join us. The objective would be for a focus group to explore the requirements of community ownership, looking at the legal and financial implications, what support and funding is available amongst other things.

"Whilst enthusiasm and time is a key requirement, the group would need people with specific skills e.g. legal, financial, leadership, marketing, fundraising and if possible knowledge of community groups.

"If you would like to get involved please email [friendsofgoldenvalley@gmail.com](mailto:friendsofgoldenvalley@gmail.com)

Whatever happens, people will still be able to get into the site, which proved a huge asset for people from across the area during the Covid lockdowns, via the two public rights of way across the land but access to other areas and permissive paths would be at the discretion of the landowners.

## Get set for flower show

PLANS are well under way for this year's Warmley Flower Show on Saturday August 1.

The event at Warmley Community Centre includes classes for plans, flowers, fruits, vegetables and flower arranging as well as arts, handicrafts, photography, baking and preserves. There are also children's classes.

Doors open to the public at noon and entertainment during the afternoon includes Zest Choir at 1pm, Irish Dancing at 2pm and Marshfield Brass Band at 3pm.

The show is sponsored by S & J Roofing and aims to raise funds to replace chairs and tables in the Scout Hut at Warmley Forest Park which is used by Guides, Brownies, Scouts and Beavers. Admission is £2 (under 16s free).



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## NEWS



Emmie Dansie and Ava England on the trail

FAMILIES enjoyed the annual scarecrow trail in Hanham High Street, organised by the Friends of Christ Church C of E Primary School.

Participants had to guess the names of the 32 scarecrows, which were all animal characters. Lots were made by the children from the school; others were made by parents, local businesses or community groups such as Hanham Pre-school. The event raised over £840.

A spokesperson for the Friends said:

"Thank you to DW Smith for sponsoring the trail and funding our main prize of £50 plus 2 x £10. A great big thank you to all the shops along the high street who supported us by allowing us to place a scarecrow in their shop window."



Kobe Walker has the wits to woo-rk out one answer

## 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](http://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.



Fantastic! Nancy and Indie Rose aren't foxed by this entry



Alfie Pursey hunts down Peppa Pig in the High Street

## 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,



With Police and Crime Commissioner Clare Moody

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.

## COMMUNITY NEWS

### MANGOTSFIELD DOLLY MIXTURES

At the beginning of June 23 of us, including partners and family, were given a fascinating insight into Bristol in the Blitz.

We met at the Commercial Rooms for coffee before joining our guide Duncan for a tour of St Nicholas Market and the nearby air raid shelters.

We saw photos of the devastation of Castle Green due to one night's bombing, and how Bristolians managed in the air raid shelters.

Duncan was amazing, managing to add in humour to what is clearly a serious subject, and

mentioned that some of us might see 'Margaret', the resident ghost, who appears now and then if she feels like it!

The visit takes two hours but, being absorbed by the story, it flashed by.

A week later we had our meeting in the hall.

The speaker we had booked unfortunately had to cancel due to family problems, so we improvised with an evening styled on 'bingo lingo'.

A Dolly brought along a machine and cards, three DOLLIES took turns at calling and we made up our own sing-along rhymes to go with the

numbers.

One of our DOLLIES celebrated her 60th birthday with us, so with plenty of homemade cakes, tea and coffee, what could have been a disappointing evening turned out to be an absolute hoot.

Our monthly pub lunch at the Lamb in Mangotsfield is, as always, very well supported: our thanks to Kate and her team.

For more information, email [carol@applause.co.uk](mailto:carol@applause.co.uk).

**Carol Coombs**



### RODWAY RUBIES WI

THANK you to everyone who made cakes and popped into Mangotsfield URC in June to support their fundraising for the Jessie May Trust and Gympanzees.

It was very successful, and was followed by the Rodway Rubies WI coffee morning at the same venue later, in aid of BUST.

Our trip to Buckfast Abbey and Dartmouth was not blessed with good weather, but members made the most of the day.

We were much luckier at the Badminton House Gardens open day, with ideal temperatures and a lovely show of flowers in a beautiful setting.

Our recent speakers have included a couple who spent time on Mercy Ships serving West Africa, and a talk called 'Goats of the Gorge' by a father and son whose family business sells skin products they make from goats' milk. They brought some along, and our members duly indulged!

In July, Andrew Stocker from the Bristol Old Vic will give a talk called 'Then and Now', which should be fascinating.

We don't have a meeting in August, but a group is getting together to visit 20th Century Flicks at the bottom of Christmas Steps, for a new cinema experience.

In September we are hosting a country and western evening at Lincombe Barn for our members and those from other local WIs. Tickets are £12, to include supper, and are available now.

We are hoping for a full turnout, in appropriate gear for those who have it - otherwise just come and enjoy the music and company.

We meet on the third Monday of the month at St James Church, Mangotsfield.

**Jane Eldon**

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## NEWS

# Residents in battle to reverse 'grey belt' ruling

A LAST-DITCH attempt is under way to stop a large commercial development at a former nursery site near Bitton.

