

emersonsgreenvoice

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November 2026, Edition — Issue 114

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

We've got talent!



Dancers, singers and martial artists were among the rising stars who took to the stage in front of judges and a big audience for the first ever Talent in the Green contest at Emersons Green Village Hall.
Full story: Page 3



Ava's back

Singer Ava Mannings is back making music after being diagnosed with a brain tumour, days after winning The Voice UK.

PAGE 2

Talent on display

More than 30 performers took part in the first Talent on the Green contest

PAGE 3

Goodbye, Harry

One of the region's last surviving Second World War veterans has died, aged 101.

PAGE 17

Young champ

A racing driver from Mangotsfield is celebrating winning his first national championship - at the age of 12.

PAGE 5

Developers make first move

DEVELOPERS have started the process of getting planning permission for more than 2,000 new homes next to Lyde Green.

Land North of Lyde Green JV LLP, the joint venture between Places for People, BraceyCo Limited and the owners of land, has asked South Gloucestershire Council to provide a statement, known as a 'scoping opinion', on the factors they need to include in an environmental impact

assessment for the site. It is the first step towards a full planning application for the site on the opposite side of the M4 to Lyde Green, which has been earmarked for 2,050 homes and employment land to extend the nearby Bristol & Bath Science Park.

The developers have been warned that part of the site is a "Development High Risk Area" due to the presence of old coal mine workings.

Turn to Page 4

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The editor reserves the right to edit your letter.

DEADLINES

Our December edition deadline is November 18.

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COMPLAINTS

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

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

A member of the



Ava is back after brain tumour

SINGER Ava Mannings has revealed that she was diagnosed with a brain tumour days after being announced as the winner of *The Voice UK* - and is now restarting her music career, two years on.

Ava, aged 23, was poised for stardom after winning a record deal on the ITV talent show.

But her diagnosis meant she had to undergo major surgery and put her whole life on hold, including the chance to live her dream by recording an album of her own songs.

Ava, who grew up in Fishponds, Downend and Frenchay, posted a video on

her Instagram page in September to "explain the massive gap" to fans.

She said: "Unfortunately Miss Ava here was diagnosed with a brain tumour back in October 2024, about a week after everyone found out that I had won *The Voice*, so that's why I disappeared so quickly."

Ava told *Downend Voice* she is glad to be able to work, think and make music again but said: "It's like I'm back to the start."

She said winning the contest was a "massive achievement" but she never got to experience that achievement.

Ava said: "It was all very traumatic.

"I still can't really understand it - your life changes, and then your life changes again a second later. You felt amazing, and your life was about to start - and then it ended."

Ava had to use some of her £50,000 prize money from the show on treatment.

Universal Music UK, which gave her a deal with its Island EMI label, paused it after her diagnosis and is now working with Ava again, finding musicians to suit her and the new songs she is writing.

Ava said: "The last two years have been insanely hard but I've got to channel that into my music.

"I just want to sing again, I want everyone to hear what I've got to sing about.

"I didn't realise I would have to sing about something so sad.

"I still get upset about it, but what I would say is, when I can't speak, my music will."

Ava recorded herself singing while she was undergoing surgery - something other musicians have done during similar operations to help surgeons check their brain function - and says she is looking for a way to use it in a song.

Ava said: "I wanted to see what my brain would work like if it's being messed around with.

"It's not perfect but it's beautiful to me."

Ava, who lives in Winterbourne, worked as a dog groomer at Top Groom in Downend before winning *The Voice UK*, and sometimes visits to do some shifts for owner Caroline Clancy.

She said: "It's really lovely to see Caroline and the customers, just for a few days or a few hours to keep me sociable - I've been in my house for a very long time!

"I enjoy seeing all the dogs - I live with cats, so I like to see dogs every now and then."

Ava is planning to post some cover versions of songs on her Instagram and Facebook channels in the coming months before releasing her own music

She said: "At the start of next year there will be Ava on the radio!"



Ava shared this photo of her after surgery

Show proves Emersons Green's got talent!

MORE than 30 performers took to the stage at Emersons Green Village hall for the first ever Talent on the Green contest.

A line-up including singers, dancers, musicians, dancers and magicians kept the audience enthralled and gave the panel of three judges a tough task in picking out winners at the event on October 17.

Performers came from across Emersons Green, Lyde Green and the surrounding area.

It was organised by village hall staff with support from Emersons Green Town Council.

Hall manager Nikki Frost said: "It was a fantastic celebration of creativity, entertainment and community spirit.

"The event provided a platform for individuals and groups to step into the spotlight, showcase their abilities and share their passion for performing.

"With an incredible display of talent throughout the show, the judges certainly had their work cut out for them, as each act brought something special to the event."

The overall winner was teenage singer Amelie Grace, with dancers Dilen + Naviru named runners up.

Amplify Academy Musical Theatre Group took third place after judges Ella Arnold, Josh Pollard and Daryl Hembrough had to make some tough decisions.

Nikki said: "With so many brilliant performances, choosing the winners was no easy task, and we are incredibly grateful to all three judges for their enthusiasm, encouragement and thoughtful consideration.

"It was wonderful to see so many talented people under one roof, showcasing such a diverse variety of performances.

"We are incredibly proud of everyone who took part. It takes a huge amount of courage to perform in front of an audience, no matter your age, and every single performer should be proud of what they achieved."

Nikki thanked Emersons Green Town Council for supporting the event, including youth liaison officer Shea Stew, who helped with the show's music.

She said: "Talent in the Green was about much more than winning prizes. It was a celebration of confidence, creativity, courage and community spirit, giving performers an opportunity to shine and audiences a chance to discover the amazing talent on their doorstep.

"A heartfelt thank you goes to every performer who took part, the families and friends who supported them, and everyone involved in making the event such a special occasion.

"We can't wait to see even more talent take to the stage in the future!"



First prize winner Amelie Grace



Dilen + Naviru were runners-up



Amplify Academy receive their trophy

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Emersons Green Baptist Church

Sunday service 10:30am
Emersons Green Village Hall
Monday Bible study 2pm


Free Children's Craft Service
22nd November


Website


Facebook

Planning process starts for 2,000-home 'village'

From Page 1

Places for People announced last year that it had secured use of the land for a development currently known as the North Lyde Ecotech Village, subject to future planning permission.

It was highlighted as a potential development site in South Glos Council's draft Local Plan, which is with the government awaiting approval following a public examination over the summer.

As well as homes and a large area for business use, the Local Plan indicated that a local centre and community buildings including a nursery, primary school and/or surgery would be built.

The area is bordered by the M4, Westerleigh Road and the railway line serving the Westerleigh fuel depot. Much of it is farmland but it also includes the Windmill Leisure Golf and Activity Centre, Windmill Fishery and South Gloucestershire Showground.

The site is next to the Pilgrims Europe abattoir, which is the subject of a controversial planning application to expand its operations.

The council has invited responses from the Environment Agency, Coal Authority, NHS, Bristol Water, Natural England and several of its own departments over the proposals. But comments are not being



A map showing the site, bounded by the M4, Westerleigh Road and a railway line, was produced for the draft Local Plan

accepted from members of the public during this consultation.

The developer has produced its own risk assessment for the site, which has identified three old mine shafts and evidence of shallow mining activity, along with assessing waterways and flood risk.

In its response to the council, the Coal Authority, which manages the environment in mining areas, said there were three mine shaft entrances in the area, which is close to the former Parkfield Colliery.

The authority said: "The risk these

features may pose should be considered as part of the planning process.

"More specifically, our records indicate that coal mining has taken place beneath the site, including at shallow depth, with underground mine roadways also present, including at shallow depth.

"In addition, the site lies in an area where further historic unrecorded shallow coal mining activity is likely to have taken place.

"Voids and broken ground associated with such workings can pose a risk to ground stability and public safety."

The NHS Bristol, North Somerset and South Gloucestershire Integrated Care Board, which funds health service provision in the area, says the developers should pay just over £809,000 towards expanding GP practices in the area, adding that otherwise there would be unsustainable pressure on local primary healthcare infrastructure.

Under the draft Local Plan, between 1,050 and 1,350 homes would be built before 2041 and the rest afterwards, with buildings up to six storeys tall.

Places for People has said it intends more than 30% of them to be classed as 'affordable', for social rent or shared ownership schemes.

The application can be viewed by searching for reference number P26/011/SCO on the council's planning website.

village church

Sunday | 10:30am

Mangotsfield Primary School

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Kai drives to glory

A YOUNG racing driver from Mangotsfield is celebrating winning his first national championship - at the age of 12.

Kai Pearce, who races under the name Kai May, won the Junior Banger UK Open Championship at Ringwood Raceway in September.

Kai, a Year 8 pupil at Downend School, is in the third generation of his family to race bangers.

His dad, also named Kai, and mum Nadine both raced, as did their dads, Richard May and Martyn King, and his uncle Sam May.

Nadine said: "He's got it in his blood."

Kai first got behind the wheel of a car aged eight, having tried his hand on a digger aged five at his dad's haulage company.

Banger racing is a contact motor sport, with cars frequently colliding and crashing as they race on a circuit at up to 70mph.

Kai's debut at Ringwood Raceway in September last year saw him crash into a fence,

bending his car. He needed treatment in an ambulance after bruising his ribs and biting his tongue - but still finished third.

He did a full season of racing this year, attending nine meets at the Hampshire track, racing three times each meet against other young drivers from across the country and picking up seven trophies along the way.

Kai races Nissan Micra cars, with his dad and family friend Andrew Worthington, who is also a former banger racing driver, keeping the cars running.

He takes two cars to each meet to ensure a backup is available if the first car is put out of action.

Over the past year he has got through four or five cars, racing with his dad's number 502 and the nickname Little Dipper.

His grandads both help keep him racing - Martyn owns Yate Car Breakers, supplying tyres and parts, and Richard owns RA May & Sons, transporting cars to the race circuit.

Nadine said: "As a family, we



Kai Pearce, front, with mechanic Andrew Worthington in the background

have supported Kai every step of the way and could not be prouder of everything he has achieved."

Kai is aiming to defend his title next year, and will take part in Ringwood Raceway's Junior Bangers World Championship in December.

But he could soon have competition from home - younger sister Elsie can start

racing in the novices category when she turns ten next year, and join the junior championship in two years' time.

Kai said: "The buzz and the adrenaline is something I can't explain, but it feels amazing to race."

"I want to be the best and continue to improve in a sport I enjoy."

