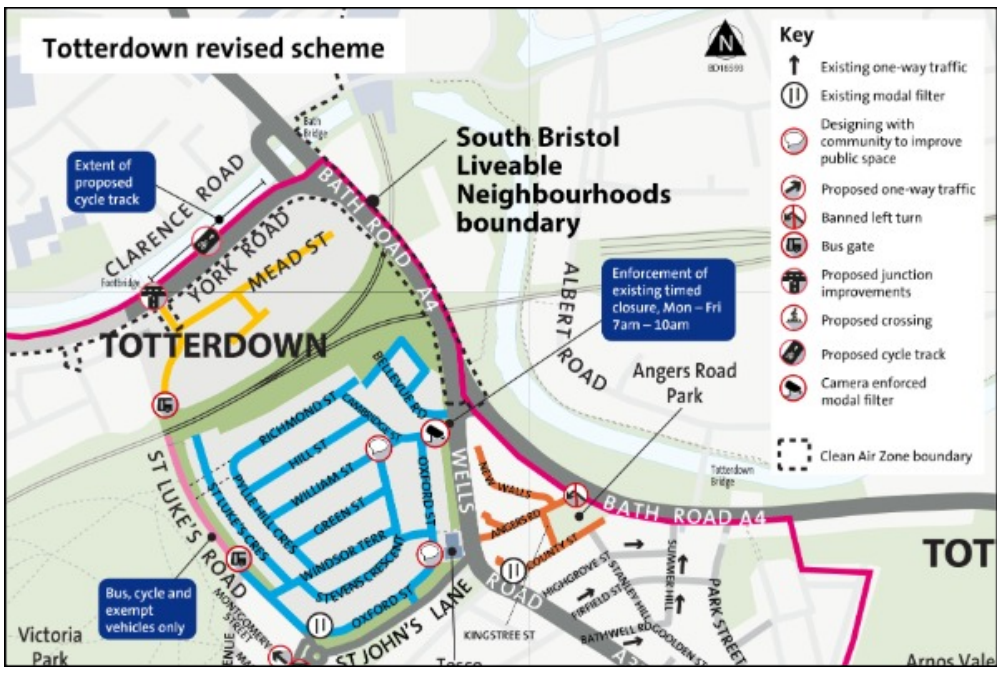
The Talk of Totterdown

The Newsletter of Totterdown Residents Environmental and Social Action Community Interest Company
Issue No 82, Autumn 2026 www.tresa.org.uk

South Bristol Liveable Neighbourhood - *revised plans for Totterdown*

Details of which proposals are likely to be taken forward as part of South Bristol Liveable Neighbourhoods have now been published.



The revised Totterdown proposals include:

- Dropping plans for one-way roads across the area
- Moving the proposed bus gate on St Lukes Road to just north of its junction with Hill Avenue and adding four bus stops for the number 16 bus
- Installing a camera to enforce the timed morning closure on Cambridge Street onto Bellevue Road
- Exploring options with residents and businesses to improve a small section of William Street
- Retaining plans for a banned left turn from Bath Road into Angers Road
- Retaining plans to work with businesses and residents in the area to design new public spaces on a section of Oxford Street next to Totterdown Square
- Taking forward a Residents' Parking Scheme in Totterdown (Pylle Hill area only)

The Transport and Connectivity Policy Committee will consider the next steps for the SBLN scheme in December. If approved, plans would be submitted to the West of England Mayoral Combined Authority to seek the funding to build the scheme. There will be statutory consultations for the Traffic Regulation Order-dependent elements of the scheme early in 2027 before any permanent changes are made. This will be a further opportunity to support or object to specific changes to roads, such as traffic filtering measures and the bus gate.

Totterdown Art Trail – homegrown and thriving!

Celebrating its 26th year, this year's Art Trail takes place over the weekend Saturday 14 November (11 am – 6 pm) and Sunday 15 November (11 am – 5 pm).

In our increasingly isolated times, there is something radical about opening your home to the world. In this spirit, and in celebration of the Art Trail's origins in Totterdownian deep lore, the theme for this year's Trail is 'HOMEGROWN'. Expect some inspired reflections on the idea of home and hearth, and no doubt an abundance of fruit and veg-related iconography!