Upton Cheney Land's outline plans for the site at Brewery Hill were refused by South Gloucestershire Council, largely on transport grounds, but earlier this year a planning inspector granted permission for the scheme on appeal.

He ruled that the site could be considered 'grey belt' land for development rather than green belt.

The inspector did acknowledge that there would be some impact on Bitton Conservation Area and Upton Cheney Conservation Area,

but said this was outweighed by the benefit of providing employment.

Bitton Residents' Association has written to South Gloucestershire Council urging it to explain why transport objections were not pursued at the appeal hearing and asking it to consider pursuing or supporting a High Court challenge to the appeal judgement.

A spokesperson for the council, said: "We are currently reviewing the letter from Bitton Village Residents Association and will seek legal guidance on the matters raised. The Council will formally respond to the letter once this is done."

# They shall go to the ball!

OPERATION Community Hamper has again run a successful prom outfit scheme.

The initiative involves OCH visiting schools and allowing pupils to view and try on a range of dresses and suits. Where available, accessories such as shoes and handbags are also provided.

Outfits are photographed and catalogued in a brochure sent to the school in advance, enabling pupils to browse options beforehand. Once pupils select an outfit, OCH carries out any necessary alterations and ensures the garments are cleaned and ready for the event. Each outfit is then removed from the brochure so it cannot be chosen again.

The charity's founder Charlotte Churchill said: "Over the last month, we have visited three schools across Bristol and have so far provided 19 prom dresses, along with additional shoes, handbags and costume jewellery, and nine suits for the boys. This has ensured that 28 pupils went to their school prom who wouldn't have gone to their social event of the school year."

The charity has organised several fundraising events in recent months, including an afternoon tea and a quiz night.

In May, five people took on the 24hr Pen-Y-Fan 10-climb challenge, raising over £2,000.

The Afternoon Tea event at Keynsham Rugby Club raised over £5,000. OCH also held its second quiz night on Sunday 14 June at the Masonic Lodge in Keynsham.

Upcoming events include a sponsored colour run planned for September.

People can also support OCH throughout the summer by collecting blue tokens at Tesco stores in Keynsham, Saltford and Longwell Green, and voting for OCH as their chosen charity. Voting is open until 31 July.

For more details about OCH visit [www.operationcommunityhamper.co.uk](http://www.operationcommunityhamper.co.uk)

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## ■ NATURE WATCH with Dawn Lawrence

# Grasshoppers: a celebration of summer

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

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



**Field grasshopper posing on a bramble leaf**  
Photo by Rupert Higgins

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

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

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

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

© Dawn Lawrence

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COMMUNITY NEWS



BITTON AND OLDLAND CYCLING CLUB

On the warm, sunlit evening of Thursday 21 May 2026, the newly reformed Bitton and Oldland Cycling Club (BOCC) took to the paths for its inaugural event: a spectacular, twilight Lantern Ride from Bitton Station to Bath. The event perfectly captured the club's strict "bimble" philosophy—favouring a slow pace, social connection, and inclusivity over speed and competition.

The evening was a tribute to the area's social history. Originally active from 1888 to 1918, the historic club was a pillar of the local

community. This month's event directly mirrored a famous Lantern Ride undertaken by the original members in 1892, which journeyed from The British School in Oldland to The Grange in Bitton.

Twenty-six local riders participated in the revival, steering a vibrant array of bicycles beautifully decorated with flowers and twinkling lights. Bringing an extra touch of floral magic to the peloton was Gary Brown from Wild About Flowers in Keynsham, who pedalled along on a stunning, flower-decked cargo bike.

Steve Cox, Chair, Bitton and Oldland Cycling Club, said: "Our

goal is to build a sanctuary for social cycling. True to our philosophy of the bimble: nobody's left behind, and every mile we pedal is focused on mental wellbeing, reducing loneliness, and building community confidence"

The group enjoyed a leisurely, ride along the Bristol Bath Railway Path, arriving to a warm welcome at the Electric Bear Taproom in Bath. After a relaxed stop for refreshment, the riders returned as the sun dipped below the horizon. The procession sparkled through the twilight, aided by a specially provided 360° telescopic seat-post mounted light from Hi-Tail,

ensuring maximum visibility and safety.

The group arrived back at Bitton Station around 9pm, safe, connected, and true to their strict 'no-drop' policy.

With 85 members signed up in only three months since its relaunch, BOCC is actively campaigning for safer rural cycling infrastructure while growing a friendly, accessible space for cyclists of all abilities and equipment levels.

To join the next "cake and coffee" social ride or to learn more about upcoming events, visit the BOCC Cycling UK Group Page.

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## NEWS

# Council warning over flags

SOUTH Gloucestershire Council says it will continue to remove flags put up on lampposts, railings and other public property during the World Cup.

The council says it wants residents to show their support for their nation "safely and lawfully" by displaying flags on their own property.

The authority brought in a policy to remove flags following a national campaign spread via social media last summer, which saw Union and England flags fixed to lampposts put with zip ties in areas including Mangotsfield, Staple Hill, Downend and Soundwell.

