

emersonsgreenvoice

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May 2026, Edition — Issue 109

FREE EVERY MONTH IN EMERSONS GREEN, LYDE GREEN, SHORTWOOD & PUCKLECHURCH



Protesters on the former Shortwood Lodge Golf Club course, which could be built on



Celebration of rich diversity

Mangotsfield School, whose students speak a total of more than 40 languages, celebrated its diversity with a Culture Week.

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Surgery to open again in autumn

Partners at Green Valley Health say Emersons Green Medical Centre, which shut in October 2024, will reopen by this autumn.

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Hambrook lights curbs removed

The ban on westbound ring-road drivers turning right at the Hambrook traffic lights has been lifted after six years.

PAGE 6

Protesters on the march

CAMPAIGNERS who want to stop land being taken out of the Green Belt to allow thousands of new homes to be built have held a protest march.

Around 100 protesters marched through areas that could be transformed by new developments if a planning blueprint drawn up by South

Gloucestershire Council is approved, including Shortwood, between Emersons Green and Pucklechurch.

The protest was held weeks before the council's draft Local Plan is due to undergo a public examination in front of a government inspector, to see if it meets the future housing needs

of the district.

Developers are already making planning applications to the council, with the latest involving a bid to build 260 homes on land north of Shortwood Hill, next to the B4465 road linking Emersons Green and Pucklechurch.

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Spring, the garden and feeling younger than your years



Matt Sutton

Aches - It's not about age

THIS Spring you're back out in the garden, or walking a bit further than you have over winter, and you catch yourself thinking:

"I don't remember feeling this old when I did this last."

This is a familiar moment many of us have around this time of year.

It's not usually anything dramatic.

Just little things.

A back that tightens up sooner than you expected.

That twinge in the knee that's come back again.

Those first few steps in the morning that feel, if we're honest, a bit awkward.

You get moving and it eases off — but it's there.

And then there's posture.

You might notice it getting dressed, or passing a mirror —

a bit more stooped, shoulders rounding, head sitting further forward.

Some people joke they're "getting the family posture".

A slight hump at the top of the back. A bit of a forward head.

Nothing sudden. It just creeps in.

A common spring pattern

Here at Sutton Chiropractic in Downend, this is one of the most common patterns we see each spring.

People aren't unwell.

They're just getting back to doing more — and noticing their body isn't quite keeping up.

After a quieter winter, muscles tend to be a bit tighter and less supportive. Movement becomes slightly less efficient.

So when activity picks up again — walking, gardening, getting out more —

certain areas start to take more strain than they should.

Most often:

the neck • the knees • the lower back

That's when the stiffness lingers, and those familiar niggles return.

Where posture fits in

Posture plays a bigger role in this than many people realise.

It's not about "standing up straight" for the sake of it.

It's about how your body is balanced and

supported as you move.

When posture shifts — even gradually — it changes how load travels through the body.

Over time, that can mean:

more pressure through the neck and shoulders

more work for the lower back

less ease and confidence in movement

balance issues

Mobility problems

The result is what many people describe simply as:

"Everything feels a bit harder than it should."

What we see in practice

The encouraging part is that this is often very workable.

With the right approach, many of our patients and their family notice:

improved uprightness

less visible stooping

movement feeling lighter and more natural

fewer flare-ups of the same old problem areas

better balance

less falls

more energy

Often, it's not about doing more —

It's about getting the body better aligned so it can do what it's already capable of.

A sensible time to check

Spring is when people quite naturally want to get moving again.

It's also the point where small issues either settle... or start to build.

A simple check at the right time can help prevent a season of stop-start progress.



HUGE CONGRATULATIONS!

Hari has become the first person with no legs to complete the 7 summits — climbing the highest mountain on each continent!



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Free Posture Clinic in May

If you've noticed things feeling a bit stiffer, heavier, or less reliable than they used to, this is exactly what our Posture Clinic is for.

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Protesters march as developers make new plans

From Page 1

Members of campaign group Save Our Green Spaces-South Gloucestershire (SOGS-SG) held the joint protest and fundraising walk as part of the Community Planning Alliance's National Day of Action for Nature, Parks and Green Spaces on April 18.

Different groups of protesters walked with children and dogs, with some riding horses, from areas where new housing could be built if South Gloucestershire Council's draft Local Plan is approved by the government, including Warmley, Siston Common, Siston Hill, Oldland Common, Webbs Heath and Carson's Road in Mangotsfield.

They converged the old Shortwood Lodge Golf Club course, one of three sites in Shortwood where 1,600 new homes could be allowed if the draft Local Plan is approved.

A public examination into the legal compliance and soundness of the Local Plan by a government-appointed inspector is due to start at Kingswood Civic Centre on May 19, with a total of 15 days of hearings on five separate weeks. The final hearings are on July 14 to 16.

The draft Local Plan proposes sites for more than 22,000 homes over the next 15 years.

As well as the homes at Shortwood, more than 280 are proposed for Mangotsfield, while more than 2,000 are proposed for north of Lyde Green, between the M4 and Westerleigh.

Thousands more are planned for Warmley, Siston and Oldland Common.

SOGS-SG used the walk to collect donations towards an appeal to fund professional representation by a planning



Protesters on the former Shortwood Golf Course at the end of the SOGS-SG march

consultant at the Local Plan hearings - as the Voice went to print they had raised more than £10,000.

Chair Darren Lawrence said: "We've got to keep pushing. People feel they aren't being listened to. It's not about being radical - there's no infrastructure to support homes in these areas.

"This isn't 'grey belt', it's Green Belt - we have to stand up and say enough's enough.

"I'm absolutely overwhelmed with the support we've received on the march - we've also had a lot of support online.

"We're facing the total destruction of the East fringe. We feel that if plans to build in all of the places proposed, from Saltford to Filton to Yate, happen we'll end up with a mega-city.

"We're not against housing but we are against mass housing on the Green Belt - there is an alternative."

Developers have already started to make planning applications on sites included in the Local Plan, even though it has not yet been approved.

Taylor Wimpey has applied to build 150 homes between



Jill Barnes, of Mangotsfield, dressed in a badger outfit and carried cuddly animals representing species whose habitats could be threatened

Cossham Street and Rodway Hill Road, next to Mangotsfield School and Lightwood Strategic Ltd is seeking permission to build 280 homes at Rock House Farm in Shortwood.

The most recent application is on behalf of David Wilson Homes for 260 homes on land between the B4465, Cattybrook Road North and the Shortwood Quarry landfill site, north of Shortwood Hill.

Agents Boyer describe the site as "a sustainable location for development that can benefit from existing infrastructure and

transport connectivity within Bristol".

They say: "The proposed development on this site will provide up to 260 homes, including 50% affordable, and will contribute to the comprehensive and coordinated delivery of development in this area."

The site is just to the east of the proposed Rock House Farm development and to the north of the former golf course.

Boyer has made a 'screening request' to the council to ask whether it needs to produce an environmental impact assessment for the site - the first stage in the application process for many bigger developments.

More details can be found on the council's planning website by searching for application P26/003/SCR.

Details of Local Plan hearings can be found at localplanexamination.commonplace.is.

SOGS-SG has set up a website with details of upcoming planning applications and its donation page at sogssg.org.

Marsh Farm decision looms: Page 6

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Our June edition deadline is May 13.

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



Lorry driver admits causing Tyler's death

THE driver of a lorry which crashed on the Avon Ring Road near Mangotsfield, killing a young passenger, has admitted causing death by careless driving.

Michael Ronner had denied causing the death of Tyler Carley in the collision in 2023 by driving a DAF truck without due care and attention.

He was due to face a trial at Bristol Crown Court at the end of March, but days before the trial was due to start, he changed his plea to guilty.

Ronner, aged 39, from Warmley, is due to return to the court to be sentenced at the end of April.

He has been released on bail.

Tyler, who was 20, was killed when the lorry he was a passenger in collided with the central reservation of the A4174 between the Dramway and Siston Hill roundabouts on the evening of December 5, 2023.

He was working as a scaffolder and living in Thornbury, having spent his early life in Kingswood and Mangotsfield before moving to the town, where he attended the Castle School.

Tyler's friend and colleague Cameron Williams, who was also a passenger in the lorry, survived the crash without any physical injury but later took his own life after suffering survivor's guilt and post-traumatic stress disorder from the incident. Cameron, who was 19 when he died in 2024, was a former pupil of Stanbridge Primary and Downend School.

Police designated investigating officer Noelle Poupard said: "Tyler was a much-loved young man, with his whole life ahead of him.

"His tragic death was a direct result of Michael Ronner's lack of concentration and not appropriately ensuring the safety of his passengers while driving a lorry.

"It is deeply regrettable that Ronner waited until less than a week before trial to enter a guilty plea.

"Had the plea been entered earlier, it would have spared Tyler's family a significant amount of distress and heartache since the incident.

"The police investigation was lengthy and complex, including several expert reports in preparation of trial, but it demonstrated Ronner's actions were the cause for this collision and the death of Tyler.

"I would like to express my deepest condolences to Tyler's family. The strength they have shown in the lead up to the trial is commendable and I am just grateful we were able to provide them with some closure."

Tyler's mum Gemma said: "After back and forth court dates, and him changing his plea three days before trial, it is a relief for me as I never wanted the rest of Tyler's family and friends to have to hear or see the distressing evidence that only I have seen and read.

"No mother should ever have to see the things I have, sadly."

Since his death Tyler's parents have set up a charitable foundation in his memory, supporting charities which help bereaved families.

The Road Forward - Tyler Carley Foundation has organised fundraising events and first aid training sessions.