This year's organising committee is headed up by Cameron Townsley (also known by her artist name, Cameron Iona) and Leanne Winter, both long-time Art Trail aficionados. This is a perfect weekend for indulging in art, food, drink and taking a peek in Totterdown's lovely homes, as well as visiting community venues, cafes, pubs, and churches. The Trail is set to host over 130 artists, including old hats Barney Wharam, Leanne Winter Art, Jess Knights Creative, Kaleidopop, Lucy Grepne, Peskie Studios, Juliet Fleming, Wildflower Cards, and Melanie Wickham. More information on participating creatives can be found on our website https://totterdownartstrail.org/

In addition to art available for viewing and purchase, there will be a series of workshops (including some exciting cyanotype workshops!), activities for kids, and competitions with juicy prizes. Do also make time for a visit to the super popular ArtMart pop up store!

As in the past two years, this year's event is sponsored by the local estate agency Boardwalk, with venues marked out with the familiar Boardwalk signs. In addition the familiar Ducksy flags will be flying at full-mast to guide you to venues open throughout the trail, and a carnivalesque spirit will inhabit the streets. Don't forget to look out for the giant octopus… (if you know, you know!). Maps of the Trail - available online and in most local venues on the day - will tell you where you can go for food, a loo break, or some coffee (or, of course, something stronger!)

You can also follow the trail on Instagram at @totterdownarttrail to keep abreast of all we have to offer… with plenty of surprises in store!

I look forward to opening my house for the Trail, and designing my fourth consecutive Art Trail cocktail, which will be freely flowing for all that walk through our doors (there will be sweet treats for children). I hope to see you in my front room, or out on the Trail, very soon!

Sahar Shar






Featured artists above: Emily Gibbard, Leanne Winter, Wild Urban, Revival Glass

Jubileeathon is back – and this year we're chasing the Sun!

Friends of Jubilee Pool

It's time for the annual **Jubileeathon**, our biggest fundraiser of the year for our much-loved community pool.

258 miles to run/8,873 lengths to swim, four cities, and one enormous Sun. This year, the Jubileeathon is chasing Helios, Luke Jerram's spectacular seven-metre-wide sculpture of the Sun, on its travels around the country. A 24hr sponsored relay will take place over the weekend of 10-11 October at Jubilee Pool - sponsored participants are aiming to swim, run, cycle, walk and cross-train the equivalent distance to each of Helios' destinations …

Jubilee Pool Bristol → National Museum Cardiff
3,248 lengths / 44.4 miles
National Museum Cardiff → The Exchange, Birmingham
Cumulative total: 11,163 lengths / 152.6 miles
The Exchange Birmingham → Derby Cathedral
Cumulative total: 14,126 lengths / 193.1 miles
Derby Cathedral → Wakefield Exchange, West Yorkshire
FINISH! 18,873 lengths / 258 miles

Over the 24 hours, every length swum and every mile clocked up in the gym will push us a little bit further along our journey towards the Sun. **Team Water versus Team Land... Who will get us to Helios first?**

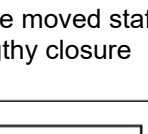
We'll also have some of our special swim sessions throughout the Jubileeathon, including Accessible, Naked, LGBTQ+, Silent Hour, Family Fun and lots more, so there really is a chance for everyone to get involved. At the moment there are four machines available for Team Land, who do have a slight advantage. It is, after all, considerably quicker to cycle a mile than it is to swim one. But we have an army of swimmers in Team Water, and my money is on them!

Grab your ticket, get sponsored and help us keep Jubilee Pool afloat **https://events.humanitix.com/jubileeathon-2026**

Rachel Heaton, Trustee, Friends of Jubilee Pool (Bristol) Ltd
https://jubileepoolbristol.co.uk/friends-of-jubilee-pool/

Update on Knowle Library… TRESA has received the following update from Bristol City Council Head of Libraries:

"Knowle Library has been closed since March 2nd. The library closed due to concerns about the safe evacuation of library customers from the first floor as the car park was closed due to structural instability, and the Centre facilities management company changed, with gaps in critical health and safety documentation. We had hoped to have more timely and positive news about a re-opening date but the Council's Corporate Landlord are still in negotiation with the Centre developers about a way forward to re-open. Until this is concluded, we are unable to inform the residents and the library customers. In the meantime we have moved staff to Wick Road which is opening for longer hours. I apologise for the lengthy closure but we remain committed to re-opening a library for Knowle residents."