In a newsletter to residents, the council said: "We know many residents will want to show their support for teams and countries competing in the World Cup.

"To make sure this is done safely and lawfully, any items, including flags, should only be displayed on your own private property and must not cause obstruction, damage, or concern to others.

"These rules are not about limiting expression. They exist to protect public safety, prevent damage to public assets, ensure the highway remains safe and usable for everyone, and maintain a welcoming and cohesive community feel.

"Any flags or other items displayed without permission on public land or council property will be removed by the council.



**England flags were put up on lampposts in Mangotsfield in June**

"You can usually fly flags on your own property without needing permission, provided you follow national guidance."

The council said flags at residents' homes should be secure and safely installed, not obstructing roads, pavements or sightlines, and avoid causing damage to property or distress to others.

It said: "Attaching flags, banners, or any other items to highway infrastructure such as lampposts, traffic signs or street furniture is not permitted without authorisation and may constitute a criminal offence."

Flags on lampposts would be "removed within a reasonable timeframe", and the authority said it would take enforcement action, including possible prosecution and recovery of removal costs, "where it is in the public interest".

The council urged people not to attempt to remove flags themselves but to report concerns online at [tinyurl.com/3sk4b4t6](https://tinyurl.com/3sk4b4t6).

*By Adam Postans, Local Democracy Reporter*

## Extra patrols

POLICE say they are carrying out extra drink and drug-driving patrols during and after England World Cup matches.

The force says several types of offences, "often linked to alcohol", increase when England play. Officers are urging people planning to go out to watch a match to "make a plan and stick to it", including having a designated driver, using public transport or a taxi, and reminding drivers that they could still be over the limit the morning after if they have been drinking during a late match.

Increased patrols will be around city and town centres and pubs on match nights.

And the force says it is expecting an increase in domestic violence, as abusers are known to become more aggressive during tournaments, regardless of the match results.

Avon & Somerset Police and Crime Commissioner Clare Moody said: "No result, no referee decision, no amount of alcohol creates domestic abuse. It is a choice, and it is a crime."

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## WHAT'S ON

### JULY EVENTS

July 7

#### ■ KINGSWOOD HISTORY SOCIETY

Presentation by Terry Ransome; Filton In Space (please refer to website [www.kingswoodhistorysociety.org](http://www.kingswoodhistorysociety.org) for any late change). Park Centre, Kingswood, Tuesday 7th July, 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](mailto: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](mailto: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 website [www.hanhamtennisclub.co.uk](http://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](mailto: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](mailto: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](http://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](http://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 via email [handkpc@plphillips.plus.com](mailto:handkpc@plphillips.plus.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](mailto: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 Dennis Jones on 07728 849629 or email [dennismjones@hotmail.co.uk](mailto:dennismjones@hotmail.co.uk)

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](http://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 [keynshamtownwfg@gmail.com](mailto:keynshamtownwfg@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](mailto: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](mailto: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](mailto:Claire@Taichibodyandmind.co.uk) (07769 857672) or Sarah - [buqiworks@gmail.com](mailto: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](mailto: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](mailto: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

# 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. Ellacombe 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 Ellacombe 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



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

• 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 Ellacombe 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 9322293** or just come in.

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- www.pharmacyfirstlongwellgreen.com



VISIT YOUR PHARMACY FIRST

### Is Your Child Fully Protected Against Meningitis B?

Their future is worth protecting

- Children born **before September 2015** may not have received MenB vaccination as part of the routine childhood programme.
- Meningitis B can be serious **within hours**. Protect your child before they need protection.
- Can affect otherwise healthy children. Meningitis B can strike anyone, even when they're healthy.
- Meningitis B can progress rapidly. Symptoms can develop quickly and become life-threatening.
- Effective MenB vaccine protection. The MenB vaccine provides vital protection.
- Convenient private appointments. Flexible times to fit around your family.
- Delivered by experienced healthcare professionals in your local pharmacy.

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Protecting Bristol Families

A small step today for a lifetime of protection. Book their MenB vaccine today.

■ ANTIQUES

# An important medal

AS an auctioneer, I quite frequently get to handle medals. They're usually military in origin, and usually First or Second World War related. Sometimes they're for more simpler acts; Victorian school awards, or even for 'Good Attendance' at a long-gone Sunday school. I love them. Each one tells a story, and is usually a unique snapshot into someone's life – sometimes joyous, often poignant. But I was recently greeted with a medal that tells a very different story.

We're currently handling the estate of a local collector who obsessively collected badges and medals for over fifty years. During the clearing of the property, we found this medal in a shoebox amongst some others.