The latest sponsored event will see Tyler's cousin Lauren Carley and two of his friends take on the Great Bristol Run 10K on May 10, while another two friends run the Bristol Half-marathon.

Donations can be made at the foundation's JustGiving site, at tinyurl.com/4rj3752j, or via its Facebook page.



Tyler Carley

Medical centre will reopen this year

EMERSONS Green Medical Centre will reopen by the autumn, it has been announced.

Green Valleys Health, the GP partnership that runs the surgery in St Luke's Close, confirmed in April that it has made an agreement with Bristol, North Somerset and South Gloucestershire Integrated Care Board (ICB), which is in charge of funding NHS services, for work to start on fixing the building's broken heating and hot water system.

The medical centre, which has more than 11,000 patients on its books, shut suddenly in October 2024.

Since then Green Valleys Health has been running services for Emersons Green patients from Leap Valley Surgery in Downend.

But councillors have raised concerns that some patients have trouble reaching the other surgery, and that they are waiting longer for appointments.

The practice told the Voice in a statement: "The partners of Green Valleys Health are pleased to announce that the Emersons Green site will be re-opening.

"The team and ICB have an agreed way forward and look forward to opening the doors again in time for autumn 26.

"We will continue to keep you updated as we move forward with the work."



Bosses say Emersons Green Medical Centre, which has been shut since October 2024, will reopen by the autumn

In a message to patients on the practice's website, they added: "We would like to express our thanks to both you and the ICB for your support during this difficult time, and will keep you updated as we move forward."

The announcement follows a long process of confirming funding and contractors for the work.

Last October, members of South Gloucestershire Council's health scrutiny

committee were told work was expected to start by November, and take six weeks.

In February, local MP Claire Hazelgrove said she had met with both Green Valleys Health and the ICB to discuss progress on the repairs.

The continued closure of the surgery was raised at April's meeting of the health scrutiny committee by Emersons Green ward councillor Rachael Hunt, who said: "It's one of the key questions I have when I'm knocking on doors in my local area and it's being raised at our town council coffee mornings constantly.

"People are concerned."

Cllr Hunt said she was a patient of the surgery and had recently been told an appointment to follow up an abnormal blood test result would take eight weeks.

She said: "My experience and what I'm hearing on the doors is that these wait times for appointments are increasing."

Cllr Hunt asked for the committee to be given figures to show the effect of the closure on waiting times.

ICB lead director for primary care David Jarrett told Cllr Hunt: "I share your frustration that the practice isn't open but we are working actively and positively at the moment with the practice to get it reopened."

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Right turns restored at Hambrook lights

TRAFFIC restrictions at the Hambrook junction of the Avon Ring Road and Bristol Road are being removed by South Gloucestershire Council.

A ban on drivers on the westbound A4174 turning right towards Winterbourne, and traffic heading north from Frenchay going straight across or right at the junction, was introduced in 2019.

The then government told the council it had to make changes to cut nitrogen dioxide pollution from vehicles to within legal levels.

Since that time traffic from Emersons Green, Downend and Frenchay has had to go around the roundabout at the M32 junction to reach Winterbourne, and traffic from Frenchay has only been able to turn left at the lights.

The authority was told it could not reverse the changes until the Joint Air Quality Unit - part of the Department for



Concrete barriers preventing right turns at the Hambrook junction are being removed

Environment, Food and Rural Affairs - could confirm that the site had met national air quality standards for two years running.

The council has received a letter from DEFRA that says monitored air quality in both

2023 and 2024 met the national standards.

The improvement is believed to be partly because of an increase in the number of electric cars on the roads and in engine efficiency for other vehicles.

The council expected to have fully reopened the junction, removing the concrete barriers that stopped drivers from making banned turns, by April 27.

It also planned to reinstate the bus lane on the westbound ring road on either side of the traffic lights - so other traffic passing through will be restricted to two lanes instead of three.

The changes will also mean motorists driving straight through the junction, from Emersons Green towards the M32, face longer waits to accommodate the extra movements at the lights.

Council cabinet member for communities Sean Rhodes said: "We know how significant this junction is for road users, residents and local communities, and we have listened carefully to the concerns raised about the measures." He said the Council recognised "the ban had caused inconvenience."

D-day for homes plan

A DECISION on a scheme for 100 homes on farmland at the edge of Pucklechurch will be decided by South Gloucestershire councillors in May.

The proposal for the land at Marsh Farm, on the corner of Feltham Road and Abson Road, will go before the council's strategic sites delivery committee on May 14.

The site is in the Green Belt and is not one put forward by the council in its draft Local Plan, which suggests locations for more than 22,000 homes in the district over the next 15 years.

The Government says that across the country some land can be removed from the

Green Belt so that more sites can be found to meet the housing shortage.

Developer IM Land says that the Marsh Farm site is one that can be downgraded to 'grey belt' -land that does not 'strongly contribute' to the Green Belt.

It unveiled its plans last year for up to 100 homes, half of which would be 'affordable', for social rent or shared ownership, and says it has amended the proposals in response to comments made during consultation with the public.

The scheme includes a play area, a community orchard, land for allotments and a new ecology and biodiversity area.

More than 100 objections to the plans have been made to the council. Residents also turned out to voice their opposition when councillors made a site visit earlier in the

spring.

Opponents say the land should remain Green Belt. Other concerns include pressure on local infrastructure such as school places, healthcare and shops, as well as poor public transport links, which would inevitably mean more cars on the roads.

To deal with increased traffic, the developers have come up with a proposal for a mini roundabout at the Shortwood Road/ Abson Road/Westerleigh Road junction, which is a notorious bottleneck.

But this is strongly opposed by Pucklechurch Parish Council and residents.

Local MP Claire Young has backed the opponents and says that although the Local Plan has not yet been adopted, it should be taken into consideration.

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Pucklechurch Primary School's Year 5 singers



Funf the dog visits the school

School's singers join massed choir

PUPILS from Pucklechurch Primary School joined children from across South Gloucestershire to perform in a massed choir.

The Year 5 pupils rehearsed at school with professional musicians for ten weeks from January to March, before coming together with pupils from four other schools for a performance of 'Elements', a 25-minute original work by children's writer Jamila Gavin.

Head of school Gemma Jones

said: "Our recent participation in the Voices for Life Elements Project gave our year 5 children memories to treasure for ever.

"Their parents watched proudly as they experienced performing at St Michael's Centre, Stoke Gifford with a professional ensemble directed by Sarah Kettleby."

Pupils have also been building their confidence by reading to a dog in the school library.

Funf the German shepherd dog, who lives locally, has trained

with charity Therapy Dogs to sit and help create a calm atmosphere for children to read in. She visits every week.

Mrs Jones said: "We've really noticed a difference in their reading fluency, which Funf can certainly take credit for! The children enjoy their weekly reading session with a difference, and report that reading to a dog is more fun than reading to a human!"

The school, which recently celebrated being ranked 14th

out of 110 South Gloucestershire schools for Year 6 SATs results, has recently formed a temporary federation with Coniston Primary School in Patchway.

Mrs Jones, who was previously deputy head, becomes head of school after previous head teacher Alex Capel stepped down at the end of last year.

Coniston Primary School head teacher Alan Walters becomes executive head teacher of both schools.

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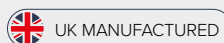
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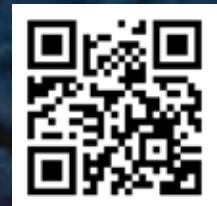
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Thief banned from Boots

A SHOPLIFTER who stole goods worth more than £40,000 from shops including stores in Emersons Green has been jailed.

Joshua Milkins targeted chemists, sports and leisure shops on retail parks in December and January.

As well as Emersons Green Retail Park he targeted Longwell Green, Avonmeads in St Philip's, Worle, Imperial Park in Hartcliffe and Worle, near Weston-super-Mare.

After a police investigation he was arrested and admitted 14 counts of shop theft in February.

Milkins, aged 36, of Meriet Avenue, Hartcliffe, was sentenced to three-and-a-half years in prison at Bristol Crown Court in April.

He was also made subject to a five-year Criminal Behaviour Order, banning him from entering any branch of Boots in Bristol or South Gloucestershire and from being in possession of a tool to remove security tags from stock.

After the case Sgt Al-Nashir Bandali said: "No business or shop worker should have to put up with theft and related anti-social behaviour issues and we're working hard to identify those responsible and put them before the courts."

"We will continue to take action wherever possible and would urge any business or person who witnesses an incident of shoplifting to report it to us."

"This information is really important in enabling us to take action like this."

Crimes in progress should be reported by calling 999 - after the event they can be reported by calling 101 or online at avonandsomerset.police.uk.



Joshua Milkins



The new bridge spans the M4

Bridge work ramps up

NATIONAL Highways says it expects to be able to announce an opening date for the Badminton Road bridge over the M4 in the next few weeks.

Contractors have been working through weekends on the earthworks connecting the bridge to the embankment.

They will then move on to lighting, traffic signals, crossing points and surfacing, before the bridge is connected to the A432 at the Wick Wick roundabout near Emersons Green, where there were overnight lane closures during April as part of the project.

National Highways, which is responsible for the bridge and motorway, has cancelled a series of overnight M4 closures scheduled for April 27-30 and May 26-29.

A spokesperson said: "We are still finalising the remaining closures and the opening date, and will be able to announce this in the next few weeks."

The previous bridge was closed to traffic in 2023 after an inspection discovered "accelerated deterioration and cracking" in the concrete.



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NHS pulls plug on community hospital

A COMMUNITY hospital promised for Frenchay for more than 20 years has been scrapped.