JOIN TRESA - Together we can make a difference

TRESA brings Totterdown residents together with the aim of improving and protecting our environment, and promoting an inclusive and engaged community. Members influence the projects we undertake and join us in providing a strong voice on issues of local importance. Membership is for anyone aged 18 years or over, living in Totterdown.

Full membership for Totterdown residents is £5 per year

Associate membership for people who live outside of Totterdown is £3 per year

Membership fees help fund community projects and ***The Talk of Totterdown*** newsletter

To join or renew your membership visit our website www.tresa.org.uk and pay via PayPal or complete the details below and post with cash or cheque (payable to TRESAcic) in our letterbox by the Post Office counter in Tesco.

Name ..... Date .....

Address ..... Postcode .....

Email .....

What a crazy summer we have just had - torrential rain then scorched earth and resultant drought. I think the high temperatures kept few from venturing out in the heat of the day with 'siesta culture' proving the most sensible option! And so I want to send special thanks to all of those in our community who have kept us going!

Local businesses have ensured their staff and customers have been well looked after during the heatwave. Sensibly closing their doors when record temperatures were recorded but still ensuring we could all get just what we needed to keep ourselves fed (and sane!). Big thanks to our tip top local independents!

One incredible result of the extremes of weather seems to be the amount of moths, butterflies and other wildlife which residents have recorded in public spaces and their own back gardens. Once again a record number of TRESA Garden Awards were handed out this year, proving that small urban spaces really can offer a home to some amazing wildlife. Our aim is for 30% of the TRESA area to be wildlife friendly with diverse ecosystems. You can find out more about Totterdown Urban Nature Reserve at https://www.tresa.org.uk/totterdown-nature-reserve/

Finally congratulations to our near neigbour Windmill Hill City Farm - a thriving and much loved community amenity which recently celebrated 50 years providing a safe place for local people to enjoy nature. *Carolyn Jones, Editor*

For TRESA updates, meeting dates and updates visit ***www.tresa.org.uk***

Totterdown's Heritage: Amazing!

The Water Maze in Victoria Park is sited near the full size basketball court on the St Lukes Road side of the park. The maze was designed by Peter Milner and constructed between 1983 and 1984 by the Avon County Community Environment Scheme and Bristol City Engineers. It was built to celebrate the end of sewage flowing freely into the River Avon.



The maze measures about 8.5 metres and is in fact a labyrinth featuring a spiralling pattern of shallow brick channels through which water used to flow slowly centre outwards. The design is called unicursal as it is a continuous path which has no dead ends. This design is inspired by the labyrinth roof boss of St Mary Redcliffe church. The perimeter is approximately 19 metres and has 25 ceramic plaques at regular intervals. These tell the history of the water supply and its effect on public health, from the benefits of the early conduit, and the deaths from the cholera epidemics in 1832 and 1849, to the new sewers in the 1850s and sewerage improvements over a hundred years later.

Children and adults alike like to walk the maze and find the quickest path to the edge. If you stand in the middle and talk you get a very strange effect where it sounds like you are standing on a deep well!

The maze was originally supplied by spring water flowing from an old pipe originating in Knowle Hill. This pipe is part of a historic water system that once carried clean water to St Mary Redcliffe Church in the 12th century. Unfortunately it has now run dry, and has not had water flowing through it for several years. There is a petition to reinstate the water running to the maze - on 38degrees 'Victoria Park water maze needs water!' - if you would like to add your name. ***Miranda Ford***

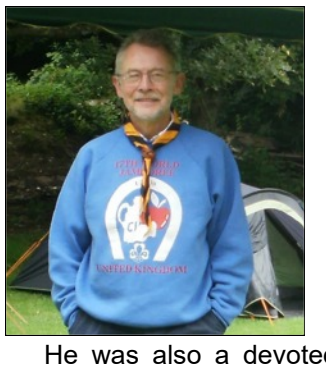
We Are Totterdown: A Fine Art Photography MA at Bath Spa

We Are Totterdown is a photographic project that explores the character of Totterdown through landscape and portraiture. The work considers how photography can be experienced beyond traditional gallery settings, using public space as a site for display and engagement.