It is a 'CQD' medal. 'CQD' officially meant 'All Stations, Distress' but became colloquially known in the early wireless world to mean 'Come Quick, Danger'. It was the pre-cursor to the standardised 'SOS' signal. To the reverse of this medal, it reads:

*'From the Salon Passengers of the RMS Baltic & RMS Republic To the Officers and Crews of the SS Republic, Baltic & Florida for Gallantry Commemorating the Rescue of over 1700 souls. Jan 24th, 1909'*

On that fateful day in 1909, RMS Republic collided with SS Florida in heavy fog off the coast of Nantucket, Massachusetts. RMS Republic, using its brand-new Marconi wireless system, sent one of the first CQD distress signals. The signal was thankfully answered by the SS Baltic who immediately came to the rescue. All 1,700 passengers were transferred and saved before Republic sank.

The saloon passengers of the Baltic and the Republic subscribed to a fund to provide medals to the crews of all three ships involved in saving over 1700 lives. This was one of those medals.

They're rare, and hugely sought after, and I think it's clear to see why. What an amazing piece of history; made to honour those who saved lives at sea. We've put an estimate of £400 to £600 on it, but I suspect it'll be 'sailing' well past that!



**Andy Stowe, Auctioneum**

■ ADVERTISING FEATURE

# £3,000 raised for Cancer Research UK

SLIMMING World members in Longwell Green have raised over £3,000 for Cancer Research UK by donating clothes they've slimmed out of, as part of this year's Big Slimming World Clothes Throw.

The annual event sees members across the UK donate clothes, shoes and accessories that no longer fit, celebrating their weight-loss achievements while supporting life-saving research.

The Longwell Green group, which meets weekly at the Community Centre, collected 131 bags for the charity

Consultant Karen said she is incredibly proud of her members' generosity and determination. "When you're losing weight it's easy to focus on the number on the scales – This event celebrates the non-scale victories too, like dropping dress sizes and feeling more confident, while raising money for an important cause"

As well as raising vital funds,



the Clothes Throw highlights how maintaining a healthy weight can reduce the risk of 13 cancers. Last year, Slimming World members, Consultants & Head Office staff raised £3.1 million for Cancer Research UK and hope to make this year's total even bigger.



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**  
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## SPORT

# Graduates on the green



PAGE Park Bowls Club has unveiled the latest graduates from its annual beginners' course.

An expanded coaching team meant the Staple Hill club was able to offer 36 places on its course to introduce new players to the game this year.

Club Captain Don Willcox said: "Our coaching team will remember this year's students as the Sunshine Group, as the weather was fantastic every Saturday morning, for the whole six weeks.

"Almost all are applying for membership to us and we would love to accept them all but cannot due to numbers.

"Choosing whom to accept is going to be difficult!"

Don said the club hopes any players who missed out on membership will join other local clubs in need of recruits.

## KINGSWOOD HISTORY SOCIETY

# William Bence and the Longwell Green Coachworks

by John Hitchings – 2nd June 2026

It never ceases to amaze me as to what fantastic industries we had in our local area. William J Bence was born in Willsbridge close to the former Queens Head pub. He moved to Kingsfield House (still there at junction of Bath Road and Marsham Way) when he married.

Started out as a Carrier, Bill started his bus company in 1920, with a route covering Hanham, Kingswood, Staple Hill, Downend and Keynsham. No bus stops and Ford vehicles. The same route continued under various guises until 1986!

The company expanded as WJ Bence & Sons, building its own bodies (Light Green and White were the colours for their buses) and for other regional operators. Charabancs were built, their own model known as "Queen of the West". The works being at the corner of the Bath Road and Kingsfield Lane. Some of the buildings still there. Did you know that Longwell Green Sports FC was formed in 1966 by workers from the coachworks.

In 1924 the company further expanded to Hanham, Laura House and surrounds. Can still be seen as Tollgate Hire and the house still exists within.

There was a rift in the family in the 1920s and in 1930 The Bristol Tramway took control. The company becoming Bence Motor Services Ltd. By this time Bill had moved to Oldland Hall.

1944 saw the company become Longwell Green Coachworks. Buses being made for such areas as Newport, Cardiff, Stockport etc. The last double decker being 1966. Each vehicle could be designed individually and this led partly to the downfall. Bodies were made for such companies as BRS, Post Office and even 79 Green Goddesses.

In 1983 the company folded, although WH Bence (relative) can still be found in Yate.

There have been further links in the past, Jones and Bence (Harry, the son) at Two Mile Hill. Indeed, an audience member is related to the Jones. Someone else in the audience recognised the body work of a library van that he had worked.

A great presentation with John across all the detail.

Next meeting at the Park Centre, Kingswood is Tuesday 7th July, 7pm for 7.30pm start. Visitors £4 incl tea/coffee and biscuits.

Full schedule of presentations can be found at [www.kingswoodhistorysociety.org](http://www.kingswoodhistorysociety.org)

[kingswoodhistorysociety.org](http://www.kingswoodhistorysociety.org)

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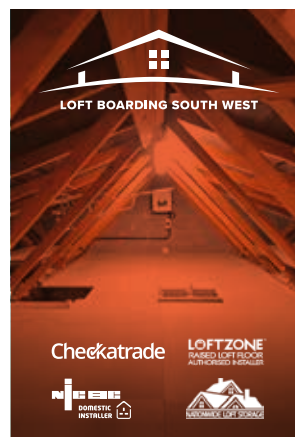
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## SPORT

**KEYNSHAM BOWLING CLUB**

WHILST our ladies' and gents' league matches continue on a weekly basis, we are also embracing our internal club competitions, as well as those against other clubs.