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Tom Cruise thanks charity's top gun Lloyd

A DOWNEND man who has raised thousands of pounds for a children's charity was stunned when he was thanked for his efforts - by Hollywood superstar Tom Cruise.

Lloyd Kembrey was invited to London by the BBC on the premise that he was being interviewed for a documentary about endurance fundraising.

But about 20 minutes in to the interview, the door to the hotel room where they were filming opened and Cruise walked in.

The star of Top Gun and the Mission: Impossible movie series delivered a message as part of a feature on The One Show called One Big Thank You, aimed at highlighting people who have "gone the extra mile to help others in their community".

Lloyd was picked out for his outstanding record of fundraising for children's hospice at home charity, Jessie May.

He has raised around £60,000 for the charity in honour of two cousins who died in their teens from a life-limiting condition, including £48,000 in a year of extreme challenges that ranged from an ice ultra-marathon to climbing the equivalent height of Mount Everest on a 12m (39ft) wall.

Lloyd said: "Honestly, it completely took me by surprise. When you see these sorts of shows you think the person must have some idea of what's going to happen, but I really didn't.

"I've done a few interviews about fundraising with the BBC and ITV before, so it didn't seem unusual, but then all of a sudden Tom Cruise walks in! It was quite a surreal moment."

Lloyd, a facilities manager at Bristol University, admits that he hasn't actually seen many of Tom's films, apart from Top Gun and its sequel, but said the star was "really lovely".

He said: "We spoke for about 15 minutes after the cameras went away, with his sister and his nephew as well.

"He said the reason he liked my story was that it turned a negative or sad story to a positive outcome - he believes how healthy or important it is to see opportunities or ways to improve in adversity, that bad things happen but it's how you react to it that makes you who you are."

Tom said: "I've done a lot of



Picture of Lloyd, his wife Alexa and Tom courtesy of One Tribe TV

wild things and stunts, but when I heard about Lloyd's adventure, I just thought - I've gotta meet this guy."

He posed for a picture with Lloyd and his wife Alexa, telling Lloyd: "It's wonderful, what you've done."

The actor and producer invited Lloyd to the royal premiere in London of his latest film, Digger. Lloyd took his friend Joe Humphreys, from Frampton Cotterell, who joined him in some of his fundraising challenges, and they posed for a selfie with Tom on the red carpet.

Lloyd, aged 30, has been fundraising for Jessie May since he was six years old, and is now an ambassador for the charity.

His twin cousins Francesca and Josephine Kembrey, of Coalpit Heath, were diagnosed with Sanfilippo disease type A, a rare and fatal genetic condition, when they were aged four, just after Lloyd was born.

Jessie May nurses were a fixture of family life before the twins died, in 2006 and 2009, and their parents Julie and Chris Kembrey have continued to support the charity, with Julie setting up a group for bereaved



Lloyd with fellow fundraisers on one of his challenges

parents.

In 2023, supported by a group of between four and 15 friends, Lloyd took on a series of 15 extreme fundraising challenges including a 31-mile ice skating ultramarathon on a frozen lake in Finland, an Everest climbing challenge at UWE, canoeing the length of the

River Wye, a swim relay over the distance of the English Channel in Cromhall Quarry, Sodbury Slog and Tough Mudder cross-country races and a three-day, 94-mile Jurassic Coast walk.

For more information about fundraising for Jessie May visit jessiemay.org.uk/support-us.

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TURNER'S VISION

Flashes, fireworks and four generations!

WELL, November is upon us, and with it comes the annual excuse to stand outside in the cold, watching things explode in the sky whilst wondering whether the hot chocolate was really worth leaving the house for!

Of course, as an Optometrist, flashing lights mean something rather different to me.

Flashes, floaters and whizzing shapes across your vision can be signs of a posterior vitreous detachment (PVD). Now, before you start worrying, this is a common change that occurs as our eyes gracefully age, when the jelly inside the eye gradually separates from the retina.

Most are harmless, although occasionally the process can cause a retinal tear or detachment, which is rather less welcome than a Catherine wheel that refuses to spin!

So, if you suddenly notice new flashes, floaters or a shadow across your vision, please don't assume it's just the fireworks. Have your eyes checked urgently, really the same day.

Talking of things that suddenly dawn on you, I had a rather lovely realisation recently.

During a conversation with a colleague, we were discussing the history of Turners Opticians, and I mentioned that two of our three children had worked with us over the summer.

My colleague stopped me. "Hang on, doesn't that make you a fourth-generation family practice?"

Well, goodness me. It does!

Our family optometry story began with my grandfather Harold, continued through my Dad Philip, and then, somewhat inevitably perhaps, landed with me.

And now, with two of our children having joined us over the summer, we've reached a fourth generation.

I must confess, I hadn't really thought about it quite like that before.

I remember spending time as a child in our family's spectacle glazing workshop, fascinated by the machinery, the lenses and

the people who worked there.

Looking back, I suspect those experiences influenced my future rather more than I realised at the time.

Whether our children will eventually follow the same path remains to be seen. I certainly wouldn't wish to inflict a lifetime of listening to me talk about eyes upon them!

But there's something rather special about seeing the next generation become part of a story that began so many years ago.

Much has changed since Harold's day. The technology, our understanding of vision, the complexity of care we provide and, most recently, the new practice in Downend.

But the important things haven't changed.

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And perhaps that's what four generations really represents. Not simply a family business, but a responsibility to keep improving



Peter Turner
of Turners Opticians
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what previous generations began.

So, enjoy the fireworks, look after your eyes, and perhaps spare a thought for the generations who helped us all get to where we are today. We look forward to seeing you at Turners Opticians in Henleaze or Downend.

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 Downend practice on 0117 965 4434.

Peter

Peter Turner is an Independent Prescribing Senior Optometrist at Turners Opticians in Bristol. He also works as a

Flashes, Fireworks & Four Generations

Enjoy the fireworks...
and look after your eyes.

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Children's welfare 'at the heart' of nursery

AN inspector has praised an Emersons Green nursery's high priority for child welfare and support for families.

Ofsted visited Your Co-Op Little Pioneers Nursery and Pre-School, on Fieldfare in the Harlequin Business Park, in August.

Inspector Alanda Phillips' report found that the nursery met the regulator's 'strong standard' for children's welfare and well-being, and met the expected standard in five areas: achievement; behaviour, attitudes and establishing routines; curriculum and teaching; inclusion; leadership and governance.

The inspector said: "Leaders and staff give children's welfare and well-being the very highest priority.

"Staff are wholly attentive to children's care needs.

"Leaders and staff have a comprehensive knowledge of children and they use this to inform their care.

"Leaders ensure that policies and

procedures are developed with children's welfare at the heart. For example, they have created individual sleep risk assessments for each child in response to recent national findings.

"Staff implement secure routines which enable children to eat well, sleep well and thrive.

The inspector said children "develop real enthusiasm and excitement for learning" and highlighted the clear curriculum that helps them develop a love of books and learn maths through play.

She said: "Leaders have established a positive and purposeful atmosphere in the setting.

"Children build warm and secure relationships with staff, and the key-person system is effective."

The inspector highlighted the "inclusive" support given to families as well as children, with learning resources such as cookery kits sent home with parents and carers.

She said: "Children benefit from the high level of support their families receive. This creates a positive, holistic experience.

"Leaders have a very clear knowledge of the local community that they serve.

"They regularly collect and analyse data about their local area and use this to inform their provision. This enables them to consistently make decisions that are in the best interests of the children who attend.

"Leaders ensure that children, parents

and staff are all valued as central partners in the nursery community, creating an inclusive environment."

The inspection was the first under Ofsted's new more complex rating system for Little Pioneers, which has places for 100 children, from babies up to the age of four.

The nursery opened in 2021 and on Ofsted's first two visits, in 2023, inspectors said it required improvement, before it was given a good overall rating in its most recent report under the old grading system in 2024.

Ofsted said the nursery's next steps to further improve included ensuring children with special educational needs or disabilities who need outside support are referred at the earliest possible stage, and continuing to strengthen the quality of education and behaviour management practice.

Nursery manager Leanne Fear said: "We are thrilled with the report, which is a testament to our dedicated team's hard work and care they provide every day.

"We are grateful that the inspectors have recognised our ongoing efforts to continue to make improvements to the nursery whilst nurturing children into confident young people, providing them with the best possible start in life.

"This award is a fantastic achievement, and we're excited to see what the future holds."

TURNERS HEARING CARE BLOG

Hearing clearly as the seasons change

October always feels like a month of change. The evenings have begun to draw in, there's a definite freshness to the morning air, and after the slightly different routines of summer, life seems to find its rhythm again.

It's also a surprisingly good time to think about your ears.

As an audiologist, one thing I regularly hear is, "I'm not sure if my hearing has changed, or whether my ears are just blocked."

And actually, that's a very good question.

A build-up of ear wax can gradually reduce the sound reaching your eardrum. Because this often happens slowly, you may not immediately notice. Instead, you might find yourself turning the television up another notch, struggling with conversation when there's background noise, or thinking that family and friends have suddenly developed a terrible habit of mumbling!

There may be other clues too. Your ear might feel full or blocked, you may notice ringing or buzzing, or one ear might simply seem different from the other.

The important thing is not to worry or assume it will just fix itself!

That's why an ear examination is such a useful starting point. At our ear wax removal clinic, now in the heart of Downend, I can carefully examine your ears and show you what I can see. If wax is causing the problem, we can discuss removing it using gentle microsuction.

Microsuction allows me to work precisely under direct vision, carefully removing troublesome wax without introducing water into the ear canal. Where appropriate, softening the wax beforehand with olive oil spray can make removal easier and more comfortable.

And please resist the temptation to investigate things yourself with a cotton bud! Ears are remarkably good at looking after themselves and wax has an important protective role. Poking around can push it further down the canal and turn a little wax into a much bigger blockage.

Of course, not every change in hearing is caused by ear wax. That's another reason I'd much rather you came in and let me have a look than simply put up with it. If something needs further investigation, I can advise you on the appropriate next step.

So, as October has brought us back to lunches with friends, clubs, family gatherings and everyday conversations, perhaps ask yourself one simple question:

Am I hearing them as clearly as I used to?

If the answer is "I'm not quite sure," come and see me in Downend.

Sometimes a gentle ear check is all it takes to find out.



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.

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Hear more of what matters

Gentle, professional ear wax removal at Turners Opticians in the heart of Downend.