The project consists of two connected strands. The first focuses on large-scale black-and-white landscapes of Totterdown. Constructed from multiple prints and installed in public locations, the landscapes explore place, memory, and local identity. The second strand focuses on colour portraits of Totterdown residents, creating a contemporary record of the area and the people who live there. Presented alongside short quotations or observations, they contribute to a broader portrait of the neighbourhood.

At its core, *We Are Totterdown* explores ideas of place, identity, belonging, and representation. Through photography, publishing, and public display, the project seeks to create a visual portrait of Totterdown and the people who define it. If you would like to participate or find out more, please contact me at jon.kent25@bathspa.ac.uk ***Jon Kent***



Colin Trowbridge

(6.2.1938-13.8.2026)

Always local to Totterdown (except when evacuated to Backwell in WW2), Colin died in August, peacefully with his family at his side after a life well lived.

Colin was known to many for his 80 years as a member of 175th Bristol Scout Group starting as a Wolf Cub and going on to be an Assistant Scout Leader, Group Scout Leader and finally a Trustee and Vice President.



He was also a devoted member of Totterdown Methodist Church with service to the Sunday School, choir and music groups.

He was artistic too and particularly enjoyed turning his hand to making fancy dress costumes for his children to wear to Totterdown Area Festival in the 1980s as can be seen in the photo of the Trowbridge trio!

Colin always found the good in everything and truly appreciated all the small joys of life. He was loved by all and will be missed, especially by his wife Barbara, 3 children and 7 grandchildren.

On hearing of his death, one of his previous Scouts commented 'If ever the word gentleman was appropriate, it would be to describe Colin. May your campfire never be extinguished. Godspeed my friend'.



Late spring and summer 2026

Provided by Barry Horton of the Totterdown weather station
http://www.bristolweather.org/

We live in extraordinary times on several fronts. The climate and resulting weather is one of them. There's a lot of weather to catch up on starting with the spring and summer summaries, followed by the individual month reports.

Spring summary 2026: This spring was the 2nd warmest, after 2025, with respect to the average temperature, since data started for the city in 1891 (136 years). The mean temperature was 12.6°C, 1.9°C above the 30 year average. It was the higher than average maximum temperatures that contributed most to the +1.9°C temperature anomaly. The spring rainfall at 111.7mm, was the 18th driest out of 145 years of data. The 30 year average for spring in Bristol is 179.5mm so 2026's rainfall represents 62.2% of the average.

Summer summary 2026: 2026 was the warmest summer since records began in Bristol 136 years ago (following on from last summer - at the time the warmest on record). The average temperature of 20.5°C was 0.6°C warmer than 2025. The 30 year average for the summer months in Bristol is 17.7°C so 2026 was 2.8°C above the 1991-2020 average. The summer rainfall was below average with 128.7 mm for the 3 month total. It was the 20th driest in 145 years of data. The 30 year average summer rainfall is 212.7 mm so 2026 was 60.5% of the average. In 22 years of data the summer (recorded as a percentage of the maximum sunlight possible at the site in South Bristol) recorded 63.6%. This was approximately 9% above the average sunshine percentage of the same period.

May 2026 - It was the third warmest May since continuous records began in Bristol. With an average temperature of 15.7°C it was 2.0°C above the 30 year average for Bristol. The warmest May was in 2025 when the average temperature was 16.0°C. The rainfall for the month of 45.8mm was 73.4% of the 30 year average. The average pressure for May in the last 8 consecutive years has been 1020mb. No other month since the data started in 1993 has shown that consistency. The highest daily maximum temperature of 34.2°C on the 26th was the highest recorded for May (or June, until this year, see later) since the data started in 1938. For five consecutive days in May (24th-28th) the daily maximum temperature reached over 30°C. Interestingly May was distinctively divided up into two climatological sections. In the first 18 days of the month the average temperature was 12.5°C which is 1.2°C below the 30 year average for Bristol. The last 13 days of May saw an average temperature of 20.2°C which is 6.5°C above the same 30 year average. Within one month that is quite a contrast and perhaps makes the point that averages can mask extremes.