The Ray Percival mixes triples ended in a win for Mary Millard, Geoff Yorath and David Howell. They finished with the same number of points as Maureen Cavill, Ken Gaull and Richard Watkins but pipped them by a three-shot difference.

In the men's two wood, Geoff Yorath and Paul Matthews came out on top and will play each other at our finals day in September.

Our ladies beat Chew Stoke

in the Southey Cup and now face Alexandra Park in the next round. In the Top Club competition, they went under to a very strong Long Ashton side. Our gents also lost their Top Club fixture, playing away to a strong Bath team.

Our club chairman, Steve Coles, is also president of the Somerset Bowls Association. This entitles him to host a series of county matches on his club's green, one of which is between the county and his own club.

Our president, John Nix, was on the gate to welcome players of both sides to our green. After the game, all players sat down for a meal prepared by Maggie Davies and her crew of caterers, with the

Keynsham captain of the day, Paul Matthews, acting as the master of ceremonies.

John Nix said grace and, after the meal, asked all to stand for a toast to His Majesty the King. Paul then called on our men's club captain, Bob Edge, to welcome all our guests.

He expressed his pleasure at seeing so many past Somerset presidents attending and said he hoped to see many of them at the two county games Keynsham will host.

Bob was pleased to announce that the raffle raised £206 for the Great Western Air Ambulance Service, which is the ladies' and gents' captains' chosen charity for

2026.

In announcing the county as victors in the game, Bob said the occasion was all about new friendships being forged and old friendships renewed. He concluded by asking everyone to raise a toast to the Somerset Bowls Association.

Our MC Paul then invited president Steve to say a few words, followed by a conclusion to the day's proceedings and wishing all a safe journey home.

This was an afternoon, I would suggest, that firmly illustrated the friendship and camaraderie of lawn bowling.

**Mike Barrow**

**FRY'S BOWLING CLUB****Bristol and District League:**

Fry's returned to the winner's column in a tight encounter at Severn Vale 'A'. Severn Vale took the early lead, but Fry's would take the lead after a comeback on rink 2. Heading into the final three ends 1 shots up, Fry's picked up a combined 3 shots dropping only a single to take a 49-46 victory.

League leaders Bradley Stoke 'A' all 10 points the following week. A tight local derby at Keynsham saw Fry's taking 8 points with a 43-38 win. Rink 3 picked up a comfortable win, with Fry's skip adding a third shot on the last bowl to take rink 2 which secured the eight points for Fry's.

Another tight game against Bristol St Andrew's 'A' came down to the final ends with Fry's 3 shots up with 2 ends left. With Fry's match down on the rinks, Fry's skip on rink 3 drew shot and with a Fry's bowl knocked for second, they held a 5 shot lead. Bristol St Andrew's skip was unable to add to the count and a drawn second shot from Fry's skip secured a 41-37 win.

Poor middle ends would prove costly at Victoria Park 'A' as they took 52-45 win leaving

Fry's in 5th in the table.

**Scores:**

**21st May:** Fry's 49-46 Severn Vale 'A'; Rink 1: 19-9; Rink 2: 19-21; Rink 3: 11-16; (6-4)

**28th May:** Fry's 38-38 Bradley Stoke 'A'; Rink 1: 15-17; Rink 2: 9-13; Rink 3: 14-18; (0-10)

**4th June:** Fry's 43-38 Keynsham 'A'; Rink 1: 11-13; Rink 2: 16-15; Rink 3: 16-10; (8-2)

**11th June:** Fry's 41-37 Bristol St Andrew's 'A'; Rink 1: 12-13; Rink 2: 18-10; Rink 3: 11-14; (6-4)

**18th June:** Fry's 45-52 Victoria Park 'A'; Rink 1: 13-13; Rink 2: 10-29; Rink 3: 22-10; (3-7).

**Friday Triples League**

Fry's put up a good fight but fell just short in week 6 of the Triples League. Fry's were able to take one rink by 7 shots, with another rink missing out by one shot. St Anne's won the third rink by 8 shots which saw them take a 43-41 win, with Fry's taking 2 points.

Fry's ended a run of 6 games without a win in the Friday Triples League last week as they took 10 points against Begbrook Green as Fry's came away 59-48 winners.

Another tough day in the triples league at Knowle saw Fry's come home with only 2 points. A 7 shot win on one rink and only losing another rink by 6 left the game tight,

but Knowle comfortable won the third rink to take a 56-41 shot win.

After a loss at Knowle, Fry's earned their second win in a bottom of the table match against the visiting Bristol Greenbank. Fry's won all 3 rinks taking all 12 points in the 53-36 win.