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Pupils' lessons in saving lives

CHILDREN at Pucklechurch Primary School have been learning skills that could save a life.

The school's Year 2 and Year 6 pupils had first aid workshops where they learned a range of important techniques and knowledge from specialist tutors Mini First Aid.

Head teacher Gemma Jones said: "Our year 2 children learned simple first aid techniques for cuts, scrapes and head bumps and learnt how to call 999 and the importance of knowing your address in an emergency situation.

"They practised safe eating to minimise the risk of choking.

"Our older year 6 children practised CPR techniques on

mannequins and learnt to secure an injured arm in a sling, elevate and apply pressure to a wound as well as practising putting each other into recovery position."

The school's newly expanded Early Years environment is proving a hit with new Reception pupils and South Gloucestershire Local Authority Schools Effectiveness Team.

Mrs Jones said: "We have repurposed an area within school so that the children have more space to explore bigger, improved role play, construction and creative areas.

"New resources have been purchased to support imaginative play, fine and gross motor skills and early number sense so that the children get the very best start at school."

The council team said the new facilities are providing "high-quality learning opportunities for the children".

The school is inviting prospective parents and pupils to visit in November and December.

Contact admin@pucklechurchprimary.org.uk or call 0117 937 2579 for more details.



Young athletes from Pucklechurch Primary School took part in the South Gloucestershire Cross Country Trials at Mangotsfield School in October. Pupils Flynn Cook, Freddie Poole and Isaac Hewer all made the top 10 and now have the chance to represent the district in an inter-area event.



Learning how to apply a plaster using a teddy



Pomphrey Hill Christmas Market

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DOWNEND BAPTIST CHURCH
SALISBURY ROAD, BRISTOL, BS16 5RA

Fourth attempt to build on field

A NEW and expanded bid to develop a site on the edge of Pucklechurch has been unveiled.

Developer Chapel Hill Homes has applied to build 34 homes behind Hillcrest on Abson Road alongside the Back Lane bridleway.

Three previous schemes for between nine and 15 homes on the plot have been turned down in recent years but the developer says its plan addresses the earlier transport concerns.

The site is in the Green Belt but the developer says it should be considered as 'grey belt' as it meets the Government's National Planning Policy Framework criteria for land that can be developed.

It says the scheme is "an appropriate form of development in a sustainable location".

Chapel Hill Homes proposes a mix of one, two, three and four-bedroomed properties, half of which would be designated as affordable.

Most would be two-storey, but a "building of note" close to Back Lane would be two-and-a-half storeys high.

The developer proposes a new junction with Abson Road, a play area, a community orchard and improved pedestrian and cycle links.

The site is not included for development in South Gloucestershire Council's draft Local Plan, which has just undergone its examination in public but has not yet been adopted.

Another site on the opposite side of Abson Road is in the plan as suitable for 60 homes.

Outline planning permission was granted earlier this year for 100 homes at Marsh Farm, closer to the village on the corner of Abson Road and Feltham Road.

Pucklechurch Parish Council was due to discuss the plan after the Voice went to print, at which point no public comments had been made on the plans. They can be viewed on South Gloucestershire Council's planning website by using the reference number P26/02264/F - comments can be made until November 11.

Armed man stunned with taser

POLICE used a taser stun gun and plastic bullets to disarm a man who was found in an "agitated state" armed with a machete.

Officers were called to Shortwood Road in Pucklechurch shortly after 6pm on October 8 after they received a report of "a group of people carrying weapons and trying to force entry to a property".

A police spokesperson said: "Armed officers were deployed and found a man, who was in an agitated state, holding a machete inside the property."

"In order to bring him to safety, and to protect officers from harm, a taser was discharged and baton rounds were used to detain the man. The machete was recovered."

"The man was arrested on suspicion of affray before being taken into the care of the ambulance service. He was taken to hospital for treatment of injuries which were not believed to be life-threatening nor life-changing. He has since been discharged and subsequently detained under Section 136 of the Mental Health Act."

Police closed the road during the emergency response. Residents said that armed officers and dog handlers were on the scene.

The police spokesperson added: "No other person is believed to be involved."

M32 crash appeal

POLICE are appealing for witnesses and dashcam footage after a car overturned in a collision on the M32 at Hambrook.

The occupants of the beige Suzuki Alto, a man and woman in their late teens, were treated for minor injuries by a paramedic after the incident, on the northbound approach from Junction 1 to the M4 at around 12.45pm October 15.

Police spoke to witnesses at the scene and have looked at CCTV. They are appealing for anyone with dashcam footage of the collision, or the moments before or after it, to call 101, quoting reference number 5226 338 575, or get in touch online.



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EDUCATION CENTRES

Mum's appeal to bring hope at Christmas

A DOWNEND mum is organising an appeal to support children and families affected by serious illness and bereavement at Christmas.

Fiona Corless is calling on residents, businesses and community groups to support the Ripples of Compassion Christmas Toy and Kindness Appeal, by donating gifts or setting up collection points where they can be brought.

Fiona set up Ripples of Compassion in memory of her daughter Ripley, to provide practical and emotional support to children and families affected by serious illness, treatment, loss and bereavement.

Ripley was diagnosed with acute myeloid leukaemia in January 2017, shortly before her second birthday, which she spent on the oncology and bone marrow transplant ward at Bristol Children's Hospital.

She began chemotherapy and received a stem cell transplant from a cord donation in April of

that year.

However in September 2017, Ripley's cancer returned and doctors said there were very limited options for treatment.

She passed away several weeks later at Charlton Farm Children's Hospice after receiving palliative care.

Fiona said: "Ripley had a positive impact on the lives of everyone she met and was a kind and empathetic little girl, who didn't like to see anyone else sad or in pain.

"I set up Ripples of Compassion in her memory so she can continue to help others and her kindness and compassion can spread a little hope and light into the world.

"We support children and families affected by cancer, life-limiting conditions and bereavement, both during treatment and after the death of a child.

"My experiences during Ripley's treatment, and after she died, showed me how much the

smallest acts of kindness can matter.

"For many children Christmas is spent in hospital facing treatment, living with uncertainty or celebrating their first Christmas without a much-loved brother or sister.

"It can be one of the hardest times of year for the families we support.

"A simple gift and a kind thought can spark a smile and remind families they are not alone."

For the Christmas appeal the charity is collecting new toys, games and activities for children and comfort items such as chocolate and toiletries for adults, which are packed into gift boxes.

Fiona said: "The gifts will be used to help bring comfort, joy and hope to children and families facing an incredibly difficult time."

People can choose and donate a gift, buy an item on one of the charity's Amazon wish lists or



Fiona Corless and daughter Ripley during her treatment

host a collection at a business, school, scout or guide group or other community organisation as an appeal partner.

To find out more about the appeal visit tinyurl.com/zykupa4z.

For more details about the charity visit www.ripplesofcompassion.com

ADVERTISING FEATURE

A donkey for Christmas

A DONKEY for Christmas? That sounds odd. Seeing donkeys on the beach in Weston-Super-Mare during summer is normal, but in Emersons Green in the winter?

I imagine a donkey being part of the Christmas story. Mary, who was pregnant, and Joseph were traveling to Bethlehem to be counted by the government. They probably did not walk the whole way, so they used the cheapest and most reliable way to travel: a donkey. After they arrived, the donkey stayed with Mary, Joseph, and baby Jesus in the stable, and watched as three wise men looking like kings brought gifts for the family and Jesus.

The Bible shares many stories about people and donkeys, from Abraham's journey to Mount Moriah to Jesus riding into Jerusalem before his crucifixion. These humble animals were there during sacred moments, witnessing divine events, and maybe showing the patience and faithfulness that God wants from us.

So, what better time to have a donkey than at Christmas? Christmas is a special time filled with joy, fun, and laughter, but it gives us a chance to reflect and show kindness to others. This is why I thought it would be lovely to have a donkey for Christmas - to bring communities together and lift everyone's spirits, especially in a difficult world.

Please come and join us for this occasion. Everyone welcome.

Jutta Cowie, Minister of Emersons Green Baptist Church



IN PARTNERSHIP WITH THE TOWN COUNCIL

Christmas CAROL SINGING

SATURDAY 19TH DECEMBER AT 4PM

Outside Emersons Green Library under the Oak Tree
(If it rains we will sing in the Village Hall)

A community event to celebrate Christmas together.
Meet friends and share some festive joy.

There will be mince pies, punch & children's activities in Emersons Green Village Hall.

Come and meet the donkey!

This is a **FREE** Family event - no ticket required (Just turn up).

Organised by the four local churches.
Donations welcome and will go towards the local food bank.

November 6

DOWNEND ROUND TABLE FIREWORK DISPLAY, King George V playing fields, 5.30-9pm. Quiet and loud displays, bonfire, music, foam party, food and drink including licensed bar. Tickets in advance only from www.downendrt.co.uk.

November 6

BINGO NIGHT at Hambrook Sports Club, Moorend Road, 7.30pm. Fundraiser for changing room refurbishment project. More details at hambrooksportsclub.co.uk

November 8

REMEMBRANCE PARADES and services. Staple Hill parade leaves Page Road at 10.20am, march along High Street and Broad Street to Page Park for open-air service.

Mangotsfield service from 12.15pm at the war memorial, Alec Large Park. Service starts 12.30pm.

November 12

WINTER TALK for Frenchay Village Museum at the Quaker Meeting House, Beckspool Road, 7.30pm. Speaker: Gail Boyle, Boxing Clever - Unlocking the Potential of Archaeological Archives. Entry £3 on the door, refreshments available.

November 13

FREE BOARD GAME NIGHT at Hambrook Sports Club, Moorend Road, 7.30pm. More details at hambrooksportsclub.co.uk.

November 14

COUNTDOWN TO CHRISTMAS at St Augustine's Primary School Hall, Boscombe Crescent, Downend. Fundraising for parish, school and local causes, noon-3pm. Lunch, crafts, refreshments, music, gifts, Irish coffees and mulled wine, games and Santa visit. Entry £1 per adult, children free.

November 21

CHRISTMAS FAYRE at Lyde Green Community Centre, Thistle Close, 2-6pm. Crafts, baked goods, food, licensed bar. Brass band. Free event. Storytime with Santa 3pm and 4pm (tickets required - book at lydegreenca.org). More details from 0117 957 0410 or info@lydegreenca.org.