June 2026 - The most notable weather event of June was the heat wave - 21st to 26th June - 6 consecutive days saw daily maximum temperatures rise above 30°C. The maximum temperature of 37.6°C recorded on 25th was the highest ever at this site. The average daily temperature of 30.4°C recorded on 25th June was a record high for any month at the Bristol site since this data started in 1993. The average temperature was 19°C, 2.4°C above the 30 year average. Interestingly, as in May 2026, the month divided into two different temperature regimes. For the first 15 days of June the average temperature was 15.5°C. For the second 15 days the average temperature was recorded at 22.6°C. This was an exceptional month with regard to temperatures. Rainfall at 87.5 mm was 143.2% of the 30 year average. It was also the windiest June with the highest wind gust for the month of 37mph (both since 2017.)

July 2026 - An exceptionally warm, dry and sunny month, eclipsing several previous records. It was the driest month of any since June 1925 in Bristol, and the driest July on record in 145 years of continuous data with only 1.3 mm recorded. There were also 23 consecutive days without any rain. The July average temperature of 21.7°C was the equal highest with 1983. This was also the equal highest average monthly temperature of any in all the Bristol data which, with a few gaps started in 1853! It was the sunniest month on record with 74.3% of the maximum sunshine possible. The previous sunniest month was May 2020 at 74.2%. We had the 4th highest daily maximum temperature for the month with 34.3°C recorded on the 10th, and the 2nd highest daily mean temperature at 27.9°C since the data started.

August 2026 - The August average temperature of 20.7°C was 2.6°C above the 30 year average (1991-2020) of 18.1°C for Bristol. It was the 4th warmest August since continuous records began in 1891. The August rainfall of 39.9 mm was just 48.1% of the 30 year average. There were only 16 hours in the month when measurable rainfall fell and there was an 11 day consecutive spell when no rain fell. It was the second sunniest August since the data started in 2005 with 60.1% of the maximum solar radiation. The 36.1°C maximum daily temperature recorded on the 13th was the highest daily temperature since records began in 1937.

Let's hope these last two months are not setting an irreversible trend. If they are our climate will see significant changes that will affect us all.

Glyphosate Free streets - St Luke's Crescent, Totterdown

We are now a glyphosate free street! We have a history of organising community street cleans, so when a message popped up on our group WhatsApp asking if people would like to be part of the council's Community Weeding Scheme, there was a positive response! Someone agreed to be our nominated street co-ordinator, and took care of all the paperwork and communication with the council.

We needed a simple majority response from each household to opt out of glyphosate spraying, so a group of us met to collect votes from our neighbours. I undertook some research into glyphosates, to give an informed opinion whilst canvassing but most people were very happy to be part of the scheme without wanting to know more.

Whilst collecting votes, we also asked if people would be happy to help with weeding - a great opportunity to meet your neighbours whilst doing something positive for your community. So we now have a street weeding WhatsApp group too! We organised a couple of weeding sessions on different dates, completed our required risk assessment and various neighbours loaned tools and volunteered their green waste bins to collect the weeds in. The response from passers by and neighbours was very positive and the only tricky part was looking out for moving cars and trying to access the weeds which had been parked on! (Find details about the Community Weeding Scheme: ***https://www.bristol.gov.uk/residents/streets-travel/highways/road-maintenance/community-weeding-scheme***)

All in all, it's been a very positive experience. Looking at the recent rainfall, it might be time to organise another weeding session! ***Emma Dangerfield***

Friends of School Road Park

Back in 2012, a group of Totterdown residents were concerned that the park on School Road had been declining for years. They joined with TRESA and made an application to The People's Millions Lottery Fund, and £80,000 was secured. Local residents, TRESA and Bristol City Council then worked together on renovating the park which is now well used by local residents, children at Hillcrest Primary School, and Totterdown Children's Community Workshop.

TRESA successfully argued that School Road Park should have Local Green Space (LGS) status to give it the strongest protection from developers in the future. Bristol City Council (BCC) is now updating its Local Plan and 175 sites were proposed for this important LGS designation, including School Road Park. However, Central government planning inspectors told BCC to remove the LGS designation completely. The Council is now proposing a weaker designation of Protected Open Space. Furthermore, some of the park equipment is broken, some is deteriorating, and this hot summer has reinforced concerns that there is a lack of shade around the play equipment.

These issues have highlighted the importance of having a 'friends' group for School Road Park. There are over 60 volunteer-led Friends of Park groups across Bristol. These groups help the Council to consult with park users, promote park plans, organise events and group activities and raise money for improvements.