The NHS body in charge of funding services in the region says there is “no longer a need” to build an in-patient rehabilitation unit on a part of the former acute hospital site reserved for the project, because it will instead focus on helping patients recover in their own homes, in line with changes in national policy.

It comes a few months after the Bristol, North Somerset and South Gloucestershire Integrated Care Board (ICB) told the Voice there was no money available to take the project forward.

The site could now be sold off by its owner, North Bristol NHS Trust, to raise money to spend elsewhere.

News of the decision to abandon the plan for rehabilitation beds was contained in a report to April’s meeting of South Gloucestershire

Council’s health overview and scrutiny committee, titled “Next steps for Frenchay Hospital site”.

It said: “National NHS policy now prioritises neighbourhood-based, home-first rehabilitation, supported by multidisciplinary teams. This represents a significant change from the assumptions that underpinned earlier plans for a bedded rehabilitation facility.

“Existing facilities are adequate, and South Gloucestershire has a high share of beds – current provision in Thornbury and Yate is suitable and appropriately staffed.

“In addition, building a new site is also not financially viable or a capital funding priority.”

Barbara Harris of the Save Frenchay Community Hospital Group has been campaigning for a new community hospital there for more than 20 years. One was first agreed in 2005, as part of a plan to move all North Bristol NHS Trust acute hospital

services onto one site, with an upgraded hospital built at Southmead.

But while the new Southmead Hospital opened and the old Frenchay Hospital closed in 2014, funding for a Frenchay community hospital, with 112 rehabilitation and mental health beds, had already been cancelled. Plans were later revived for a 50-bed facility, but nothing happened.

Mrs Harris said: “Since 2005 the plan for Frenchay has been started and stopped five times, but there is no denying the need for the rehabilitation bedded unit when Southmead Hospital beds are either a quarter or a third full of ‘bed-blockers’ – patients who have had their acute treatment but who now need further rehabilitation treatment in a proper rehabilitation facility.

“In all, 750 beds have been lost, during which time the population has risen by 53,000.

“Is it too much to ask that,

even at this eleventh hour, highly paid managers and politicians will have the courage to admit their mistake and deliver the formally agreed community facility on the site reserved for healthcare services at Frenchay?”

ICB chief executive Shane Devlin told the Voice: “We recognise how strongly many people feel about the future of the Frenchay site and understand that this will be disappointing news for some.

“Over the past decade, the way rehabilitation is delivered has evolved significantly.

“The evidence shows that we have the right level of capacity to support people’s recovery, whether through our existing rehabilitation beds or through high-quality care provided in people’s own homes.

“In light of this, we do not believe that developing a rehabilitation facility on the Frenchay site would represent the best use of NHS resources.”

Birth centre stays closed

MORE than three and a half years after Cossham Birth Centre announced a temporary closure, there is no date for its reopening.

A decision on its future looks set to be further delayed while health chiefs work out how to bring together hospital services across Bristol.

North Bristol NHS Trust continues to

run antenatal and postnatal services at the unit – but no babies have been born there since October 2022.

The birth centre proved popular with prospective parents after opening in 2013, but had to shut for spells in 2018 and 2021 because of a shortage of midwives.

Staffing challenges at NBT’s maternity unit at Southmead Hospital were also given as the reason for the latest closure, and the trust has not given an update since May 2024.

Since then, however, NBT and University Hospitals Bristol and Weston NHS Foundation Trust have begun working

towards a merger as Bristol NHS Group, which is expected to be finalised this summer.

Services that are provided by both trusts, such as maternity, are being integrated in what the trusts call Group Clinical Services development.

Bristol NHS Group chief nursing and improvement officer Professor Steve Hams said: “Cossham Birth Centre remains an integral part of our long-term vision for women’s health – including as part of our Group Clinical Services development – ensuring the very best care and experience possible for those using our service.”

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Cancer turns Rob's world upside down

A DOWNEND dad and his family have had their world "turned upside down" after he was suddenly diagnosed with advanced cancer.

Rob Hegarty, who is 42, was in Southmead Hospital being treated for complications from Stage 4 pancreatic cancer, which has spread to his liver, as the Voice went to print.

He and his wife Martine have had to step aside from running family business Junk Monsters, which Martine is trying to keep going with the help of a close family friend as she divides her time between the hospital with Rob and looking after their two sons, aged 12 and 17.

Friends and the community have rallied round, donating to an online fundraiser to support the family and business, and to pay for anything Rob might need that can't be funded by the NHS.

Rob first started suffering shoulder pain at Christmas but assumed it was a repetitive strain injury from working in their house and rubbish clearance



Rob Hegarty

business.

When the pain didn't clear and spread along his abdomen, he booked a GP appointment in late February. Before he could be seen, he went to A&E in early March with severe shoulder and chest pains and shortness of breath.

Rob was discharged after

being given blood tests, which found mild abnormalities with his liver and pancreas. He was told the findings at the GP appointment a week later, and prescribed antibiotics for a possible chest infection.

However, despite a further visit to A&E, a private blood test and ultrasound scan, it wasn't until Rob began turning yellow that he was sent for tests.

Shortly before Easter, Rob was called back to Southmead and spent a day undergoing more tests, before he and Martine were given the shocking news that he had Stage 4 cancer - the most advanced stage of the disease.

Martine said: "Our world has suddenly been turned upside down.

"Other than the shoulder and chest pain, until the point Rob turned yellow there was no indication anything was seriously wrong - no one seemed worried.

"This has come out of nowhere. He's young, fit, doesn't drink and doesn't smoke.

"At the moment we're in limbo, because he's still very unwell and unable to start chemotherapy.

"He's had to stay in hospital because his liver still isn't working properly.

"We are very lucky to have some wonderful family and friends who are running around and supporting us in the background while Rob is beginning his fight in hospital."

Rob, who has been running Junk Monsters with Martine for more than ten years, urged other people to trust their instincts when they think something is wrong.

He said: "You know when something's not quite right - if you feel you're not being taken seriously, please keep asking them to check."

As the Voice went to print, more than 130 people had made donations totalling more than £4,600 to support the family.

The fundraising appeal can be found online at tinyurl.com/4yvbnc2

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EDUCATION CENTRES

Bin changes arrive

SOUTH Gloucestershire Council is urging residents to be ready for changes to bin collections in May.

Homes in the district will be moved onto three-weekly black bin collections from Monday May 11.

But residents have been advised that some people who were due to have a collection during that week under the old fortnightly system may find themselves waiting "22 or 23 days" before their bin is emptied on the new rounds.

The council says it has written to all residents who will go over 22 days without a black bin collection during the transition period and will offer "extra allowances for black bin waste on their first three-weekly collection".

Other households may get an extra collection before the new collection rotas start.

The council is advising people to check what can be recycled on its app, and start using new blue bags to recycle soft plastics as soon as they arrive.

A spokesperson said: "This material takes up 29% of the space in the average black bin in South Glos. Recycling these items will free up space in the black bin for waste that can't be recycled."

Households needing special services for nappies or incontinence products are being advised to sign up for free, fortnightly collections.

Advice on the new system can be found at tinyurl.com/5f49zpuu.

The council is also advising residents thinking of disposing of fridges and freezers that it may have to stop accepting them

Fake crash fraudster jailed

A FRAUDSTER who faked accidents to con drivers out of money has been jailed.

Simon McDonagh, 36, would throw an object at a car as it passed his vehicle, making victims think they had hit something. He then waved them down and told them they had damaged his wing mirror.

Police said he would suggest they pay him cash to repair the 'damage', to avoid making an insurance claim. He told those who had no cash to transfer money via PayPal.

McDonagh carried out the scams between March and June 2025 in South Glos and Bristol, using a vehicle with false number plates.

He made more than £5,500 from 11 different "vulnerable" victims, ranging from a student to men in their 80s.

McDonagh, of Brookthorpe, near Gloucester, admitted 11 counts of fraud and six counts of fraudulently using a vehicle registration. He was jailed for two years and eight months, and banned from driving for more than three years at Bristol Crown Court.

Man cleared on appeal

A DOWNEND man has had his conviction for stalking a woman in Staple Hill overturned on appeal.

Kola Adetu, 45, had denied a charge of stalking the woman without causing fear, alarm or distress during 2024, but was found guilty by Bristol magistrates after a trial in July last year.

He was acquitted after making an appeal against the conviction to Bristol Crown Court in February, which was unopposed by the Crown Prosecution Service. His conviction and community sentence have been quashed.

A new restraining order without conviction was made under the Protection from Harassment Act, prohibiting Mr Adetu from contacting the woman for ten years.

Your black bin collections are changing



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



southglos.gov.uk/app

Mangotsfield gets a 'little library'

MANGOTSFIELD now has its own mini-library where people can borrow and donate books.

The new book exchange has been mounted on the side of the public toilet building in the St James Street car park, opposite the church.

It is the result of a joint project involving Staple Hill & Mangotsfield Parish Council, Mangotsfield Residents Association, Downend Men in Sheds and South Gloucestershire Council, which owns the building.

Deputy parish clerk Colette Lewis suggested the idea to Mangotsfield Residents Association, and found that the association had already looked into the concept, as Mangotsfield is some distance away from the libraries in Staple Hill and Downend.

The idea of a book exchange is that people can freely borrow books from the unit, and also donate books they have finished with and would like others to read.

Colette said: "We looked at several options around the village for accessibility, ownership and visibility, and the toilet block fit the bill."

"The full parish council agreed the proposal and Councillor Ian Boulton recommended Downend Men in Sheds to make the structure."