**Scores:**

**22nd May:** Fry's 41-43 St Anne's Park; Rink 1: 15-16; Rink 2: 10-18; Rink 3: 16-9; (2-10)

**29th May:** Fry's 59-38 Begbrook Green; Rink 1: 26-14; Rink 2: 21-14; Rink 3: 12-20; (10-2)

**5th June:** Fry's 41-56 Knowle; Rink 1: 19-12; Rink 2: 7-23; Rink 3: 15-21; (2-10)

**12th June:** Fry's 53-36 Bristol Greenbank; Rink 1: 18-15; Rink 2: 17-9; Rink 3: 18-12; (12-0).

**Cup**

The first round of the Bristol and District League Lloyd Trophy saw Fry's make the short trip to St Anne's Park. Fry's struggled on rinks 1 and 2 as St Anne's pulled away to a 69-46 victory. The following week, St Anne's ended Fry's defence of the Triples League Cup.

**Scores:**

**9th June:** Fry's 46-69 St Anne's Park; Rink 1: 10-21; Rink 2: 6-30; Rink 3: 30-18.

## ■ NOSTALGIA

# The 'Roman Camp' at Bitton

By Mike Gates

**V**ISITORS to the Pound Ground in Bitton are always amazed at the strange prominent mounds or earthworks. Given Bitton's well-known Roman associations, it is natural to wonder whether these banks and mounds are the remains of a Roman military camp. For more than a century the earthworks in the Pound Field appeared on Ordnance Survey maps as a Roman camp. Yet modern archaeology has challenged this interpretation, leaving us with an intriguing question: was there ever a Roman Camp at Bitton?



The Pound Ground at Bitton

### The "Roman Camp" on Historic Maps

The earthwork was marked as a "Roman Camp" on nineteenth and twentieth-century Ordnance Survey maps. The label reflected the thinking of antiquarians who saw the rectangular enclosure, measuring about 100m in each direction, with rounded corners, and considered it likely to be Roman in origin.

Bitton's reputation as a Roman site encouraged this interpretation. The village lies on the route of the Roman road between Bath (Aquae Sulis) and the port at Sea Mills (Abona), linking Silchester

(Calleva Atrebatum) and Bath with Caerwent (Venta Silurum) in Wales. Also, many scholars had believed that the Roman settlement Trajectus (meaning crossing point or bridgehead) was located here, before it was established that the site is most likely to be at Somerdale, the former Cadbury's factory.

The idea that the earthworks in the Pound Field was a Roman camp was further supported by the location of four Roman villas

in the local area which suggests that the district was economically important during the Roman period. Furthermore, Roman remains have been found in the churchyard of St Mary's Bitton.

So it is understandable that the Victorian archaeologist George Wits listed the Camp as No 12 on the list of Ancient Camps in his *Archaeological Handbook of the County of Gloucester* (1883).

### Archaeological Surveys

Alas and blast, in 1952 a survey by an archaeologist, G.C. Boon shocked everyone when he reported that his excavations of three trenches of up to four feet through the enclosure banks had brought nothing to light earlier than artifacts of medieval date from the site.

If the earthwork had been a Roman fortification Roman pottery, coins or military artefacts might reasonably have been expected. Instead, the excavations revealed occupation layers containing twelfth and thirteenth-century pottery, together with medieval roof tile. Significantly, no Roman material was recovered from the trenches.

A Geophysical survey was carried out in 2002 by Bristol University confirmed these findings and concluded that the earthworks suggested a medieval date for Bitton Camp.

If the enclosure was not Roman, what purpose did it serve? The archaeological evidence suggests it may have formed part of a medieval manorial or agricultural complex associated with properties

fronting onto Bitton High Street. The substantial banks and ditches may have marked property boundaries, livestock enclosures, or the precinct of a high-status medieval holding.

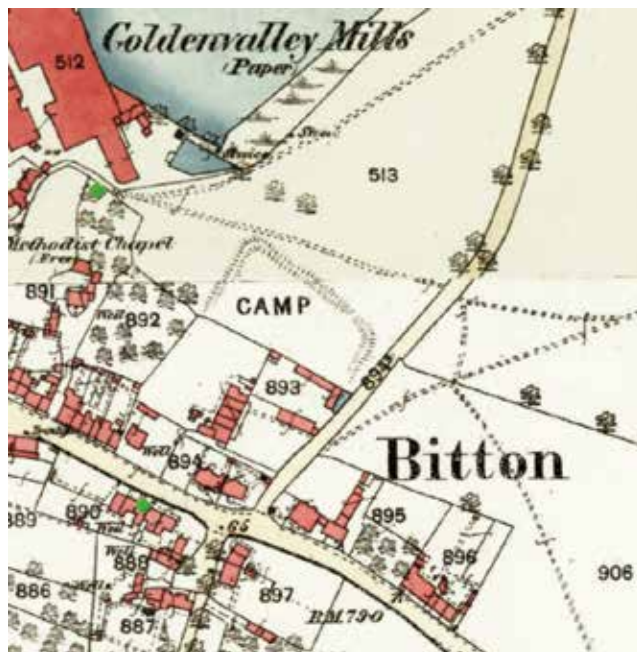
This is disappointing for the residents of Bitton, who have often gazed at the mounds and perhaps imagined a busy Roman encampment. So, how reliable was the survey carried out in 1952 and the later geophysical survey? We turned to the archaeologist Tony Roberts for his opinion. Many locally will remember Tony for his fascinating talks on the excavations at Hanging Hill in Upton Cheyney. Tony has confirmed that the surveys of 1952 and 2002 were extensive and that we can be confident that this is not a Roman camp.