We set up a School Road Park users survey to capture current use, concerns and ideas for the future, and more than 80 local residents have already shared their views. The deadline for completing the survey has been extended to midnight on 31 October 2026 to enable readers of the Talk of Totterdown to give their views. The survey can be found via the QR code or link https://forms.gle/EwUf86Zb9S46Nfdt9

Dorothy Lovell & Zoe Sutcliffe

Honey on the Hill

The Totterdown bees in the community orchard were busy foraging and pollinating throughout the Spring and Summer, and we were able to take a modest harvest of honey while being confident of leaving the bees with sufficient stores for the winter.

In August the frames from the top super of the hive were removed (without any bees), the honey stores uncapped, then spun to separate it from the wax, and bottled in jars at an event hosted by Meeplenook. The jars have gone to sponsors and helpers with the very first one being raffled at the 'Bake for the Bees' event on 12 September! Big thanks to everyone who entered the fundraising cake competition and bake sale for the bees, and to everyone who bought raffle tickets. Together we raised almost £400 to support Totterdown Bees Project.

Anne Silber, Totterdown Sprouting

Butterflies and Moths …

Although it has been a very hot summer it did seem as if it was going to be a bumper year for butterflies - although the Butterfly Conservation Trust are now saying they don't think this will be the case. They run the Big Butterfly Count which some of you might have joined in with this summer. It ran from 17 July - 9 August and results will be out soon.

According to the TUNR INaturalist project we've had sightings of Holly Blue, Red Admiral, Small Copper, Brown Argus and Gatekeeper butterflies in our gardens and green spaces. I've also seen Comma and lots of Painted Ladies earlier in the summer and of course Large While Butterflies, but didn't get photos so haven't reported them in the project (one of the drawbacks of Inaturalist).



We've also had several reports of the colourful day flying moths Jersey Tiger (pictured), Scarlet Tiger and the rather fabulous Hummingbird Hawkmoth. These seem to have been all over the area this year - enjoying the salvia 'Hotlips' growing in a number of gardens and really loving the valerian, often seen as a weed but a valuable source of food for any number of bees, butterflies and moths as well as other insects. If you don't know what any of these butterflies or plants look like do have a look online.

If you have a smartphone you can sign up for an INaturalist account for free and record your sightings, if you manage to get a photo of them. You don't have to join the TUNR project but you do need to turn on your location settings for photos on your phone so that when you upload them, they are automatically recorded as part of the TUNR project. The newest version of INaturalist will also try and identify insects and plants etc for you, these can then be verified by experts on the app. It's a good way of learning to ID them for yourself. This year we have had 99 different species of insect, plant or bird recorded by 26 observers so far. Have you got anything to add?

To help butterflies and moths we need lots of pollinator plants but it's also worth knowing what food their caterpillars eat. Some can be very specific! Have a look at the Butterfly Conservation site, or the Wildlife Trusts sites for ideas of plants to grow to help out your favourite butterfly or moth. And as always, you don't have to give your whole garden or growing space over to wildlife, just one extra plant for pollinators will make a difference.

This autumn…

- try to avoid tidying up the garden too much
- if you're choosing bulbs for spring try to choose ones which offer food for the emerging spring bees and other insects
- take a few cuttings of plants to swap with neighbours in the spring. Salvias are especially good for this, generally easy and successful - lots of tutorials online as to how to successfully do this. Who knows - you might have Hummingbird Hawkmoths in *your* garden next year!!

Do let us know if you've seen any other butterflies and get in touch if you'd like a bit of help with INaturalist or have any questions about it. Also get in touch if you have an idea for a nature related event **tunr@tresa.org.uk**

Penny Russell, TUNR

View from the Chair…



The revised plans for the South Bristol Liveable Neighbourhood scheme in Totterdown have now been published.

You may remember that, in 2025, TRESA's local survey found opposition to: a bus gate on St Luke's Road (banning most motor vehicles from driving through); permanent closure of the exit from Cambridge Street to Bellevue Road/Wells Road; no through traffic on William Street between Henry Street and Cambridge Street, and; the extensive one-way street system. However, there was some support for camera enforcement of the existing timed restriction at Cambridge Street, and banning the left turn from Bath Road into Angers Road. We also found views were broadly balanced for and against a Residents' Parking Scheme.