November 22

REPTILE & MAMMAL ENCOUNTER at Emersons Green Village Hall, with Scales and Tails Encounters in partnership with Emersons Green Town Council. Various times from 1.30-3.30pm. Book at www.egvh.org.uk/events.

November 27

CHARITY CHRISTMAS LIGHTS switch-on for Macmillan Cancer Support, Sutherland Avenue, Downend. Mulled cider and hot chocolate from 5.30pm, switch-on at 6pm.

November 28

CHRISTMAS ON THE HILL, Staple Hill High Street, Page Road and Broad Street, 10am-4pm. Attractions include stalls, fairground and donkey rides,

petting animals, music, visit from Santa. Carols around the tree at 4pm in Fountain Square.

November 30-December 17

COSSHAM HOSPITAL League of Friends Christmas Sale at the hospital in Kingswood every Monday to Friday, from 10am-2pm

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.

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.

BRISTOL MILITARY WIVES CHOIR

meets at Mangotsfield and Castle Green United Reformed Church, Cossham Street, every Tuesday 7-9pm. Open to women with a military connection. No audition or experience needed. Cake and tea/coffee provided. More details from bristol@militarywiveschoirs.org.

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 Emersons 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**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.

COFFEE MORNING at Staple Hill Methodist Church, Staple Hill High Street every Saturday, 10am-noon in aid of church funds or charities. Fairtrade coffee, tea and home-made cake. Repair Cafe open 10am-noon every 3rd Saturday: donations to church funds.

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.

STAPLE HILL METHODIST CHURCH

Staple Hill High Street, Sunday Worship at 10.30am + Sunday Club for 5-17yrs. Holy Communion every 2nd Sunday of the month - all welcome. Contact Rev Martin Slocombe 07769 982367, email staplehillmethodist@hotmail.co.uk or visit www.staplehillmethodist.com.

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).

PUCKLECHURCH BADMINTON CLUB, Pucklechurch Village Hall, 8pm weekly. Play friendlies and mixed doubles. Over-18s only. For more details contact Mark on 07866 375512 or Pauline on 07570 046177.

Changes for fireworks could be on the way

FIREWORKS season is on the horizon, and the Government has been consulting on reducing the noise level and tackling antisocial use.

With this in mind I held my latest 'Coffee with Claire' event in Stoke Gifford on this subject.

Thanks to all who attended, or completed my online survey.

I've shared local views with government ministers to make sure that our community has a say nationally.

In Parliament, I met with government



Claire Hazelgrove met minister Kate Dearden to discuss the closure of Downend post office

minister Kate Dearden to discuss the Downend post office closure, due to the closure of Morrisons Daily branches nationally.

Thank you to everyone who completed my local survey, showing strong community support for a new branch opening in Downend. I've also written to Post Office leaders and will keep pressing for a solution.

I believe paternity leave should be longer, and I've written to the Prime Minister to make the case, which would have huge benefits for local families. I will continue pushing for this.

With defence high on the national agenda, I was pleased to welcome local graduates and interns from Boeing Defence UK to Parliament, so that they could see how the important work they and others do locally to support our national security is valued by decision-makers in Westminster.

At September's Labour Party Conference I joined panels to speak about our infrastructure boost opportunity if Brabazon is officially designated a 'New Town', accessible public transport for people with disabilities, and the importance of defence funding. I met with representatives from a wide range of important charities, including Dementia UK, UNICEF, Shelter and more.

Locally, I visited RAFAKidz nursery at MOD



Abbey Wood, to discuss the needs of early years providers, of those who serve and their families. Thank you to the team for taking the time, and to all supporting local families.

On a personal note, readers may have seen last month's Voice story on the Assisted Dying Bill, where I spoke in Parliament, sharing publicly for the first time my mum's story and the impact of the harmful status quo on the end of her life.

I want to thank everyone who has been in touch since for your kindness. I'm not only proud to serve our community, but also proud to be part of it.

This month I held my regular advice surgery at Aerospace Bristol, and my small team and I worked on 487 cases to support fellow residents.

I also knocked on doors to listen to local priorities in Charlton Hayes and Downend.

You can get in touch anytime at claire.hazeltgrove.mp@parliament.uk.

To find out more about upcoming 'Coffee with Claire' events visit tinyurl.com/4u9pa5ph.



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Join Christmas Tree Festival

ST JAMES Church Mangotsfield holds its third Christmas Tree Festival from December 9 to 13.

The festival is a free community event, bringing people and local organisations together.

We are inviting businesses and local organisations to join in by decorating a tree to display, so if you would like to take part this year, please call 07826 312630 for more information.

On festival week visitors are invited to see the variety of trees on display at St James Church and share in the joy of Christmas.

As well as the display of decorated trees, there will be events including Breakfast with Santa, Christmas craft and children's story time and afternoon entertainment.

We will also be serving seasonal refreshments during the opening times.

Ruth Oakley

Countdown to Round Table fireworks

ORGANISERS of the Downend Round Table Fireworks display have offered some last-minute advice for people attending this year's display.

More than 10,000 people are expected to watch the display - one of the biggest in the region - at King George V playing fields on Friday, November 6.

Round Table says tickets for the event - which raises money for good causes in the area - are selling fast.

Early bird discounted tickets have already sold out, and people are being reminded that all tickets are only available online at www.downendrt.co.uk.

A spokesperson said: "Ticket resale by third-parties is not permitted, so beware of anyone claiming to be selling tickets for the event. Tickets are also not sold on the gates."

The site and stalls will open at 5.30pm, with music starting from 6pm.

Award-winning pyrotechnics company Skyburst have put together two displays for the event, including fireworks, lighting and 'G-flame' static flame bursts, all choreographed to a musical soundtrack.

The first display at 6.30pm is a "family-friendly" reduced-noise show aimed at younger children.

It will be followed by a bonfire lighting at 7.15pm then the main fireworks display at 8pm.

Afterwards comperes Party Peeps will host a foam party until 9pm.

Round Table are advising visitors that all profits from sales of children's glow-in-the-dark products

on site will go directly to charity - but anyone selling them outside the park is not affiliated with Round Table.

A wide variety of food and drink stalls, including a licensed bar, will be open on the site throughout the evening; visitors are being advised that all vendors at the event are card-only.

They are advising people to travel to the site on foot or via public transport if possible, as there is no parking on site and the area is expected to be very busy.

Parking is also restricted on Westerleigh Road, Badminton Road, Sutherland Avenue, Farm Road, Farm Court, Cleve Road, Garnett Place and Peache Road, with enforcement being carried out.

The park entrance on Westerleigh Road is usually the busiest, so organisers are recommending people who don't want to queue for as long to use the quieter entrances on Sutherland Avenue and Kimberley Close.

More information is available on the www.downendrt.co.uk website and social media channels.



Last year's display

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Farewell to war veteran Harry, 101

ONE of the region's last surviving Second World War veterans has died, aged 101.

Harry Francis served in the Royal Navy before transferring to the Royal Marines and becoming one of the first members of the elite Special Boat Service.

He passed away peacefully at his Soundwell home on the morning of September 24.

Harry, who grew up in Wiltshire, lied about his age to volunteer in 1942, when he was still 16.

He fought in the Battle of the Atlantic on the destroyer HMS Brecon, hunting U-boats and escorting convoys, before being deployed to Malta in the Mediterranean.

After volunteering for the Royal Marines, Harry became an early recruit to the SBS in 1943, fighting in Sicily and mainland Italy during the Allied invasion and taking part in raids on Lebanon, which was governed by the Vichy France government.

He was sent on a mission to German-occupied Yugoslavia with an envoy from Winston Churchill, during which time he met partisan leader Tito.

Harry and his comrades in No. 2 SBS then fought the Japanese, first on the Andaman Islands in the Indian Ocean, then in Burma. There they carried out reconnaissance and lightning raids on Japanese units, operating behind enemy lines

around the Irrawaddy river.

On one raid Harry was stabbed in the stomach by a Japanese soldier, and had to be carried back to an outpost by his comrades before being taken to hospital, first in Ceylon (now Sri Lanka) and then in the UK.

After the war he worked as a painter and decorator, and moved to Bristol around 40 years ago.

Last year, as he turned 100, Harry shared his memories with Voice readers for the 80th anniversary of VJ Day, which marked the end of the war.

His wife Gwen said: "Harry was the love of my life, and the heart of our family. To everyone who knew him, he was just H."

"He was so proud to have served with the Royal Marines, and especially to have been one of the first to join the Special Boat Service.

"But he was just as proud of his family. He was a loving dad, grandad and great-grandad, and he adored every one of them.

"He loved being part of this community. He was never happier than when he was right in the middle of it, with a story to tell.

"We're all heartbroken, and I'll miss him more than I can say. But we're so grateful for all the kindness people have shown us."

Harry regularly attended events organised by Staple Hill & District Royal British Legion,



Harry Francis pictured on his 100th birthday

which covers Fishponds, most recently taking part in South Gloucestershire Armed Forces Day at Page Park, in June.

RBL branch and Armed Forces Day organising committee chair Ian Campbell said: "Harry belonged to a generation that gave everything so that we could live in freedom.

"His quiet bravery, and his remarkable life, will not be forgotten.

"Our thoughts are with our dear friend Gwen and her family at this time, and we will always remember Harry and his legacy."

Branch president and co-leader of South Gloucestershire Council Ian Boulton said it was a great privilege to know



Harry Francis during his time in the Navy

Harry, whose presence in the community will be "greatly missed".

He said: "Despite the extraordinary and heroic experiences he had during the war, Harry remained a modest and thoroughly good-humoured man.

"Harry represented a generation whose courage, resilience and sense of duty helped secure the freedoms we enjoy today."

Harry's funeral is due to take place on October 26 at Westerleigh Crematorium, at 1.30pm. Serving personnel and veterans are encouraged to wear uniform.

Remembrance

THIS year's Remembrance Sunday parades and services will take place on November 8.

The Staple Hill parade leaves Page Road at 10.20am, marching along the High Street and Broad Street to Page Park for an open-air service.

A service will also be held at Christ Church Downend, at 10.30am.

A parade and open-air service takes place at Mangotsfield war memorial, in Alec Large Park, forming up from 12.15pm before a service at 12.30pm.

Volunteers are needed to be stewards at the Staple Hill and Mangotsfield events.

To get involved visit www.staplehillrbl.org.uk.