The volunteer group set to work and created the unit, complete with shelves, plus a roof and doors to keep the books dry.

Men in Sheds vice-chair John Lockwood said: "When we are asked to produce items at Downend Men in Sheds, we have come to expect some items that we have not done before."

"With any new venture, we have to learn new things (timber preservation, and fire-retardant finishes for example). Every day is a school day, as they say!"

Mangotsfield Residents Association chair Clive Heath cut the ribbon to officially open the 'little library' in April.

He said: "We'd like to thank



Parish councillors and Men in Sheds at the opening ceremony

the parish council for providing this facility.

"The MRA will continue to work together with the

parish council on behalf of the community.

"It is being well used already!"



The book exchange unit. Picture: Downend Men in Sheds

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Demand better buses

RESIDENTS are being urged to have their say in a consultation which could shape the future of the region's bus services.

A consultation on the West of England Combined Authority's new Bus Plan runs until May 10, and is being promoted as "a chance for everyone in the West to help shape improvements across the region".

Metro Mayor Helen Godwin, who launched the consultation, said: "We want to help more people across our region to get home sooner, get out into nature more, and explore the best the West has to offer, rather than being stuck waiting for a bus or in traffic."

"Residents, businesses, bus users, and people who don't get the bus too, can have their say about what matters most, to help shape improvements for our buses, as we build a transport network that people can trust."

People can have a say online at haveyoursaywest.co.uk/betterbuses, call 0117 428 6210 or write to FREEPOST West of England Combined Authority to have a say.

Downend resident Leonie Wilkinson told the Voice many people want to see bus services to Yate return to the area, to allow them to access the town's shops and leisure facilities. Downend lost the Y2 and Staple Hill and Mangotsfield lost the Y5 to and from Yate in 2022.

The survey is running as South Gloucestershire Council's cabinet member for infrastructure Chris Willmore warns that Donald Trump's war with Iran is 'messing up' the future of bus services in the region.

Cllr Willmore told a cabinet meeting in April that the surge in fuel prices caused by the Middle East war was coming as bus operators were bidding for routes subsidised by the WECA, which means the cost of keeping supported bus services on the road will also be higher. • More than half of the public supports North Somerset joining WECA, a consultation found. Adding the area to the mayoral group of councils was backed by 56.7% of the 1,273 who responded, with 37.6% against.

AI threat to council

FRAUDSTERS using artificial intelligence are a growing threat to South Gloucestershire Council's finances and security, councillors have been told.

The authority is hitting back by using the technology itself to prevent attacks and scams but is "slow to keep pace with risk", a meeting heard.

An annual counter-fraud report said a major initiative led by the government's Cabinet Office to match suspicious activity with data held by South Gloucestershire Council found the authority had recovered a total of £479,183 in the last year.

The vast majority of the money – £437,468 – was from households with more than one adult wrongly claiming council tax single person discount.

The council's head of internal audit and risk Justine Poulton told the audit and accounts committee in March that fraud was still a big risk for the organisation, although while the number of cases had doubled in

the past six years, the average value of each one had halved.

She told the meeting: "AI-enabled fraud is becoming more prevalent, with fake identities."

Ben Burton (Con, Frenchay & Downend) said: "The report looks at AI from a negative perspective in terms of increasing potential activity."

"More concerning is the fact that councils are slow to adopt the technology of AI to counter that threat."

Cllr Burton asked whether the council could team up with others to invest in AI collectively to combat the danger.

Finance director Joss Convey said AI was used to look at overall information but that this was then followed up by officers on a case-by-case basis.

She said council tax and business rates collection remained 'pretty solid' as the team was a keen adopter of AI and data management.

By Adam Postans, Local Democracy Reporting Service



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Flower show for Earthfest

THE first ever Emersons and Lyde Green Flower Show will take place this summer.

The free event is a new attraction for the popular EarthFest, which is returning for the sixth time this summer.

A team of enthusiastic volunteers is hard at work organising the community flower show, which will take place on Saturday June 27 at Emersons Green Village Hall, from noon until 4.30pm.

The flower show will be a highlight of the closing day of EarthFest 2026, organised by the Friends of Emersons Green Park.

Other events planned for the day include live music, picnics and family activities, with the aim of creating a vibrant community atmosphere.

Show organisers are eager to invite residents to enter their beautiful flowers, vegetables, indoor plants, cakes, jams, crafts, and artwork.

There will be show categories for children's entries and opportunities for local stallholders to get involved.

For information on how to participate, enter exhibits, or book stall spaces, contact Claire Ruggiero at ruggiero.claire@gmail.com.

Founded by the Friends of Emersons Green Park in 2021 as the Three Greens Festival, the annual celebration of our relationship with the planet attracted nearly 400 attendees across a range of events last year.

It also held school workshops for the first time, reaching hundreds of children.



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Bonnet parade for reception pupils

MANGOTSFIELD Primary School pupils held their own Easter Day event combining religious education lessons with a celebration.

Reception children in Apple class were among those who made Easter bonnets and artwork for the event.

Early Years Foundation Stage and Year 1 lead Jo Sihag said: "The day started with Easter bonnet parades in our Easter classes.

"We learnt about Holy Week and the importance of this to Christians in our RE learning.

"We all worked on different displays to retell the story of Holy week, with the reception children ending the day reading to our 'buddies' in Year 5 and making Easter crafts."

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**Mangotsfield
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vcemersonsgreen.org

TURNER'S VISION

Why every parent needs to hear about short-sightedness

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

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

"Why did no one tell me I could stop my child's vision from worsening?"

It's a question we believe more parents should be aware of.

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

And so the cycle continues.

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

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

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

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

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

So what should parents actually do next?

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

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

- How quickly is their prescription changing?
- What is driving that change?

- What can we do now to slow it down?

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

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

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

The important thing is this; you now have options.

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

So if you've recently said:
 "Their prescription seems to go up every year"
 or if you've simply wondered whether more could be done, this is



Peter Turner
 of Turners Opticians
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 0117 965 4434
www.turnersopticians.co.uk

the time to ask the question that changes everything:

"What is the plan to stop it getting worse?"

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

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

Ginny



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School celebrates culture

MANGOTSFIELD School celebrated the diversity of its community with its fourth annual Culture Week.

Planned by the school's student leadership team, with support from staff, the event included activities and competitions including a challenge to greet each other by saying "hello" in languages they had learned during the spring term.

A 'bake off' event, judged by head teacher Hetty Blackmore, saw some imaginative entries including a Union Jack cake, and canteen staff prepared special menus featuring cuisines from around the world.

A celebration day at the end of the week saw students encouraged to wear the colours of their national flag or traditional cultural dress, in return for a donation to charity.

There were lunchtime performances from two Year 11 dance groups, and activities including a photo booth and face painting.

More than £500 in total was raised for the school's chosen charity, Cancer Research UK.

Mrs Blackmore said: "The week celebrates the school's many different cultures, with



Traditional costumes and national colours in the school's celebration day

over 40 languages from around the world spoken by students.

"Several of the world's major religions are also practised within the school, making the event a true reflection of the community's rich diversity.

"Culture Week was a wonderful success, highlighting the strength, diversity, and unity of the Mangotsfield School community."

Right: A patriotic cake



TURNERS HEARING CARE BLOG

As the seasons change, don't let ear wax catch you out

There's something lovely about this time of year in the UK. The mornings feel brighter, our windows are open more often, our gardens are coming to life, and we naturally spend more time outside enjoying the lighter evenings too!

Interestingly, it's also a time when many patients begin to notice their ears feeling a little different.

I often hear things like, "My hearing just feels a bit dull," or "I thought it was just the pollen or a bit of congestion." And sometimes that's true. But very often, ear wax is quietly contributing more than people realise.

Seasonal changes can influence our ears in subtle ways. Warmer air, increased pollen, dust from gardening, and even mild dehydration can all change the consistency of ear wax, making it drier, firmer, or more likely to feel blocked. If you're also prone to hay fever or sinus congestion, your ears can feel even fuller.

The result can be muffled hearing, a sensation of pressure, ringing in the ears, or occasionally a little imbalance.

The reassuring thing is that ear wax itself is not a problem. It's a healthy, protective part of the ear's natural cleaning system. Trouble only starts when wax becomes impacted or begins affecting your comfort and hearing.

As an audiologist, one of the things I enjoy most is helping patients quickly get clarity about what's going on. Using our specialist camera system, I can gently look inside the ear and show you exactly what's there. Many people find this incredibly reassuring.

If wax does need removing, microsuction is a safe, precise, and comfortable way to do it. There's no water involved, no mess, and most patients are amazed at how quickly their hearing feels clearer afterwards.

I often say that better hearing is about far more than just volume. It's about confidence in conversations, comfort in busy environments, and enjoying the simple pleasures of the season; birdsongs or family chats in the garden.

So if things sound a little muted as we head into the warmer months, it may be worth having your ears checked.

Sometimes even small blockages can make a notable biggest difference, and it's always a pleasure to help patients hear the sounds of the season properly again.



Deb Campbell

Debbie Campbell is a qualified and experienced Audiologist, who has joined the clinical team at Turners Opticians in Fishponds having worked for many years in NHS Audiology clinics.

Blocked Ears Don't Fix Themselves




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May 2

■ **AFTERNOON CREAM TEA** at Christ Church Downend, 2-4pm. Free event for the community - bring friends and family. No need to book.

May 2-3

■ **MANGOTSFIELD** Community Association 'Red Lion to Lisbon' spin cycle fundraiser at the Red Lion pub, starting at 10.30am each day. Raising money for St Peter's Hospice and Pancreatic Cancer UK. All welcome to clock up virtual miles on the spin bikes - just register at the Red Lion or show up on the day.