We were pleased to see that the results of Bristol City Council's own public consultation were in line with our findings: St Luke's Road was nominated as an important "connector road" for motor vehicles; there was support for a timed (rather than permanent) closure of the Cambridge Street access to Bellevue Road/Wells Road; "a high level of concern" was raised about the one-way system, and; 50% or more agreed with a residents parking scheme for the Pylle Hill area of Totterdown.

It looks as if some of the views of local residents have been accepted: dropping plans for one-way roads across the area; installing a camera to enforce the timed morning closure on Cambridge Street onto Bellevue Road, rather than permanently closing the road to most motor traffic, and; retaining plans for a banned left turn from Bath Road into Angers Road to address a notorious rat-run.

Perhaps the most controversial element of the revised scheme is the proposed bus gate on St Lukes Road. Numerous residents have asked "Why?" given that it was nominated as an important 'connector road' for motor vehicles. We hope officers and councillors will be able to provide more information about why this is being taken forward, and the potential impact on St Johns Lane and Wells Road which are the proposed alternative routes.

Other proposals for our area include exploring options with residents and businesses to improve two 'public spaces': a section of William Street (between The Sundial Kitchen and The Shakespeare pub) and a section of Oxford Street next to Totterdown Square. TRESA hopes to contribute ideas to both of these proposals when the next stage of the process is clarified. We hope you will also give your views.

There are also plans for a Residents' Parking Scheme in the Pylle Hill area of Totterdown and, again, we encourage you to take part in the consultation when the process is made clear. In the meantime, we will do our best to keep our members and the wider community informed. Do get in touch ***hello@tresa.org.uk*** if you have any concerns or opinions you would like to share with us. ***Suzanne Audrey***

THANK YOU: We are grateful to Jon Evans, landlord of The Oxford pub, for the generous £100 donation to TRESA. Cheers Jon, we'll spend the money wisely!

Totterdown Front Garden Awards



Despite the excessively hot and dry summer weather, many residents of Totterdown continue working hard to keep their gardens attractive and to brighten up our streets. The Front Garden Award judges gave out almost 400 awards this year covering four categories: Front Garden planting, Small Garden, Nature Friendly and Grow to Eat. Thank you to all the judges – we couldn't do it without you!

We are grateful to local resident Emma, our final judge, who made the difficult decision of who should win the prizes this year. Totterdown Traders vouchers were awarded for the winning gardens (which were in Hill Street, Upper Street and Bushy Park). Thank you to all the gardeners out there!

Back Pain Advice

Nobody should have to live with back pain. Lucinda Newbound, Director of Back In Action and a local Totterdown resident, runs Back In Action on Park Street, College Green. She's been working in the back care industry for most of her life, helping people to fight back pain through her family business.

"Everyone is unique, so back care should be tailored to individuals. We've got some great tips for the people of Totterdown but we really recommend getting a professional assessment if you're struggling. You'd be surprised how many great options are available!"

So what are her top recommendations?

- ***Tip One: Start now!***

Back pain is a common problem that people tend to ignore, and can get worse over time if not treated! Our first tip is easy: take a step towards fighting your back pain **today.**

Start your back care journey as soon as you can and it will be easier to keep the momentum going. If you don't know where to start, speak to a doctor, or email ***bristol@backinaction.co.uk*** for advice.

- ***Tip Two: Move More!***

Improvement through movement is Back In Action's core philosophy. Movement is crucial for preventing spinal stiffness and staying active. This doesn't have to mean a whole new exercise routine. Movement can be woven into your daily life! We suggest you start boosting your daily movement through changing position regularly, using active chairs, or sit-stand desking.

- ***Tip Three: Stretch That Spine!***

Gentle stretches can make a big difference. One example of a good desk-stretch is to cross your arms over your chest, grip your shoulders, and gently rotate your torso. If you need a little help, then stop by our Bristol store to try our spinal stretching mat for free! You can also find some great tutorials online for stretching.

These tips are a good start, but there's lots more to try. For back care advice and a curated collection of back care products, visit Back In Action, 42-43 College Green, Bristol, BS1 5SH



Lavender Broom: Tut, tut!