Imjin soldier Reg dies at 94

A VETERAN of the Gloucestershire Regiment's famous stand at the Battle of Imjin River during the Korean War has passed away, aged 94.

Reg Portlock died at the Gloucestershire Royal Hospital in September, the night before what would have been his 95th birthday.

Earlier this year Reg shared his memories of Imjin with Voice readers, 75 years after his Bristol-based infantry regiment helped save the city of Seoul from a huge invasion force of Chinese soldiers in April 1951.

Reg had been called up for National Service the previous year at the age of 18.

He was an Army truck driver ferrying ammunition and

explosives to and from the front line every day.

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

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

He was fired on by Chinese troops as he drove back from delivering his final load to the encircled Glosters: 59 of his comrades were killed in action and 522 were taken prisoner, with 34 dying in captivity.

After his National Service he moved back to his home town



of Berkeley in Gloucestershire, driving lorries for Western Transport carrying freight as far as Spain and Morocco.

He married Joyce, who died earlier this year, in 1952. They had two sons, five grandchildren and six great-grandchildren.

Reg's funeral at Westerleigh Crematorium in October was attended by representatives of his old regiment, including a bugler.

RODWAY RUBIES WI

OUR Country & Western evening in September was a rip-roaring success!

Great entertainment, food and music and a lot of hard work by the committee and a band of helpers.

Our singer, Angie McCoy was excellent - shades of Dolly Parton - and she got lots of members up and dancing. A great time was had by all, and a big thank-you to everyone who helped on the night and behind the scenes leading up to it.

Our speaker in September, Emily Koch, told us of her path to becoming a writer with three books published and a fourth on its way. Very passionate about her work, she enthused quite a few members to purchase the books she brought with her.

In October a large group went to Buckingham Palace to view the exhibition of Queen Elizabeth II's clothes, accessories and other items she wore during her long reign. Her wedding and Coronation dresses were part of this and people were blown away with the embroidery on both; it was a fascinating experience, if a long day!

Our October meeting is our AGM, and the election of committee members for the next year.

On November 7, we will hold

a craft workshop with a Christmas theme at Lincombe Barn. Our speaker is talking about leaving Kosovo and being a chocolatier: lots of anticipation of treats to come on that evening!

In December we will hold a wreath-making session at the United Reformed Church in Mangotsfield and a Christmas social evening at our meeting: buffet supplied.

We meet on the third Monday of each month at St James Church Hall on Richmond Road, Mangotsfield, at 7.30pm.

Please come and join us if you are interested. **Jane Eldon**

SHORTWOOD VILLAGE WI

OCTOBER was annual general meeting time again - where has that year gone?

We invited two guests from Wick WI to join us as tellers for the voting of officers and committee members for the coming year.

All our members are lovely, supportive and friendly, and will give a warm welcome to any new members.

This meeting was also our 19th birthday, so we celebrated with cake and finished the evening with a beetle drive. A group of ladies on

the same table won all the games, so hyper-competitive and nimble fingers springs to mind!

In November, we will once again welcome Margo Cevik, giving us her talk entitled 'Roses From The Heart'.

We will also be planning our Xmas party for December.

The year 2027 will be a busy year for us, as it is our turn to host the group events; preliminary plans are already in place for an exciting event one evening in June. Mum's the word - all will be revealed early next year!

We are a small friendly bunch, so if you would like to see for yourself we will welcome you to our next meeting on November 12 at 7.30pm in the vestry Shortwood Village Chapel, Main Road, Shortwood.

For further information, questions or just a chat please contact us by email at millhousejoinery@aol.com, with the heading Shortwood Village WI.

Lynne Miller

LYDE GREEN COMMUNITY CENTRE

THERE'S lots happening at Lyde Green Community Centre over the coming months, with activities and events for residents of all ages to enjoy.

We're busy getting ready for Christmas, with festive events planned for children and families.

Our Family friendly Christmas Party will be a great opportunity to come together and celebrate the

season and we'll also be hosting a New Year's Eve Party to help local residents welcome 2027 in style! Tickets are available now.

We'll also be supporting our Christmas for Kids initiative, helping bring a little extra joy to local families who may need additional support over the festive period.

We're looking for volunteers to help make our Christmas activities and events possible.

Whether you can spare some time to help at an event, support preparations or get involved with Christmas for Kids, we'd love to hear from you!

Every little bit of support makes a difference and it's a wonderful opportunity to come together as a community and spread some Christmas cheer.

We're always looking for new ways to bring people together and offer activities that residents want to see.

If you have an idea for a new group, activity or event, or would like to volunteer your time, we'd love to hear from you.

For event details, tickets and updates, visit the events page at our website, lydegreenca.org.

You can also get in touch by calling 0117 957 0410 or emailing info@lydegreenca.org.

We have an Instagram page at lydegreencc and TikTok at lydegreencommunitycentre.

Shae Williams

MANGOTSFIELD DOLLY MIXTURES

OUR guided walk and talk on Bristol's chocolate and sugar history began at the bottom of Christmas Steps.

We were very lucky passing St Bartholomew's Hospital, a medieval monastery hospital, as we were allowed entry to have a look round at some of the original 13th century building.

The tour continued to the Hotel Du Vin, originally the Sugar House, where we sampled some cane sugar, then under St John's Arch and along Broad Street to Guilberts Chocolates; across Castle Park and the river Avon to Finzels Reach and Ruby Hue chocolate makers, who grind their own beans: the smells were wonderful.

We had a Greek night out at the Olympus restaurant in Kingswood. The food was freshly cooked; it was all very authentic with music, dance and plate smashing. The Dollies would like to thank Teddi and her team for making it a super evening.

We have just had our monthly meeting in the hall, where one of our members gave a demonstration on how breathing and simple exercises can assist sleep and help control stress and anxiety.

In November one of our members who is a florist will be demonstrating making a table decoration from silk flowers, and we will all take part.

We are supporting St James' Christmas Fair on November 28, providing tea and coffee.

December will be a minibus trip to Wells Xmas market, with lunch in the Swan Hotel.

Our meeting won't be in the hall but an evening meal in Madison's, with entertainment by Frankie Johns and his grandson.

We are also taking part in St James' Church Treefest on the 9th to the 13th, and displaying our decorated tree.

For more information, email carol@applause.co.uk.

Carol Coombs

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Uni trip inspires pupils

STUDENTS from Mangotsfield School met a Paralympic athlete, held an Olympic torch and a gold medal during a visit to Bath University's sports campus.

The Year 8 pupils were invited to a special Commonwealth Games-themed event giving them the chance to play netball, basketball, tennis and athletics, working with specialist sports coaches from Team Bath.

CSET sports partnership lead Naomi Clipston said:

"A particular highlight was meeting Stephanie Millward, who spoke to the students about her incredible journey in swimming at the highest level.

"Stephanie shared her inspiring story, including her experiences and achievements as a Paralympic athlete.

"The students were thrilled to have the opportunity to pass around an official Olympic torch and, even more excitingly, to hold Stephanie's Rio 2016 Paralympic gold medal.

"Our students were absolutely brilliant throughout the day. They were polite, respectful and hard-working across all the activities and represented the school incredibly well."

Student Leo Elezi said: "My favourite part of the trip was being able to play basketball! The repetitive sound was quite enjoyable and I also managed to land a shot first try!"

Mayhas Suthkaran said: "The campus was massive and it was so good to play sports in the amazing facilities. The gym was cool."



Stephanie Millward's gold medal

National awards for school

MANGOTSFIELD School has received two national awards recognising its work with families and commitment to student and staff well-being.

The Leading Parent Partnership Award (LPPA) and the Wellbeing Award for Schools were awarded after the school's Ofsted inspection, which highlighted the relationships school leaders have built with parents and the wider community.

The LPPA recognises schools that engage families in their children's education and was made after a verification visit in July.

It highlighted the school's Community Hub, which includes a food bank and uniform exchange scheme.

The assessor also praised the school's 'Take 5' initiative, encouraging staff to make more positive contact with families, and holding information sessions at different times for families who can't make parents' evening appointments.

School award lead James Gilpin said: "Staff are more understanding and proactive of the importance of being in touch with parents in a positive way."

The three-year Wellbeing Award for Schools recognises schools that place mental health and well-being "at the heart of their culture and practice". It highlighted the work of the school's 'change team', who consulted staff, students and parents to build a strategy including a student-led mental health and well-being fair and listener schemes.

Assistant head teacher Gareth John said: "Wellbeing has always mattered to us at Mangotsfield, but this process gave us the framework and rigour to make sure we're focusing on the right things in the right way. Seeing that reflected in the feedback from staff, students and parents has been really rewarding, and we're already looking at how we build on it."

Head teacher Hetty Blackmore said: "I'm extremely proud of what these two awards represent. This reflects years of dedicated work by our staff, students and families, and it's the beginning of our journey,

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Railway worker kept memories alive

TRIBUTES have been paid to a retired railway worker who shared his memories of long-lost lines with younger generations.

Graham Darby, who has died aged 93, worked on the railways for more than 40 years, including at Mangotsfield Station before it closed in the 1960s.

He later volunteered at Warmley signal box on the Bristol & Bath Railway Path.

Graham, who lived in Fishponds, came from four generations of railway workers, starting with his great-grandfather who worked for the Midland Railway in the late 1800s.

Aged 15, he joined the Great Western Railway as it was nationalised in 1948, as a telegraphist (or 'booking boy') at Bradford Junction Signal Box, near Trowbridge, helping keep a log for the signalman. Four years later, he became a signalman himself, a job he returned to in 1954 after National Service.

Graham, his wife Pauline and baby daughter Beverley Jane moved to Fishponds in 1961.

He became a relief signalman at Mangotsfield Station, covering sickness at various boxes.

Stopping passenger services at the station ended in 1966 and trains stopped using the line through Staple Hill and Mangotsfield in 1969.

Between 1969 and 1972, Graham was employed as a freight guard at Bristol, Bath Road loco depot and often worked trains into the private sidings at Fry's chocolate factory in Keynsham.

He continued to work for British Rail in Bristol until his retirement in 1993.

For 11 years, Graham was a volunteer at the Grade II listed Midland Railway Signal Box in Warmley, where he had once worked. It officially reopened in 2013 as a heritage site, following a refurbishment in which Graham played a huge part.

The railwayman took part in many events at the signal box, including the centenary event in 2018, the Chocolate Train Heritage Day, the Platinum Jubilee and King's Coronation events.

In 2017, Graham received a South Gloucestershire Community Award in recognition of his volunteering.