May 3-4

■ **SCARECROW TRAIL, PUCKLECHURCH.** Trail map, tickets and entry forms at St Thomas a Becket church from 11.30am Sunday, 10am Monday. Family ticket £5, or £2 adult, £1 child/student. Return forms by 3pm Monday.

May 4

■ **FAMILY FUN AFTERNOON WITH BBQ,** Christ Church Downend, 2-4pm. Free bank holiday event for families in the community. Bouncy Castle, games, face painting, crafts and refreshments.

May 12

■ **SODBURY AND DISTRICT FLOWER ARRANGEMENT SOCIETY** practice class - create an arrangement using a bag. Also May 26, demonstration with Brigitte Manson, It's All in the Stars. Visitors welcome, £7.50. Both events at the Old Grammar School Rooms, Chipping Sodbury, 7.30pm. More details from Rosemary.cummins2@gmail.com.

May 17

■ **CAR BOOT SALE** at Mangotsfield School, Rodway Hill, 10am-1pm to raise money for new school minibus. Sellers arrive from 9am - £5 per car, £10 per van; £1 entry per adult. More details at Friends of Mangotsfield School Facebook page.

May 23-25

■ **FLOWER FESTIVAL** at Staple Hill Methodist Church, High Street, Staple Hill. Theme: Books in Bloom, with displays inspired by classic novels, plays and Bible stories. Open 10am-4pm on 23rd and 25th, 2.30-5pm on 24th. Free entry (donations welcome). Refreshments. Floral arrangements from members of the community welcome - call Karen on 07909 330583 to take part.

May 29-30

■ **PUCKLECHURCH PLAYERS** present Off the Hook by Derek Benfield at Pucklechurch Community Centre, 7.30pm Tickets

£10. Book via eventbrite.

REGULAR EVENTS

Monday

■ **PUCKLECHURCH SHORT MAT BOWLS CLUB** are looking for new players. We meet every Monday evening (7.15-9.30) and Sunday & Wednesday afternoons 3.15pm-6pm at Pucklechurch Community Centre. Refreshments available. For more information contact John 07926541933.

Tuesday

■ **RIDGEWAY BADMINTON CLUB** meets every Tuesday Evening from 8-10pm at Downend Sports Centre for informal badminton doubles/ singles matches between adults of all ages. First visit free. More info from Graham on 07968 050320.

■ **MESSY SPACE** at Badminton Road Methodist Church, Downend, 10-11.45am. Term-time group for toddlers and carers. Toys, books, crafts, singing and refreshments. First visit free. More information at badmintonroadmethodist.org.uk or 0117 956 1106.

■ **MONDAY ART GROUP** Spaces available Meets Monday 10-12.30 Badminton Road Methodist Church BS16 6NU Come along to see if you like it. Just doing your own art work with a sociable group.

■ **BEGINNER & REHABILITATION PILATES** 18:15-19:15 Pendennis Church (Opposite Wrenbert Road) Staple Hill. £8 please message Samantha 07736309272 for more information

■ **PUCKLECHURCH FOLK DANCING CLUB** Pucklechurch Community Hall. Abson Road every other Tuesday from 7.30 to 10.15pm. All welcome either with a partner or solo. Enjoy an evening with us. Call Sue on 07742114566 or Linda on 0784324014.

Wednesday

■ **THE WOMEN'S SECTION OF THE ROYAL BRITISH LEGION** meets on the first Wednesday of the month, 1-3pm at the YOU Foundation, Page Road, Staple Hill (by the long-stay car park). New members welcome. More details from Diane Roberts 0117 956 3407.

■ **MANGO JAMS BABY & TODDLER GROUP,** meets at Lyde Green Community Centre, 9.15am-10.45am, term time only.

■ **FRENCHAY FOLK DANCE CLUB** meets alternate Wednesdays, English and American folk dancing to live music, 7.45-10.15pm, Frenchay Village Hall. New dancers

always welcome. More details at www.frenchayfdc.co.uk or email FFDCSecretary@gmail.com.

■ **CLEEVE SINGERS OF DOWNEND** Enjoy singing, then come and join this four part choir who meet on Wednesday evenings at Lincombe Barn, Overndale Road 7.30 p.m. from September until July. For more information contact the Secretary on 0117 9561881.

■ **DOWNEND FLOWER ARRANGING CLUB** meet at Emerson's Green Village Hall twice a month on a Wednesday evening, term time only. We are a friendly relaxed group, why not join us. For more information Downendflowers@gmail.com

Thursday

■ **NEXT DOOR BOOKS** welcomes new members. Book club meets on the last Thursday of the month at 11am, depending on numbers. Normally meets at Emersons Green library, email jessica.callaway@hotmail.co.uk.

■ **COFFEE, CAKE AND COMMUNITY MORNING** at Emersons Green Village Hall. Free Tea, Coffee, and Cake served 10am to 12pm, with extra time to relax and finish your drinks until 1pm. Everyone is welcome! Donations to Emersons Green Village Hall welcome. Supported by Emersons Green Town Council.

■ **WALKING WITH FRIENDS,** free group walks at a gentle pace around Siston Commons. Start and finish at Kingsmeadow@Madeforever Community Centre, Fisher Road, BS15 4RQ, 1-2pm. For more details email kingsmeadowmade4ever.org.uk or call 07588 622 372

■ **SHORTWOOD VILLAGE WI** meets on the second Thursday of the month at 7.30pm, at Shortwood Village Chapel, Main Road, Shortwood. More details from millhousejoinery@aol.com.

■ **BEECHMERE BELLES WI** meet in Emersons Green Village Hall at 7.30pm on the fourth Thursday of the month. More details from beechmerebelles@gmail.com or Facebook.

Friday

■ **PAGE PARK UKULELE CLUB,** Bean Tree café, Fridays at 1pm. All abilities welcomed. Places £4 each. For further details call or text 'Ukulele' to Ben on 07910 668258.

■ **RAINBOW TOTS** parent and toddler group meets at Emersons Green Village Hall on term-time Friday mornings, 10-11.30am. All welcome. For more details email church.egbc@outlook.com.

■ **MANGOTSFIELD AND CASTLE GREEN UNITED REFORMED CHURCH** regular coffee mornings,

held on the first Thursday of the month, 10.30am-noon at the church in Cossham Street.

■ **LATER LIVE MUSIC,** Resound church, Blackhorse Road, Mangotsfield. Every second Friday monthly, except August & December, 8-10pm, £2.50. More details at facebook.com/lateratresound.

Saturday

■ **STAPLE HILL METHODIST CHURCH** Coffee mornings in our beautiful building every Saturday 10.00-12.00 in aid of church funds or charities. Enjoy Fairtrade coffee, tea and cake, and stalls.

Sunday

■ **MANGOTSFIELD AND CASTLE GREEN UNITED REFORMED CHURCH** hold regular weekly Sunday morning worship at Cossham Street. Services start at 10.30 a.m. with different speakers each week. New members very welcome. For more details please contact Peter Redding (Ch.Sec.) on 0117 9657075.

■ **BADMINTON ROAD METHODIST CHURCH** Sunday worship followed by sharing refreshments, 10.30am Service of Holy Communion usually fourth Sunday of the month, led by Rev Leigh Maydew. More information from www.badmintonroadmethodist.org.uk.

■ **STAPLE HILL METHODIST CHURCH,** High Street BS16 5HQ Sunday services 10.30am + Sunday Club for ages 5-17. Holy Communion 2nd Sunday of the month - all invited. Taizé worship 6.00pm 3rd Sunday of the month. Contact Rev Dr Aboseh Ngwana 07482 550888, Philippa Church Liaison at staplehillmethodist@hotmail.co.uk or www.staplehillmethodist.com

■ **EMERSONS GREEN BAPTIST CHURCH** services are held every Sunday morning from 10.30-11.30am at Emersons Green Village Hall, Emersons Way. We also hold regular craft services. Contact Simon on 07765 201435, visit www.emersonsgreenchurch.org or Facebook page for more details.

■ **LYDE GREEN LITTER PICKERS** meet at 10.30am on the first Sunday of the month outside Lyde Green Community Centre, Thistle Close. See www.cleanupuk.org.uk/groups/lyde-green-litter-pickers for information.

■ **SERVICES AT ST JAMES CHURCH, MANGOTSFIELD:** 8am, holy communion. 10.30am, services rotate between all-age service (1st Sunday), morning worship (2nd & 4th Sunday), holy communion (3rd Sunday) and healing service (5th Sunday).

New town bid shows our potential

I HOPE you've all had a lovely Easter.

I'm pleased that our community has been recognised by our government as being among those with the most potential in the country, with the area stretching from Brabazon to the Bristol and Bath Science Park one of seven locations shortlisted for official 'New Town' status.

Why does this matter? In addition to the homes we need, including social and affordable homes, this would boost the local infrastructure and green spaces we need.

I was glad to attend the unveiling of the name of the new 'Bristol Brabazon' train station, due to open this autumn, and to see the m4 metrobus start to go through the area, making journeys easier for local people.

Since being elected 20 months ago, I've worked hard to secure national investment for our area. I'm delighted that the government has awarded Bailey's Court Primary School



Claire at Bristol Brabazon rail station naming

funding for a Best Start school-based nursery, and was pleased to visit the future 'Bailey Bird Nursery' on site.

I've also successfully campaigned for Patchway to have one of the first Best Start Family Hubs in the country, rebuilding Sure Start-style services at Patchway Children's Centre, after earlier cuts unfairly left our area with less support than most.