### Conclusion

The story of the Bitton "Roman Camp" illustrates how archaeological understanding evolves. What nineteenth-century antiquarians confidently identified as a Roman military enclosure is now generally regarded as a medieval earthwork. Yet the site remains an important historic monument and a visible reminder that every generation reinterprets the landscape in light of new evidence. While the enclosure itself may not be Roman, the wider Bitton area undoubtedly formed part of a thriving Romano-British landscape connected to the Roman Road, Via Julia.

*Boon, G. C., Excavations in the Earthworks at Bitton, Gloucestershire, (TBGAS, 72, 45-49: 1953)*

*Wills, J. (Ed), Transactions of the Bristol and Gloucestershire Archaeological Society, Archaeological Review No. 29, (2005: Vol. 123, 149-185)*



1880- 1930 OS Map, 'Reproduced with the permission of the National Library of Scotland'

### Next Meeting

**September 15th 7:00 for 7:30pm 'Bristol Yarns' by Eugene Byrne Unity Oldland Methodist Church**

Venue: Unity Oldland Methodist Church, West Street, Oldland Common, BS30 9QS

Everyone is welcome. There is no charge.

[www.Bittonhistory.org.uk](http://www.Bittonhistory.org.uk)

## KINGSWOOD MEMORIES & HERITAGE MUSEUM



### 50 YEARS OF QUASAR MOTORCYCLES

The Quasar is a highly unusual semi-enclosed feet forward motorcycle, created by Malcolm Newell and Ken Leaman. The vehicle incorporates an 850cc engine used in the Reliant Robin three-wheeled car, and can drive at speeds over 100 mph in favourable conditions.

The first Quasar was built by Malcolm and Ken at Wilson Brothers on Morley Road in Staple Hill, and was sold in December 1976. Despite interest in the unusual design, only 21 Reliant engined Quasars were ever produced: seven by Wilson Brothers, and a further fourteen by Romarsh of Calne and by Malcolm Newell and John Malfoy, who had originally designed the Quasar's unique fluorescent rear light.

Malcolm Newell went on to build several more Quasars in his own workshop at Field Cottage, in Heddington. These later Quasars were fitted with motorcycle engines. Malcolm and three Quasars were featured in an edition of the popular BBC TV programme "Top Gear" that was broadcast on 14 April 1988.

The photographs include one from 1977 showing Gordon Wilson at the Wilson Brothers workshop in Staple Hill, and two photographs taken in 2017 when Gavin Newell, John Cooper and two Quasars visited Kingswood Heritage Museum. The Museum plans a special weekend dedicated to the Quasar Motorcycle later this year, including a special appearance by one of the original machines.

### 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: "Story of Cheddar Cheese"

The next talk at the Museum is on **Wednesday 8th July**, when John Page will tell the fascinating story of Cheddar Cheese.

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](mailto:kingswoodmuseum@gmail.com).

### Events

**Sunday 19th July: Joint open day for Kingswood Heritage Museum, Warmley Clocktower and Warmley Gardens and Grotto:** This is a unique opportunity to experience the whole of the William Champion site at Warmley. Experience the whole of the Museum, walk round the Gardens and Grotto and visit Warmley Clock Tower, which was a pin-making factory for Champion's Brass Works.

A joint ticket to all three parts of the site costs £5 for adults, and children under 16 can visit for free.

Further details of all of our events can be found on the Museum's website: [www.kingswoodmuseum.org.uk](http://www.kingswoodmuseum.org.uk) and on our Facebook and

Instagram pages.

### 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](mailto: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](mailto:kingswoodmuseum@gmail.com), or simply call us on **0117 9605664**. We would love to hear from you!

## COMMUNITY NEWS

### AVON TEMPO RUNNING CLUB

AVON Tempo Running Club has marked its first anniversary, celebrating a year of rapid growth and member personal bests.

Meeting at Bitton AFC, the club was founded to bridge the gap between casual running groups and more performance-focused clubs, offering a structured approach to training in an inclusive environment.

In its first year, Avon Tempo has grown from a grassroots idea into a fully-fledged England Athletics-affiliated club, delivering over 100 consecutive training nights to date and a community of nearly 40 members.

This milestone comes after Bristol was named "Europe's running capital," with more clubs per person than any other city, highlighting the strength of the city's active fitness communities.