He also spent a great deal of time researching the Midland Railway Workers' Roll of Honour, which commemorates those who served and lost their lives in the first and second World Wars.

Even after retiring as a volunteer in 2022, Graham was a regular visitor on Saturday afternoons when the box was open.

Ros Pyle, of Warmley Signal Box and Community Garden Group, said: "Graham gave a unique insight into the way the



Graham Darby in British Rail uniform at Warmley signal box

Warmley Signal Box worked.

"He was well-respected by his railway family but leaves a wonderful legacy, through his work at the Warmley Signal Box, for future generations.

"A rose bush and commemorative plaques will be placed on a bench and memorial board in his memory."



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MP won't repeat proxy vote

THE Labour Party says the decision of Bristol North East MP Damien Egan to cast a vote on behalf of an arrested colleague will not be repeated.

Mr Egan, whose constituency includes the Siston Hill estate, cast a proxy vote for Dan Norris on a proposed law to legalise assisted dying for terminally ill adults in September.

The North East Somerset and Hanham MP was arrested on suspicion of sexual offences in April 2025. He was suspended from the party and has not voted in person or attended Parliament since.

Up until July of this year, Labour Party whips had been casting Mr Norris's proxy vote in divisions where MPs were voting on party lines.

They stopped in July, after it emerged that Avon and Somerset police had submitted a file to the Crown Prosecution Service to consider charges against him.

No charging decision had been made as the Voice went to print.

Mr Egan cast Mr Norris's proxy in a 'free vote', where party whips do not order MPs how to vote according to agreed policy.

This means that when MPs request a proxy vote, which involves contacting an office in the House of Commons and a potential proxy, party whips are not involved in the process.

Both Mr Egan and Mr Norris supported the Terminally Ill Adults (End of Life) Bill, which was voted down by 286 votes to 270.

Requests for a comment from Mr Egan were referred to the Labour Party. A party spokesperson said: "Mr Egan facilitated a proxy vote while he took part in this free vote in the House of Commons. No further such proxy votes will be facilitated."

Police have never named Mr Norris in statements about the investigation, which relates to allegations of rape, sexual assault and voyeurism between the 2000s and 2020s.

Mr Norris, a former West of England Metro Mayor, has said he "vigorously and entirely" denies the allegations.

By John Wimperis, Local Democracy Reporting Service

Call for action on path safety

SOUTH Gloucestershire Council is being urged to make urgent repairs to a section of the Bristol & Bath Railway Path where a cyclist crashed and suffered a brain haemorrhage.

Emanuele Ziglioli, aged 50, spent ten days in a coma after the incident in August next to Siston Common.

The steep stretch of path, between a bridge over the Avon Ring Road from Siston Hill and Warmley, is uneven because of tree roots pushing up underneath the surface.

Katie Moss, of Bristol Cycling Campaign, told the BBC: "People have been reporting issues here for quite a long time. It shouldn't take accidents to have to fix key arteries like this."

A council spokesperson said: "We are aware of an accident on the path in which a cyclist was injured, and we wish them a full and speedy recovery. We inspected the area and installed warning signs. As with any highways issues, repairs are assessed and prioritised, and work at this location will be carried out as soon as possible."

The council is encouraging anyone who spots a defect anywhere on the highway network to report it at tinyurl.com/yfx4ywvn.

Robbery bid 'hate crime'

POLICE say they are treating an attempted robbery on the Bristol & Bath Railway Path as a hate crime.

Officers say a man in his 50s was riding a mobility scooter near Warmley Forest Park between 2.45-3pm on September 18 when he was attacked, suffering minor injuries. The three offenders, who were wearing hoods and face masks, fled into the nearby woods.

Neighbourhood Inspector Barney Mabbett said the man believes he was targeted due to his physical disabilities.

Anyone with information should call 101 and quote the crime reference number 5226 268 405.



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Building careers, as well as homes

AS the days turn colder and shorter I'm sure many of you, like me, are glad when you get back to the comfort of home of an evening.

Good homes build communities, and that's why I'm incredibly excited by our new Future Places Fund.

It's the combined authority's biggest single investment so far, at £130 million, and will help build thousands of new homes while tackling the housing crisis.

This fund is huge news for the West of England, as it's anticipated to grow our economy by up to £1 billion, creating and supporting 1,200 jobs a year in construction.

It will also open up opportunities for more investment into our cities, towns and villages.

With all this exciting development happening – including in places like Bristol Temple Quarter and Brabazon & the West Innovation Arc – we need even more skilled workers to help us put plans into action.

So, over the next three years we will also be injecting £11.5m to boost technical training, with a focus on much-needed construction skills.

Thousands of new places at colleges in our region will see on-site placements for students, alongside masterclasses from qualified trade

professionals.

With tens of thousands of new homes needed in our region, we have to take this chance to help people build careers, as well as homes.

As we face colder winters and hotter summers, it's important that our infrastructure is prepared too.

Now the West of England has been promoted to the top tier of regions, we are unlocking new funding and opportunities through devolution.

This includes the regional delivery of the Warm Homes Plan. This is great news as it will ultimately mean more comfortable homes for residents, cheaper bills, and more job opportunities in retrofitting houses with insulation and green technology.

As Christmas and the colder months approach, I particularly want to highlight our work with charities and partners to tackle rough sleeping.

The government has allocated £12.3m for the West of England for the next three years to help get people off the streets.

This new funding will help provide safe, warm places for those most vulnerable as we head into the winter.



Metro Mayor Helen Godwin
writes for the Voice

This year, almost £3m will be allocated to local councils, who are working alongside the brilliant charities and community groups across our region as we look to offer accommodation to everyone sleeping rough by Christmas – in line with a pledge made by the Prime Minister.

This is not just about helping people off the streets but giving them the support they need to move forward. Working together will help us to develop local solutions in our region as we work to end rough sleeping for good.

On housing, and so much more besides, there is plenty to be hopeful about and to look forward to in the West of England.

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Devils' toenails found in Downend

WAY back in 1967, when I was a young girl, we used to play in the fields around Baugh Farm.

We explored Bluebell Wood, the May Den, Stinker's Swamp and Grandmother's Leap.

Emerging after breakfast at weekends and holidays, we only went home when we were hungry, then out again till dusk.

One of our favourite haunts was the Sewage Farm, near the Bromley Heath Playing Fields.

It was from here that we saw the big mechanical diggers arrive which heralded the building of the M4 motorway through our territory.

Inevitably, the building site became our playground in the evenings and weekends. It always seemed to be wet, with huge sheets of mud that cracked and broke open, revealing row upon row of long, gnarled stones which we collected and proudly took home.

A visit to Downend Library identified the stones as gryphaea, an extinct genus of oyster, commonly known as devils' toenails.

They lived 174 to 190 million years ago, during the Jurassic period, when Downend's location would have been submerged in a shallow sea.

They were named because the large curled-bottom shell looks like a gnarled, oversized claw or toenail.

Unlike modern oysters that glue themselves to rocks, gryphaea lived in large colonies on soft, muddy sea floors.

The shell's large, curled bottom stopped like the hull of a boat, stopping the animal from

sinking into the mud.

Made of tough calcite mineral, the shells survived erosion and became preserved in sedimentary rock as fossils.

Old English superstition claimed these fossils were nail clippings from the Devil.

In medieval times, tradition held that carrying one as a charm could prevent rheumatism and joint pain, and they were also ground up to make medicine for arthritis.

Gryphaea fossils are a time capsule from the ancient oceans, giving us a fascinating glimpse into how bivalves evolved and what the environment was like back then.

During the Jurassic period, Britain was a patchwork of warm, shallow seas, islands and lush lowlands that supported a rich variety of dinosaurs, marine reptiles and flying creatures.

When these dinosaurs roamed the Earth, roughly 205 to 210 million years ago during the late Triassic period, the region around Bristol was not a rolling green landscape but a tropical archipelago of small limestone islands, surrounded by warm seas.

The most famous dinosaur found in Bristol is the *thecondontosaurus antiquus* (or Theco as Bristol Museum have named him).

His bones were originally found near the old Bristol Zoo in 1834.

In 1975, the remains of at least 11 other individual dinosaurs were uncovered in a quarry at Tytherington, near Thornbury.

Research has revealed that



Devils' toenails. Picture: Jenny Alcock



Thecodontosaurus antiquus. Picture: Atlantis536, via Wikimedia Commons

herds of *Thecodontosaurus* roamed the Bristol area about 210 million years ago. At a maximum of 2.5 metres it was a modest sized dinosaur, with a thick muscular tail and sharp thumb claws. It was one of the first plant-eating dinosaurs to evolve, a predecessor of the *dipodocus*.

To view the real specimens, interactive exhibits and a life size reconstruction of Theco, visit the geology department at Bristol Museum.

Downend Community History and Arts Project (CHAP) aims to create a coherent identity for Downend and Emersons Green, built around interesting or significant places, people and events from the past.

For more details visit www.downendchap.org, email big.gin@yahoo.com or write to CHAP, 49 Overhill Road, Downend, Bristol, BS16 5DS.

Jenny Alcock

NEWS

Carbon neutral plan dropped

SOUTH Gloucestershire Council has dropped plans to make the district "carbon neutral" by 2030.

A four-year nature and climate draft strategy has been approved, replacing the one agreed in 2020, and will instead focus on improving lives and health for residents and wildlife, with few targets.

A report to the council's health and wellbeing board said the council and the district as a whole were reducing harmful emissions but the rate was not fast enough to reach 'net zero' by the end of the decade. It said while renewable energy was growing, this was not at the levels needed to achieve the goal.

The new draft strategy has ten aims by 2030, which still include making the authority itself a carbon neutral council, despite a pessimistic update in the report. The aim to make South Glos as a whole net zero is replaced with a vague pledge towards "area-wide

emissions reductions".

The report said: "In July 2019, South Gloucestershire Council declared a climate emergency pledging to provide the leadership to enable South Gloucestershire to become carbon neutral by 2030.

"We wrote the original public facing strategy in 2020 and the agenda has moved on considerably since then."

The report said almost 500 residents and businesses responded to a survey asking what they thought the most crucial actions were to tackle the climate and nature emergency.

It said: "The two most important issues to residents were protection and restoration of nature and improving the quality of water and rivers. These were closely followed by support for those who are more impacted by local climate breakdown (eg, the elderly and very young, people with existing health conditions) as well as support for increasing locally based renewable energy."