In other good news, Hambrook Junction is reopening after seven years, as air quality has met legally safe limits.

I've worked closely with Cllr Sean Rhodes of South Gloucestershire Council to help ensure clarity from ministers on next steps if the air quality data came back as we hoped. This joined-up work has helped the council reopen the junction as soon as possible.

Raising residents' concerns and my own about the proposed development on Hicks Common, in Winterbourne, I met the potential developers about this speculative development. I believe it's important for the council's 'Local Plan' for housing, which is in final stages, to be followed - and it does not include this site.

Last month, my small team and I have supported residents with 856 new cases, including helping a local business facing antisocial behaviour and assisting with



accessing pensions.

I held my regular advice surgery in Stoke Gifford, and a specific 'Coffee with Claire' in Filton to discuss the government's plans to improve SEND support.

This follows the previous event I ran with local parents of children with SEND needs, after which I shared feedback with the Education Secretary to inform proposals. I will again share local input directly with her.

It was a pleasure to visit Holy Trinity Primary School, and open SAH Diagnostics' community-based cancer clinic in Bradley Stoke.

I also met with the dedicated Mamas Bristol team, and joined a Ukrainian community event in Stoke Gifford.

I was also pleased to speak at an Eid celebration in Emersons Green and donate Easter eggs to the Mayor of Patchway's appeal for local children.

There is still lots more to do!

Please get in touch any time at claire.hazelgrove.mp@parliament.uk.



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A year of progress

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

For communities, we've secured £45m to unlock new affordable homes, set out plans for a new regional hub bringing together charities to



Metro Mayor Helen Godwin
writes for the Voice

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

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

We've made real progress in our first year. I'm determined to keep building on this momentum, working together to make the West of England the best place to live, work, study, and raise a family.

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Why do I need Lasting Powers of Attorney (LPAs)?

It seems like you cannot turn on the TV without seeing Martin Lewis (TV's money saving expert) saying Lasting Powers of Attorney are now more important than Wills. This has raised several questions with readers answered here by John Baden-Daintree, solicitor at local specialists Simpson Solicitors.

What are Lasting Powers of Attorney? Known as LPAs, they are legal documents where you name who you trust to manage your money, pay your bills and to get you the medical care you'd want. They are used if you were become injured or became seriously ill.

None of us wants to be a burden, so having LPAs already in place makes it much easier for those you want to support you.

Do you still need LPAs if you are married? YES – otherwise your

other half is likely to face a difficult Court process to prove you would have wanted them to support you

Can I do them myself, without a firm of solicitors? You can but they are quite complicated legal documents, best prepared by lawyers. Martin Lewis has pointed out that 51,000 LPAs were rejected last year. Also, most banks will still require a "Solicitor-Certified" copy.

When should you put LPAs in place? NOW! It must be before you become ill or injured. Martin Lewis did his in his 30s. He understands the problems caused by not having them. Also, the Court takes about 3 months to register them.

What difference do Simpson Solicitors make? We make it easy for you - with no long form filling. Our Complete Service starts with a free planning meeting.

We guide you through all the different options for both Finance and Health LPAs along with additional wording to cover your circumstances.

But with us, it is not just about getting LPAs drafted. We provide the legal Certification to the Court (OPG) that you understand what you are signing and there is no sign of fraud. Then we register them at Court for you and provide the "solicitor-certified" copies you'll need. This is followed with our free after care service to support those you have named.

Lasting Powers of Attorney - protection for whatever life brings: Right now, we offer readers **20% off** the full price if you buy both LPAs. Either call us or email message@simpsonslawuk.com or pop into to book your free meeting.



John Baden-Daintree



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BRISTOL u3a

BRISTOL u3a

HOW old do you have to be to qualify as an 'older person'?

There's no official definition and while Bristol u3a (you in your Third Age) has no lower age limit, most members are late 50s upwards.

Some members are still working and others retired: everyone has found a bit of free time to join in.

Once a member, most tend to stick around - I joined u3a when I was 57, and I'm still here 12 years later!

There are almost 200 u3a activity groups meeting across urban Bristol and South Gloucestershire, with about 35 groups meeting here in the East, from languages to Scrabble, cinema to cycling and Tai Chi to current affairs.

If you have ideas for additional groups that you'd like to see running locally, you can suggest one - and even help to run it.

Bristol u3a is proud to be an organisation that is run 100% by volunteers. With no staff, we're wholly dependent on members keeping everything running as well as participating in groups.

There are lots of scientific papers about the benefits of volunteering and particularly about its positive impact on your sense of well-being. With u3a, you don't have to be a long-term member to 'do your bit'.

You're welcome to come along to any of our café socials to meet existing members and find out more: you don't have to be a member to attend.

All café socials are scheduled at 2-4pm, and in May you'll find us at Orchard Coffee & Bakery in St George on the 8th, the Market Café and Lounge in Kingswood on the 12th, the Crafty Egg in Fishponds on the 20th, Mokka Downend on the 25th and Hillfields Park Community Centre on the 28th.

Can't make it to a social? Email learnlaughlive@bristolu3a.org.uk and I'll do my best to answer your questions.

Lindsay Gough

COMMUNITY NEWS

BEECHMERE BELLES WI

AS I write it's spring but it's cold and raining - and they try to tell us that Global Warming isn't affecting the weather patterns!

We had a great evening in April: Sam guided us through sewing beautiful bookmarks with felt and embroidery thread. We all enjoyed our evening - thanks Sam.

Our next activity is with Linda, who is guiding us through a Tai Chi routine. I've done one of these sessions before and it was an enjoyable evening: Tai Chi followed by tea and cake - what's not to love?

We welcome guests to any of our meetings. Your first is free, unless it's a craft evening, when we charge £5 to cover materials used.

We promise you a warm welcome, as well as tea or coffee and cake.

We meet in Emersons Green Village Hall at 7.30pm on the fourth Thursday of each month.

If you would like to know more about our WI please contact us via email at beechmerebelles@gmail.com or follow our Facebook page, Emersons Green & Lyde Green WI Beechmere Belles.

Wendy

MANGOTSFIELD DOLLY MIXTURES

OUR number 19 bus trip to Bath went well.

We all managed to get the same bus, so had a laugh and a joke on the way there and got off at the stop near Wetherspoons for coffee.

Lunch at The Botanist was booked for 1 o'clock, so there was a half hour or so to peruse the shops and make those purchases.

The Botanist is certainly a beautiful place, and steeped in history. It seems it was also the venue for Fred Sirieix's First Dates programme on Channel 4.

Most of us took advantage of their lunchtime menu, with falafels, dips, salad and choices of fish, vegetarian, lamb or chicken and presented on a wooden platter.

The service and ambience was wonderful, a super afternoon before the 4 o'clock bus home.

We have just had our April meeting in the hall, where Mel Frampton provided a 'sound therapy' session, playing a range of home-made string and percussion instruments to create a variance of tone, which provided calming or relaxing feelings.

We all provided feedback as to how the immersive experience affected us. In my own case I found it helped with daytime stressy times and assisted me in 'switching off'.

Our bespoke tour to explore subterranean passageways under Corn Street and St Nicholas Market is now booked. We are looking forward to looking at the history of Bristol during the Second World War.

For more information email carol@applause.co.uk. **Carol Coombes**

Lin's Leisure Trips

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FRI 15th MAY 2026

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FRI 22nd MAY 2026

WEST MIDLANDS SAFARI PARK

8 a.m. - 4 p.m., £72 (£70 conc), age 17 or under £68 -ENTRANCE INCLUDED

FRI 29th MAY 2026

SLIMBRIDGE 2026

8 a.m. - 3 p.m., £41 (£38 conc), age 17 or under £32 - ENTRANCE INCLUDED

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Lin's Leisure Trips is a not for profit community interest company

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Animating our history

HOW did Downend and Emersons Green evolve over the centuries from a wild deer forest, owned by the king, to today's multicultural suburb of Bristol?

A fun and entertaining animation produced by Downend Community and History Arts Project (CHAP) tells the story – in just two minutes!

This short animation depicts changes in livelihoods, starting with living off the land and including farming and mining.

It shows key places and people like Christ Church, the Horseshoe Inn, WG Grace, Cleve Hill House, and the Scout Memorial, and reflects changing styles and appearances.

It was devised and written by CHAP, funded by Historic England, and made by local University of

the West of England Animation graduate Callum O'Sullivan.

Historic England local heritage education manager Michael Gorely said: "I am thrilled to see the final animation, telling the varied and fascinating story of Downend.

"I look forward to using the animation in schools as a stimulus for local children to raise questions about the their local area and the stories that are to be found there."

You can view the film on CHAP's website www.downendchap.org, on YouTube and social media.

Downend CHAP is a not-for-profit voluntary organisation, established in 2018, that aims to produce a community history resource and encourage the local community to take part in activities that bring history to life.

It is a group of volunteers, without any premises or overheads.

As well as our website, you can also contact CHAP at big.gin@yahoo.com or by writing to CHAP, 49 Overhill Road, Downend, Bristol, BS16 5DS.

Helen Rana



Images from the new Downend CHAP video, showing a miner and the Cleve Hill House during its use as a wartime hospital.



AI minister
Kanishka
Narayan

AI in spotlight

BRITAIN'S artificial intelligence minister visited Bristol University's supercomputer in Emersons Green during a summit on how the technology can help the economy grow.

The university's Bristol Centre for Supercomputing (BriCS) hosted the two-day Isambard Summit 2026 in late March, highlighting how national investments in AI infrastructure can make it easier for businesses and researchers to innovate and turn ideas into breakthroughs in technology.