The club operates two weeknight sessions: Tempo Tuesday' sessions focus on threshold work, intervals and progression runs to develop endurance and sustainable speed, while 'Technique Thursdays' centre on speed, combining drills, hill



sessions and speed endurance to improve form and efficiency.

The structure has already produced notable results for Avon Tempo's members in recent months, including: two England vest qualifications, 15+ personal best results since January 2026, alongside strong race performances across the UK and overseas.

Members range from parkrun novices, to first-time marathoners

and experienced racers.

Chris Palmer, who co-founded Avon Tempo in 2025, said: "Our first year has been focused on proving that we can create a structured, ambitious training environment that can still feel welcoming and accessible for all abilities.

"In a region recognised as Europe's run club capital, there are some fantastic running clubs across Bristol. Creating our own was incredibly exciting, because

we felt there was ample room for a club that sits between purely social running and traditional athletics environments."

A defining part of the club is its training location on the Bristol & Bath Railway Path, giving members direct access to a flat, tarmacked and traffic-free route that allows uninterrupted sessions and consistent training. Starting and ending at Bitton AFC clubhouse, the sessions often end with a post-run drink and a catch-up.

"The railway path has become central to who we are as a club," Palmer added.

"It gives us a really unique environment where runners can fully focus on their session, whether that's hitting threshold reps, building back after injury or working on technique, without constantly stopping for roads or traffic."

"The only real requirement is a willingness to turn up and give it a go", Palmer said.

For more information, email [avontempo@gmail.com](mailto:avontempo@gmail.com) or follow @AvonTempo on social media to join one of the weeknight sessions.

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**PUZZLE PAGE**

# Sudoku

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

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

# For younger readers

## Summer Sports Boggler Puzzle

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

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



My points \_\_\_\_\_

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# Txtpert

Theme: Cooking

1	2		3		4		5
	6						
			7				
	8						9
	10						

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

Across

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

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

Down

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

# Easier sudoku

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

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

# Solutions

Txtpert

				E		D
L	C	V	R	L	X	E <sub>01</sub>
O		T		V		K
p <sub>6</sub>		u		T	I	O <sub>8</sub>
		T	I	d <sub>L</sub>		O
D		V		L	U	C <sub>9</sub>
G		p		O		N
J <sub>5</sub>	S <sub>4</sub>	E		H <sub>3</sub>	C	u <sub>L</sub>

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## NEWS

### Film highlights 'National Emergency'

FOLLOWING the record-breaking welter heatwaves in May and June, a documentary that highlights national emergency risks facing the UK will receive a community screening in Hanham in September.

The People's Emergency Briefing will be shown at Hanham Community Centre on Thursday 17 September at 7.15pm.

The powerful film follows the National Emergency Briefing which took place in Westminster last November. The 1200 political and civic leaders who attended included local and national representatives of MP Watch, which is hosting the screening.

The film describes scientific evidence presented to politicians regarding threats to food, health and the economy, aiming to foster local action and dialogue. Indeed, the government recently published A National Security Assessment on the impact of Global Biodiversity Loss, Ecosystem Collapse and National Security which has received surprisingly little media attention.

The film features TV wildlife presenter Chris Packham, along with a former UK army general and leading climate and nature scientists. Dragon's Den's Deborah Meaden and comedy star Jennifer Saunders reflect on the evidence presented as the scientists advise what can be done to safeguard Britain's future.

The film ends with a call for the Government to stage a prime-time, televised emergency briefing on climate and nature of its own, similar to the Covid briefings.

The Hanham screening will be followed by a discussion to explore what actions our community can take. Local politicians are being invited so that they can hear your views. Tickets are free, with a cash donation on the door to cover costs. They can be booked on Eventbrite or at this link: <https://shorturl.at/Dgn09>

Fio Adamson, of MP Watch North East Somerset and Hanham, advised: "If there's more demand for tickets than the hall capacity, then we'll organise more screenings - it's vital that members of the public are informed about this existential threat to our survival!"

[www.nebriefing.org](http://www.nebriefing.org)



# People's Emergency Briefing

## Hanham

Film screening and discussion in the community



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Thurs 17th September 2026

7.15pm for 7.30pm start

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and Hanham

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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
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- Experienced radiographer-led service
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### Areas we can scan include:

- Neck and lower back • Shoulder • Hip
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- 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.*



The  
**Hanham Clinic**  
Chiropractic & Sports  
Injury Specialists

# MRI Scans

Now Available at  
The Hanham Clinic  
Bristol

Prices from **ONLY**  
**£299**

### OPENING HOURS

Monday: 8:00 am – 8:00 pm  
Tuesday - Friday: 8:00 am – 7:00 pm  
Saturday: 8:00 am – 1:00 pm  
Sunday: Closed

Units 1A & 1B Hanham Hall, Whittucks Road  
Hanham, Bristol, BS15 3FR



Call us: **07946 426514** or **0117 2440157**

Email us: [info@hanhamclinic.co.uk](mailto:info@hanhamclinic.co.uk)

[www.hanhamclinic.co.uk](http://www.hanhamclinic.co.uk)