The revised strategy will be submitted to the cabinet and full council in December.

By Adam Postans, Local Democracy Reporting Service

Get a FREE Grand Appeal Will and support Bristol Children's Hospital

We are so lucky to have Bristol Children's Hospital covering our area. It provides an unrivalled level of service when our youngsters are most in need.

Local solicitor John Baden-Daintree says, "The Bristol Children's hospital literally saved our 6 year old daughter's life – mobilising an expert team not available elsewhere. During her recovery we saw how The Grand Appeal charity covered the many extras that the NHS cannot – making life a bit more bearable for sick children and their families at the toughest of times"

This October our local Will experts – Simpson Solicitors – have again teamed up with The Grand Appeal.

The scheme allows you to leave a legacy to support the Children's

Hospital in your Will.

As there is nothing to pay for your Will the charity hope that in exchange people will use their Will to give a small percentage of their Estate to The Grand Appeal. It means a generous donation is more affordable, as your donation will not be taken until you have died - supporting future generations of local sick children.

There are limited places available under the scheme so book now. Then Simpson Solicitors will prepare your Will (or 2 mirror Wills for a couple) absolutely free to you. You will still receive their full award-winning service. They will check your home ownership for £7 and advise you on optional extras such as Additional Trust Protection to protect the inheritance you leave against Care Home Fees) and

Lasting Powers of Attorney.

You will still receive their award-winning service from a fully regulated law firm. It even covers Simpson's free home visit scheme for those who cannot easily get to their offices.

Michelle Baden-Daintree says "I hope many people will take advantage of the scheme and leave a generous gift in their Will to the Grand Appeal. Call our friendly team saying you'd like to make a Grand Appeal Scheme Will. Then by leaving a donation in your Will, you can gift a sick child a brighter future."



John Baden-Daintree



Michelle Baden-Daintree

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We need your new ideas

WE held a long overdue meeting at the end of September.

We tried an afternoon meeting for a change but as a result numbers were down on the usual, as people have other commitments.

Nonetheless it was useful in reviewing where we are and, if we are honest, where we may have lost our way a little bit and just fallen into "more of the same".

We'd like to change that, do more and different things. But that does mean we need more people to come forward with ideas and a willingness to put those ideas into practice.

If that's you, then please let us know. We would be particularly interested in small projects outside of the centre of the village, as we don't tend to do much there.

We are now planning our usual Christmas activities.

We will be making some enhancements to our Dame School Nativity and lights.

Now that we've inspected the church tree lights, it wasn't great news - more a rule of



Mangotsfield's Remembrance service takes place at the war memorial in Alec Large park.

thirds. A third of them, about 60 metres, were OK, a third can be and are being repaired and a third are beyond repair, so will be sent for

recycling. We will buy additional lights so that the overall effect on the tree will, we hope, be better.

We'll be building the Dame School Nativity on Saturday December 5 and will hold a Nativity carol service there on December 10, at 6pm.

Before that we have the Annual Remembrance parade and service at the war memorial on Sunday November 8 at 12.30pm.

Our next monthly Red Lion Coffee Morning will be on Wednesday November 4 at 10 am: all are welcome.

It's great to see St Peters Hospice moving into the shop next to the Dame School. We wish them every success.

And Mangotsfield Scout group have asked us to advertise that they are looking for new volunteer leaders.

The group has been an integral part of the local community for nearly 60 years, and regularly do their bit for the local community, so if you can help them please get in touch via mangotsfieldscouts.org.uk.

If you'd like to get in touch with us then please do so by email at MangotsfieldRA@gmail.com, via the ever popular Mangotsfield Matters Facebook page or telephone our chair, Clive Heath, on 07507 168700 or me on 07918 701881.

Chris Amos

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Hockey season off to great start for Bristol & West

THE new hockey season is well underway, and Bristol & West HC is making its presence felt across the regional leagues.

With standout scorelines, strong tactical discipline, and a buzzing club atmosphere at Mangotsfield School, B&W's squads have enjoyed a brilliant start to the campaign.

The Men's 1st XI are off to a flying start, with three wins out of three so far.

They started on the road with a proper 'smash and grab' job away at Swindon.

After going a goal down and levelling minutes later, with about 10 minutes to go the side conceded a penalty flick that was tipped onto the post and saved by goalkeeper Darren Ashley.

The lads went on to win the game with the very last touch of the match, the final whistle ringing as celebrations were still ongoing.

Returning to home turf, they followed up with a more composed performance to see off Royal Wootton Bassett 1s (5-2),



Bristol & West men's 1sts at Bath

then dominated in a convincing 5-0 away win over City of Bath 2s.

Top of the table, they are looking to keep the momentum going after 13 wins on the bounce, including the end of last season.

The Men's 2nd XI have made a solid start, displaying great attacking flair to see off Swansea 2s 6-0, followed by a 2-1 win away to Whitchurch 2s.

They lost a tough contest 3-1 against Cardiff University 2s, but spirits remain high moving forward.

The Men's 3s opened with a 6-6 draw with North Somerset 1s, then thumped their next two opponents 6-0 and 7-0 respectively.

The women's section has matched the men stride for stride.

The Firsts have hit the ground

running, demonstrating sharp tactical organisation, defensive solidity and clinical finishing.

Their impressive early wins - over Westberries 2s (3-2), Corsham 1s (3-0) and Team Bath 4s (1-0) - highlight the high standard of hockey being played across the board.

Not to be outdone, the L2s have also dominated early on with three wins out of three - a seriously impressive start.

Elsewhere, the club's heartbeat remains its flourishing junior section. Sunday mornings at Mangotsfield School continue to buzz with energy as new juniors pick up sticks for the first time, supported by dedicated coaches and volunteers who ensure the pipeline for local hockey talent remains robust.

Recent results saw the U14s go unbeaten at a tournament in Yate, followed by thrashing South Glos, who had a couple of adults on the pitch, 11-1.

For more information about the club visit www.bandwhc.org.uk. **Harry Bryant**



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Mangos win FA Vase thriller

MANGOTSFIELD United bounced back from three defeats in eight days to put together a run of three wins.

Coming after a hectic spell of cup runs and league matches, the 2-0 defeat at lowly Droitwich Spa proved extremely disappointing and was described by some fans as just "one game too many".

The Mangos never really got going against the Worcestershire side.

Three days later, the Mangos faced another away game, this time at Devizes Town, and once again it ended with a disappointing 2-0 defeat.

Both goals were scored by Owen Demkiv, the brother of former Mangotsfield striker Dan Demkiv, who also lined up in the Devizes forward line.

The third defeat came away at bogey side Roman Glass St

George. The Mangos trailed 2-0 at the break, and the hosts added a third goal on 86 minutes.

A week's break was just what the doctor ordered, and seven days later Mangotsfield turned in an excellent performance to defeat high-flying Thornbury Town in front of a crowd of 351 at Cossham Street.

It was a much-improved display. After a battling first half, the Mangos took the lead on 47 minutes through Mohammed Djalo. George Neill made it 2-0 on 73 minutes and, despite valiant attempts by Thornbury, Mangotsfield stood firm to stop the slide into the lower echelons of the league table.

A week later came an FA Vase fixture against Gosport-based Fleetlands FC, previously unknown opponents.

It gave everyone another break from league football and what a game it was, finishing 3-3, with four goals in a thrilling second half, before the Mangos won the penalty shoot-out 4-3.

Mangotsfield's scorers were Mohammed Djalo (32 and 72) and Owen Pritchard (49).

They now travel to Andover New Street in the next round.



Alan Williams

The return to Hellenic Premier League action brought a very welcome 2-1 win at Hallen.

The Mangos began strongly and were 2-0 ahead by 22 minutes, courtesy of George Lloyd (15) and Frankie McKay (22).

Struggling Hallen got one back in the second half but the Mangos dug in to clinch the 3 points, watched by a disappointing home crowd of just 50 spectators.

Sadly the club announced on October 15 that veteran official and lifelong supporter Alan Williams had passed away at the age of 93, two days earlier.

Alan was a stalwart of the club over so many years, and everyone who follows the Mangos knew him.

My deepest sympathy and condolences to Alan's family and friends.

Dave Smale

Upcoming fixtures:

November 7:

Droitwich Spa (home)

November 10:

Thornbury Town (away)

November 14:

Banbury United Development - Hellenic Challenge Cup (A)

November 17:

Highworth Town (H)

November 21:

Hereford Pegasus (H)

November 28:

Royal Wootton Bassett Town (A)

Owls are flying high

DOWNEND Flyers' Under-13 teams are making their mark in the Bristol Girls League and County Cup.

Our U13 Kites are enjoying an unbeaten start in the highly competitive Division A of the Bristol Girls League, and are also mid-table.

The Kites recently produced an outstanding performance in the County Cup against local rivals BOCO, securing a convincing 5-0 victory to book their place in the next round.

It's a fantastic result for the team and a great reward for all their hard work.

Our U13 Owls are also unbeaten, and sitting second in Division B of the Bristol Girls League as the Voice went to print.

They carried their excellent league form into the County Cup, putting in an incredible performance to defeat Longwell

Green Pumas 8-1 and secure their place in the next round.

Our U13 Nightingales have made a brilliant start to the season in Division C of the Bristol Girls League, currently sitting comfortably in mid-table.

Under new management, the team has benefited from an incredible amount of time, effort and commitment from its coaches, who are working hard to help the girls develop, grow in confidence.

Their progress is a credit to everyone involved.

Across all three teams, it's fantastic to see the girls enjoying their football.

We believe success is about more than results, and are creating an environment where the girls fall in love with the game.

We're delighted to support the opening of the new Pomphrey Hill hatch and community café, which will give our players and spectators the chance to enjoy warm food and drinks on match days.

Upcoming fixtures see the Firsts away to Bristol Brunel, the Reserves away to Cinderford Town Ladies and the A team home to Leckhampton Rovers on



The Downend Flyers U13s Owls team

November 1.

A week later the Firsts are home to Hartpury women, the Reserves home to Bishops Cleeve Ladies development and the A team home to Berkeley Town.

On the 15th, the Firsts are at home to FC Abbey Meads, the Reserves away to Longlevens Ladies and A team home to Southmead Reserves.

On the 22nd, the Firsts are home to Gloucester City Women reserves and the A team home to

Rodborough.

The Firsts away to Corsham Town ladies on November 29, with the Reserves home to AEK BOCO development and the A team away to Leckhampton Rovers.