Minister Kanishka Narayan opened the event, attended by more than 250 delegates from 100 organisations, with a speech on how innovation driven by the UK's AI Research Resource, which includes Isambard-AI at the Bristol & Bath Science Park, can benefit the public.

He said: "We want every community and every part of our economy to share in the opportunities AI will unlock.

"Isambard-AI here in Bristol forms part of that national effort, alongside the hundreds of millions we are investing through the Sovereign AI Unit, our commitment to equip 10 million people with AI skills, and the rollout of AI across the public sector."

Tech giants including chip maker NVIDIA, Dell and Hewlett Packard enterprise were among the companies involved, alongside small start-ups.

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Reg shares his memories of Imjin

A VETERAN of the Gloucestershire Regiment's famous stand at the Battle of Imjin River has told of his escape under fire.

Reg Portlock was an Army truck driver ferrying ammunition to and from the front line during the Korean War battle, which took place from April 22 to 25, 1951.

The Bristol-based infantry regiment helped save the city of Seoul from invasion by a huge force of Chinese soldiers.

But it came at a heavy cost, with 622 casualties among the Glosters' 1st Battalion, including 59 men killed in action. Some 522 Glosters were taken prisoner, with 34 of them dying in captivity before war ended in 1953.

Last month's *Voice* told the story of the battle to mark its 75th anniversary - and asked readers if they had any relatives who fought there.

Reg's son John and daughter-in-law Ann, of Chipping Sodbury, saw the article and Reg, aged 94, agreed to share his memories.

Born and bred in Berkeley, Reg had worked as a driver at Sharpness docks from leaving school at 14 until he was called up for National Service at the age of 18, in 1950, and was drafted into the regiment's motor transport section.

He said: "Just a few months in, we were told we were going to Korea.

"We were all saying, 'where's that?' Nobody had heard of it.

After arriving in Korea on the troopship *Empire Windrush*, Reg started making daily ammunition

runs to the positions where different companies of soldiers were dug in.

He didn't think about it at the time, but Reg's job was highly dangerous.

Reg said: "The lorry was full of ammunition, grenades and mortar bombs, and right at the back I had 45 gallons of napalm - any little spark and it was goodnight!"

Every day Reg drove for miles along dirt tracks from the stores, known as B Echelon, to the front lines, where his truck would be unloaded at the bottom of the hills.

Part of the United Nations force defending South Korea from the North and its Chinese allies, the Glosters were part of the larger 29th Infantry Brigade, guarding a ford over the Imjin River.

On April 22 the Chinese 63rd People's Volunteer Army attacked and the 750 men of the 1st Battalion fought a defensive battle against more than 10,000 Chinese troops, eventually becoming surrounded on Hill 235, which would later be known as Gloster Hill.

Reg said: "When the Chinese first circled the Glosters, we didn't know.

"We were coming back and there was this stream we had to go through. There was an American-type ambulance, with the driver laid out of the door - he was dead."

Reg said he and the corporal riding with him saw some people they thought were Koreans but were actually Chinese troops, who opened fire.

'Four days of hell on earth'

mortars, waves of Chinese infantry and even a mistaken air raid by the Americans, the key moment came when US forces withdrew from a hill to the Glosters' left, leaving their flank exposed.

Mr Cormack wrote: "Every round of ammunition was fired until we were overrun.

"The lads fought them hand to hand and never gave up, until the order came from Battalion HQ that it was every man for himself.

"By then the Chinese were through us, leaving us not a chance or a round between the



Reg Portlock wears his Glosters beret and medals

He said: "The corporal stood up on the passenger side and was shooting back, and I gave it some welly, so we rushed out."

Reg believes he was the last ammunition truck driver to make it out from the battlefield.

After the battle he waited with the rest of 1st Battalion in the rear, as survivors made it out on foot.

Reg recognised himself standing next to his truck in a photo showing a roll-call of survivors, published by the *Voice* last month.

Soon afterwards he was sent back to the UK, where he finished his National Service and moved back to Berkeley, driving lorries for Western Transport.

He married Joyce, who died earlier this year, in 1952. They



Reg in his truck in Korea

had two sons, five grandchildren and six great-grandchildren.

Reg still has his Glosters beret, the Queen's Korea Medal, United Nations Service Medal Korea, National Service Medal and the blue ribbon of the US Presidential Unit Citation, the highest American award for heroism and collective gallantry, awarded to the 1st Battalion after the battle.



Alexander Cormack

lot of us.

"There were casualties piled up in Battalion HQ and many more lying around."

Expecting to be taken prisoner, around 80 survivors found they had a chance to escape and started walking back towards UN lines.

After around two miles they were spotted by the Chinese and came under fire.

Mr Cormack wrote: "They all went to ground for a long time, without moving, and many were either killed or wounded. But whoever had opened up on the men must have thought they had

killed the lot.

"After a very long time they found they were able to move on again and, helping their wounded, eventually got back to Yankee lines."

Who owns this haven for nature?

SINCE our last article we've held our first couple of 'Hour A Month' sessions, where we get together to help improve the village, and we like to think they went very well.

The first was at the end of February, when we walked around the village inspecting our planters.

It's fair to say that the plants look OK, but the planters all need a bit of TLC, a good clean and repaint, so we'll be doing that in May.

After our walk round we popped into Mangotsfield's new café, the Brigstow Bike Café, and very nice it is, too - lovely coffee, lovely cake, lovely people.

Many in the area have been asking for a café for a number of years, so now we have one, let's get behind it and use it, so it becomes an enduring part of the village.

On March 28 we joined forces with the parish council to litter pick around Burley Grove and Hillside. It was great to see some new faces join us: long may that continue.

We filled over 10 bags in less than an hour - that's a lot of litter!

We met with South Glos Council earlier in April and agreed to start work to take down our Christmas Lights, so they can be inspected and repaired, so we know what state they are in and whether they need repairing or replacing.

Did you know that there is a wildlife haven developing in the area, the opposite side of the road to Rodway Common?

We would like to work with parish and South Glos councils to turn it into a formal "nature reserve" but are struggling with one big issue, which we hope people can help us with: no-one seems to know who owns the land. Without the permission of the landowner, nothing can be done.

Numerous people have searched filing cabinets, old records and websites, to no avail.



The nature area. Picture: Simon Budd

So if you know anything, please let us know!

This may reach you after the event, but our AGM is on April 23 at St James Church, from 7.30pm.

It would be great to see you there, hopefully to get involved and help us with our main aim, to make Mangotsfield a slightly better place to live! We've achieved a fair bit over the years - with more people we can do even more.

If you can't make it, our next HAM, sorting the planters, is on May 2 at 10.30am and the Red Lion coffee morning is on May 6 at 10am - all welcome.

If you want to get in touch, email us at MangotsfieldRA@gmail.com, visit the ever popular Mangotsfield Matters Facebook or phone our chair, Clive Heath, on 07507 168700 or me on 07918 701881.

Chris Amos

Charity run

AN EMERSONS Green fitness trainer and her running partner are following up the London Marathon with two more events to help a charity.



Beverley Schuuring-Chin

Beverley Schuuring-Chin and John Kemp first met at a Staple Hill Runners session a couple of years ago and despite the age difference - retired teacher John is in his 70s and Beverley is in her 40s - they soon agreed to run two marathons together.

The London Marathon on April 26 was set to be their fourth together and their second for charity the MS Trust, chosen because one of John's sons was diagnosed with the debilitating physical condition in his late 20s. Last year they raised £5,000 and they are aiming to raise the same amount this time around.

After the marathon Beverley and John, of Siston Common, will hold a 24-hour cycling challenge at Warmley Waiting Room on May 16-17, with a "battle of the sexes" to see who can cover the greatest distance.

They will then hold a quiz night at Mangotsfield United's Cossham Street ground on May 23, covering a wide range of subjects and with prizes including port, wine and cinema tickets.

For quiz tickets email mstrustfundraiser@gmail.com for more details

John and Beverley have a donations page at justgiving.com/page/bsejk and had raised more than £3,900 as the Voice went to print.

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Cleve make winning start in play-offs

CLEVE have won the first of the knockout games that determine whether the rugby club advances to a higher league.

They welcomed Keynsham to the Hayfields in Mangotsfield on April 16, in front of a large, lively crowd.

Cleve found Keynsham particularly tough opponents in the regular season, and spent the first 20 minutes of the game in defence to stop the visitors taking advantage of their possession.

Will Warman had to pull off a great last-ditch tackle, and the forwards stopped Keynsham going through the middle.

Then, after a scrum, Cleve moved the ball wide and Henry Williams scored in the corner. Matt Jarvis added the conversion, but Keynsham replied straight away with a penalty.

A yellow card took Cleve down to 14 players but this stirred them into action and, after good ball movement, Archie Staples scored under the posts.

Keynsham were really up for the game

and some aggressive tackling led to a try, before it was Cleve's turn to turn the screw, and mounting pressure brought another try to make it 19-10 at half time.

The second half saw Cleve go through the gears, with Matt Lane at the forefront of some great passing. A catch and drive in the corner produced a score for 26-10 but Keynsham fought back, with an interception try again bringing them close.

The game then swung decisively towards Cleve, with Tom Gollop storming through like a steam train from a lineout, before Staples and Lane each scored again.

A consolation try from Keynsham made the final score 40-24 to Cleve, who went through to face Chippenham in the next round.

Cleve went into the play-offs in fine form, finishing the regular season with a 113-5 away demolition of Cheltenham.

The final home league fixture was a 74-17 win over Gloucester side Longlevens.