All home fixtures are played at Pomphrey Hill and Johnson Road, with 2pm kick-offs.

We would love to see local supporters coming along to cheer the teams on.

Steve Poole

How to find a good chiropractor

If you've never been to a chiropractor before, how do you know what makes a good one? And how do you find one?

I've enjoyed more than 20 years in practice and I think the answer is actually pretty simple. Good chiropractic care should be about you – not just about your back – and certainly not just about clicking something. So, what should you look for?

Start with someone you can trust

In the UK, chiropractic is a regulated healthcare profession and every practising chiropractor must be registered with the General Chiropractic Council (GCC). One of my strongest recommendations is to look for a chiropractor who is a member of the British Chiropractic Association (BCA). The BCA promotes high standards of professional practice, patient safety and evidence-informed care. Its website has a useful search facility to help you find a BCA chiropractor near you. It's a great place to start when looking for someone you can trust.

Find someone who really listens

Your first appointment should be about understanding you and your problem. A good chiropractor will take time to listen, ask about your medical history and understand how your symptoms affect your work, sleep, exercise and everyday life.

Wear comfortable clothing or sportswear because you should expect a thorough physical examination, including appropriate orthopaedic and neurological tests.

I often say that this initial assessment should feel more like visiting a musculoskeletal specialist than simply

popping in for a quick fix.

Ideally, you should be seen in a private treatment room where you can discuss your health openly and comfortably.

What about scans?

Sometimes we need more information.

At Cleve Chiropractic, we're very happy to use imaging when it's clinically appropriate. We have in-house X-ray and diagnostic ultrasound facilities and we can arrange MRI scans when needed.

The important thing is to use the right investigation for the right patient, rather than scanning everybody routinely.

Safety and informed consent

Before treatment begins, your chiropractor should check for warning signs, or red flags, that might require further investigation or referral.

Sometimes the best thing a chiropractor can do is recognise when a patient might need to be seen by a different type of healthcare professional.

Your chiropractor should explain their findings, the treatment options, potential benefits and risks and reasonable alternatives. You should have the opportunity to ask questions and make an informed decision before treatment begins.

Beware of the hard sell

Here's something I feel quite strongly about.

If you visit a chiropractor and suddenly find yourself being encouraged to sign up for an expensive package of 20 or 30 treatments, particularly before you've had a proper assessment or understood your diagnosis, I'd suggest being cautious.

Of course, some conditions require ongoing care and a sensible treatment plan with regular reviews is perfectly reasonable.

But if your appointment starts feeling more like a sales

presentation than a healthcare consultation, consider that to be a red flag.

You should never feel pressured into paying thousands of pounds upfront or committing to months of treatment.

Good healthcare should be built around what you actually need, with progress regularly reviewed and treatment adjusted accordingly.

It's about far more than backs

Yes, chiropractors treat backs and necks and manipulation can be an extremely useful treatment. But in an average week I'll also see problems involving shoulders, elbows, wrists, hips, knees, ankles and feet, as well as certain types of headache.

A good chiropractor shouldn't just ask, "What can I click?" They should ask, "What does this person need from me?" That might involve hands-on treatment, rehabilitation, an exercise programme, expert advice or a suggestion to work alongside other healthcare professionals.

Look beyond the treatment room

This is probably one of the things I feel most passionately about.

Our job isn't just to help someone feel better today. It's also to help them stay healthy, active and independent in the future.

For example, that might involve discussing a work desk setup and ergonomics, exercise, returning to sport or identifying habits that contribute to recurring problems. It also means sharing wider public advice around the four pillars of good health: movement, nutrition, sleep and managing stress.

Sometimes these conversations can be every bit as valuable as what happens on the treatment table. Ultimately, find a chiropractor who listens, examines you properly, explains things clearly, respects your choices and genuinely cares about your long-term health.



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Cleve make a superb start

CLEVE made a blistering start to the rugby season, blowing away their first three opponents to top the Regional 2 Severn table.

After a tough pre-season game against what appeared to be the majority of Wootton Bassett's 1st XV, league fixtures started with a visit to Keynsham.

Cleve were very much firing on all cylinders and well-prepared for a team who had been a tough opponent last year.

In the first five minutes the backs moved the ball wide, with Chuckie Evans prominent in the loose. Pressure and a break by Ashley Wildgoose created a try under the posts. Minutes later, Cleve centre Tom Jones broke through and the forwards went over to make it 14-0, with Mr Consistent Matt Jarvis slotting the over the conversions.

Keynsham pressured Cleve's line, where their second row popped up to score, but Cleve responded with good ball movement to score three converted and unanswered tries to make it 35-7 at half-time.

The second half saw Andy O'Donnell come on, completing a front row partnership with son Harry.

Cleve started to excel and

scored a wonderful team try to make it 40-7 before debutant Tom Jones came to the party, going over twice, first after a fake to the wing and then after a great break by Matt Lane, who must have beaten nearly ten players.

The forwards were playing extremely well, as Cleve relentlessly pounded the Keynsham line.

The ball was smuggled between Harry O'D and Chuckie, who took it over to make it 61-7, before Bryce Sherriffe scored his first try for Cleve and Tom Jones crossed the line for his third of the game, to make the final score 75-7.

Cleve veteran Tony Davis summed up the game by saying, Cleve's defence and offloading were both immaculate.

At home in Mangotsfield Cleve seconds took on Yate, an up-and-coming club. After a tight first half, with Cleve up by a few points, they scored after a breakout and eventually won 26-15.

New coach Simon Clarke said it was a tremendous result, and a good start in a new league.

The 1st XV's took on Wotton Bassett 2nds in their first home league game, and it was obvious from the outset that Cleve were by far the stronger team.

Tom Jones scored the opening try after only nine minutes, with more tries from Nick Coe, Matt Lane and Bryce Sherriffe securing a bonus point after only 28 minutes.

Wotton Bassett then lost a player to a yellow card after conceding several penalties through desperate defence.

Cleve flanker Connor McKinney then ran a superb



Louis Morgan and Harry O'Donnell on guard duty

line to cut back against the flow of passing to score under the posts. Two more tries were scored before half time, by Bryce Sherriffe and Matt Lynch, before Wotton Bassett scored an unconverted try in the 38th minute.

Matthew Jarvis converted six of Cleve's seven tries to make it 47-5 at half time.

More of the same followed in the second half, with Henry Williams scoring after only two minutes.

A Cleve yellow card had no effect on their attacking style of rugby, with replacement centre Jake Campey scoring two quick tries in the 51st and 53rd minutes.

A second Cleve yellow card briefly took Cleve down to 13 players but again this did not affect the flow of play: more tries were scored by Harry O'Donnell, Bryce Sherriffe and Jake Campey, the latter two from 35 and 40 yards respectively.

Wotton Bassett scored a second unconverted try at the death but the final score was a thumping 87-10 to Cleve, with Jarvis scoring 22 points and both Bryce Sherriffe and Jake Campey ending with a hat-trick of tries on their home debuts.

Whilst attack was the name of the game, Cleve's defence was outstanding throughout, especially after conceding the yellow cards; special mention in this respect must go to Ashley Wildgoose, out of retirement after three years, and Leo Holbrook, who just likes "smashing" people!

Cleve's next fixture was away to Newbury Blues, who were expected to provide a much sterner test and give the team an indication of how the season is likely to progress.

Another thumping win, this time by 50 points to 0, bodes very well for the games to come.

**Steve Bateman and
Lyn Smith**

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Join us at our open day

BRISTOL u3a is hosting an open day at Emersons Green Village Hall.

If you drop in on November 26, between noon and 3pm, you'll be able to find out about u3a as a whole, chat to local group leaders and also make suggestions for new local groups.

Most of the 35 groups that are local to this side of Bristol will be there, together with others representing Bristol u3a as a whole.

To give you an idea about how groups work, here's what a member of the Folklore group says: "We'll agree a topic like 'rivers', and then share relevant stories the next time we meet. Recently, we heard about Sabrina, the goddess of the River

Severn, and also stories about ancient mythical rivers like the Styx and the Lethe.

"I enjoy the wide-ranging and free-flowing approach. We're usually a small group, so everyone can be heard."

This is a common format for all discussion groups: decide on a topic ahead of time and then everyone contributes.

If you're interested in crafting, the Eastside Crafters group either work on their own projects while enjoying a natter, or one member explains how to do a favourite craft and everyone joins in.

One member says: "As a new member of u3a, everyone made me very welcome."

Another says: "It's been fun to step out of my comfort zone and learn new crafts."

If you are looking for something more

physical, you can chat to representatives from the Weekend Amblers walking group and both of the two local Daytime Disco groups.

Amblers members enjoy routes of 3-5 miles, while the organisers of the discos offer safe spaces for members to dance their worries away, while rediscovering moves (and muscles) long-forgotten.

If you can't make the open day, why not join one of our café socials? In November you'll find us at: Ivy's in Hanham Hall on the 6th, Turners in Fishponds on the 10th, the Crafty Egg in Fishponds on the 18th, Hillfields Community Centre on the 19th and Mokka Downend on the 30th - all at 2pm except Ivy's, which is at 10am.

You can also email me at learnlaughlive@bristolu3a.org.uk.
Lindsay Gough

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Britain's Installation Company of the Year is on your doorstep – and in the running to keep the title

Last year The Window Hub was named Installation Company of the Year at the G-Awards, the fenestration industry's biggest night. It was one of three national awards the Bristol, Exeter and Cardiff firm took home in 2025.

This year the judges have called them back. The Window Hub has been shortlisted to defend Installation Company of the Year at the G26 Awards, and is also a finalist for the Business Excellence Award on the same night. Before that, at the National Fenestration Awards on 24th October, the company is up for Customer Care Company of the Year and its Managing Director, Daniel Robb, is a finalist for Managing Director of the Year.

Four national finals in one year is rare for any installer. For a local,

independent company, it's almost unheard of.

Daniel, who has worked in the industry for over 30 years, says the credit belongs to the whole team. "Being asked to defend the title is a huge compliment, but the judges are really just confirming what our customers already tell us. Every installer, surveyor and office colleague we have is measured on one thing: would that homeowner recommend us to a neighbour? That's the award that matters."

Most of The Window Hub's work is replacing tired windows and doors in homes people already love, so the team is used to working carefully around family life and leaving every room clean and tidy. Installations are FENSA registered, and every job comes with an insurance-backed



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