Cleve started sharply, Theo Garnett scoring on the wing in the first few minutes after a catch and drive, and Matt Jarvis kicking the conversion.

Tries from Mitch Abraham, Will Warman and Nick Coe quickly brought the score up to 26-0, with Matt Jarvis leading the backs well and kicking superbly.

Further tries from Matt Lane, Garnett again, Leo Holbrook and Henry Williams put Cleve 50-0 up at half-time.

Longlevens benefitted from the break



Archie Staples in action against Longlevens

and came out with more intent, with their large back row forwards starting to crash into Cleve's backline, resulting in a try.

Cleve got back on track, and kept up the pressure despite a yellow card, with further tries for Giles Davis and Lane with his second.

After a second Longlevens try, Ben Robinson skipped through and scored under the posts to make the final score 74-17 to Cleve.

Steve Bateman

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Momentum builds for Downend Flyers

DOWNEND Flyers FC have hit their stride this month, with all teams back to regular fixtures following a difficult winter period.

Improved weather and lighter evenings have brought a noticeable lift across the club, with players enjoying consistent game time and a renewed sense of rhythm.

A significant milestone has been reached at Under-16 level, where both the Giants and Dragons sides are completing their final season in youth football.

The two teams have developed impressively over the years, and their progress reflects the commitment of players, coaches and parents alike.

For many, this transition is simply the next step. A number of players will continue within the club at Under-18 and women's level, while coaches remain involved to support that progression.

The club also extends its thanks and best wishes to those moving on, and hopes they carry positive memories from their time at Downend Flyers.

At the younger end of the club, the Under-7 Robins and Crows have made an encouraging start to their football journeys.

Week by week they are building confidence, learning the game and, most importantly, enjoying it. Their energy has been matched by growing teamwork and



Downend Flyers' U16 Giants side

resilience, both on and off the pitch.

Preparations are also underway for the club's annual tournament at the end of June, a well-established event that will once again bring a large number of female players to Johnsons Road.

The day promises a strong mix of competitive football and community atmosphere.

Clubs interested in entering are encouraged to get in touch soon, with spaces filling quickly.

Email info@downendflyers.com for more information.

With the season entering its final stretch, there is plenty still to play for.

Several teams are involved in closely-contested league campaigns, with the coming weeks set to be decisive.

Downend Flyers FC look ahead to the run-in with focus and optimism as they aim to finish the 2026/27 season on a high.

Steve Poole

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Fore! Keeping you on the fairway this golf season

THERE'S something about this time of year... the days get longer, the sun makes a rare but welcome appearance and suddenly the golf courses are full again. At Cleve Chiropractic, we see it every single year – a spike in golf-related injuries as people dust off the clubs and head back out with enthusiasm (and maybe a slightly rusty swing!).

The good news? Most golf injuries are very treatable – especially if you act early.

Golfer's elbow... what's that?

One of the most common complaints we see is golfer's elbow (medial epicondylitis). This is pain on the inside of the elbow caused by irritation of the tendons that attach to the bone. It's usually linked to repetitive gripping, swinging, or simply doing too much too soon.

Despite the name, it's not just golfers who get it – and funnily enough, they can also suffer from tennis elbow (which affects the outside of the elbow). The two conditions are very alike – they just affect different tendon groups – and are often treated in a similar way.

How we diagnose it

We don't just guess, we test. It's a little like putting together a golf swing by taking out the guesswork.

A proper diagnosis starts with a detailed history and a series of orthopaedic tests to pinpoint what's going on. We'll assess movement, strength and reproduce symptoms in a controlled way to confirm what's wrong and work out how we can fix it.

We can also use diagnostic ultrasound that allows us to see the tendon, identify irritation or

degeneration and guide treatment much more precisely. It's quick, safe and incredibly useful.

How we treat golfer's (and tennis) elbow

The key here is a tailored, hands-on approach. No two golfers are the same, so the treatment shouldn't be either.

We commonly use a combination of:

- Shockwave therapy to stimulate healing in stubborn tendon injuries
- Laser therapy to help reduce pain and inflammation
- Active release techniques (ART) to free up tight muscles and improve movement
- Gentle joint work, including elbow manipulation where appropriate

Importantly, we often look 'upstream' at the neck and shoulders, as these areas can contribute more to the problem than people realise.

In some more advanced or persistent cases, ultrasound imaging can show increased blood vessel growth within the tendon – something we call neovascularisation – which is often linked with ongoing pain. In these situations, targeted injection therapies can be very helpful to calm things down and support recovery when combined with the correct rehabilitation.

Timing is everything

If there's one takeaway, it's this: don't wait.

When tendon problems like epicondylitis are caught early, they tend to settle quickly. Leave them for months (or even years, which we do see), and they become much more stubborn.

Our goal is always to get you better quickly and effectively, using the least invasive options possible.

It's not just elbows...

Golf might look gentle, but it can cause repeated stress throughout the whole body.

We regularly see:

- Wrist pain – often caused by catching the ground or overdoing time spent on practice at the range
- Lower back pain (LBP) – from rotation and loading through the swing
- Thoracic spine pain – that stiff, achy feeling between the shoulders
- Neck pain – especially if posture or mobility is limited

The reassuring part? The vast majority of these respond really well to conservative treatment. And for more stubborn cases, we can guide treatment using imaging to get the best possible outcomes.

From weekend golfers to professionals

We're lucky to work with everyone from elite-level players to enthusiastic weekend golfers just trying to keep their ball on the fairway.

Golf is a technical sport and small physical limitations can have a big impact on performance. That's why we're big on not just fixing injuries, but improving how your body moves.

Jack, one of our team, has completed his Titleist Performance Institute (TPI) training, allowing him to assess your swing from a physical perspective and help you both recover and perform better.

And don't forget... golf is great for you!

It's easy to focus on the injuries, but let's not lose sight of the bigger picture – golf is fantastic for your health. You're walking for miles, spending time outdoors, socialising and challenging both your body and mind.

We absolutely want to encourage people to get out on the course and enjoy it. Our role is to keep you doing it comfortably, confidently and for the long term – it's certainly a sport you can play for life.

Tim, Clinic Director, Cleve Chiropractic



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Mangos' boost for children's hospice

MANGOTSFIELD United have handed over a donation of more than £1,300 to charity Children's Hospice South West.

The Cossham Street club raised a total of £1,368 over the season with the help of sponsors and supporters, through events including a raffle with prizes donated by local businesses.

The charity helps children with life-limiting conditions and their families, including at its Charlton Farm hospice at Wraxall, and relies almost entirely on public donations.

CHSW area fundraiser Liana Sommers thanked the club and long-standing supporter Richard Iles for their continued support.

She said: "Community fundraising like this makes a real difference, helping us to provide vital care and support to children and families who need it most. It's wonderful to see local businesses and the community coming together in such a meaningful way."

To help fundraise for CHSW, email liana.sommers@chsw.org.uk or visit www.chsw.org.uk for more information.



Liana Sommers of CHSW, with Mangotsfield players Lewis Powell and Stuart Tovey, and chairman Steve Brown

Mid-table finish to disappointing season

MANGOTSFIELD United's season has tailed off to a disappointing mid-table finish.

Recent results included a run of five draws in a row, followed by two heavy away defeats that saw the Mangos finish 13th in the Hellenic Premier League.

It was a very disappointing campaign: the club reached the play-offs last year and had aimed to mount another promotion challenge when the season kicked off.

First of the run of draws was a visit from promotion-chasing Corsham Town.

The Mangos led 2-1 at the break, thanks to goals from Archie Morris (9) and Lewis Powell (31). Nick McCootie - often a thorn in the Mangos' side down the years - levelled twice for a good Corsham side, who ended the season one place outside the play-offs.

Three days later there was another 2-2 home draw, this time against Hereford Pegasus.

Again, the Mangos led twice, courtesy of Lewis Powell (22 and 61), and twice the Hereford outfit pegged them back.

The following weekend saw another draw, this time 1-1 away at promotion-chasing Worcester Raiders.

This was a battling performance by the Mangos, with Lewis Powell netting five minutes before the break. Worcester levelled in the second half but the Mangos stood firm to claim a well-earned point, with the hosts going all-out for the winner to boost their play-off challenge (they finished the season in fifth).

Next up was a third 2-2 home draw, this time on Easter Saturday against Royal Wotton Bassett Town. The visitors scored both their goals in the first 20 minutes, with Finlay Harper getting one for the Mangos in between. Charlie Warren finally levelled for the Mangos on 76 minutes, but it was another two home points dropped.

The Mangos final home game of the season on Easter Monday also ended in a disappointing draw, this time 1-1 against relegation-threatened Thornbury Town.

Aran Wong netted for the Mangos just before half-time but they could not build on the lead, and Thornbury equalised with 10 minutes to go.

The run of draws came to an end with a 3-0 defeat at Hereford-based Westfields, a day to forget for the Mangos. The hosts were

2-0 up within 25 minutes and wrapped things up in the 82nd.

The final match was away at Droitwich Spa, who were already assured of third place before kick-off.

Mangotsfield kept the hosts out for nearly half an hour but were 2-0 down by half-time, and Droitwich scored another two in the second half to make the final score 4-0.

One thing that has dogged Mangotsfield down the years has been failing to make home advantage count. That seems even more the case now, with visiting teams sometimes upping their game on the club's artificial pitch, and it is clear that too many points were dropped at home this season.

Manager Ollie Price will no doubt be looking at this issue in particular as he looks to rebuild for another promotion push next season, having already had to re-shape the squad following various departures.

The club is already one of the best-supported clubs in the Hellenic League, and a return to Southern League football is a must.

Dave Smale

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