Fellow Residents

Please accept my apologies if you overheard Mr Broom's somewhat colourful language recently. He was in the garden here at Totterdown Mansions, tidying round the vegetable patch, and discovered that his gardening gloves were covered in the latest deposit from the new cat that has moved into the street. Just as the vicar arrived to discuss our contribution to the Harvest Festival, my dear husband could be heard shouting about what he would like to do to "that b****y animal".

Over tea and macaroons, the reverend reminded Mr Broom that the prophet Isaiah described the Kingdom of Heaven as a place where animals and human beings live together in harmony. Mr Broom pointed out that the cat's name is Chairman Miaow and it looks as if it has been reading a different book.

It was an awkward afternoon tea to be honest, even though we had offered our biggest and best butternut squash for the harvest display, but it did make me think that cat excrement is an important topic for my campaign to Tidy up Totterdown and Tactfully Uphold Taste (Tut, Tut!)

I have put the issue on the agenda for the next meeting of Totterdown Improvement Group. Edna, who always gets carried away, has been taking photographs to illustrate the problem. If you are coming along to my talk, please be reassured that I will not include too many graphic examples in my presentation.

In the meantime, I have been researching what can be done to enable Mr Broom and Chairman Miaow to live together in harmony.

A simple 'Keep out' sign will not do the trick. Cats in the UK have a recognized legal right to roam. This means it is not unlawful for a neighbour's cat to enter your garden, and their owners are not liable for trespass or for any mess left behind.

The best approach is to place deterrents around the garden so that it is not easy for a cat to dig into the soil. Mr Broom has popped out to buy a roll of chicken wire to place strategically around the vegetable patch. Apparently, cats dislike the rough metal texture on their paws. It certainly worked the last time we had this problem, when Sir Pounce-a-Lot lived four doors down.

Just between us, I quite like Chairman Miaow and his owners seem friendly enough. So, while Mr Broom is out, I thought I would pop round to discuss the problem with them and tactfully suggest that they provide an indoor litter tray for their pet to use. Wish me luck and, if you are a cat owner yourself, please do what you can to live in harmony with your gardening neighbours. *Tut, tut!*

News and views from your local councillors…



We would like to start by saying what an amazing community Totterdown is, and we hope that it continues to thrive.

You may have heard that across the nation many screenings of the National Emergency Briefing on Climate and Nature have taken place. However, if you have missed the opportunity to attend one, we are organising a screening of this very important film, with discussion on October 17 2026. Starting at 4:30pm at Windmill Hill Community Association, it will be a great opportunity to come together and discuss the climate emergency and what we can do about it, as a community. We will be hosting the event, and it would be great to see as many people there as possible, so do please visit the Eventbrite site to book your tickets, which are free of charge.

We would also like to remind everybody to participate in the Resident Parking Scheme consultation, which is now published alongside revised proposals for South Bristol Liveable Neighbourhoods 2026. . Go to Bristol City Council website and search for parking measures. Please know that we are listening to everybody's concerns about proposals. However, these low traffic neighbourhoods are so needed. There is a climate emergency and the National Emergency Briefing film we will be hosting explains it clearly and the actions that we can take. Therefore, all attempts to tackle this in any small way are helpful. These sometimes controversial schemes will have a profound impact on our future urban lives and the environment we all live in. Please support our efforts to make things better for the future.

We would also like to big up the Victoria Park Action Group (VPAG) who have been working persistently over 20 years towards making the Victoria park lodge into a community asset. With help from Windmill Hill City Farm we are closer to making this happen. Recently preliminary architectural designs were drawn up and a local survey has been analysed. Survey results show overwhelming support for the lodge to become a local community cafe with toilets - this is brilliant news and I hope that we can all agree having decent toilets in the park is something that should be a given, not a luxury.

We would like to end by saying how wonderful it is to serve you all as your local councillors; that the community of Totterdown has provided so much good, and that your efforts make good contagious!

Cllr.Ed.Plowden@bristol.gov.uk / Cllr.Lisa.Stone@bristol.gov.uk
Green Councillor Group office: Tel:0117 3526155/6

Diary dates for Autumn

Bruhaha - Nano brewery, neighbourhood pub/tap room. Fun and cosy Autumn entertainment in the Basement.

- 'The People's Comedy' fortnightly 2nd and 4th Thursday each month.
- 'Bunkerdown' sessions on Saturdays with different DJs or crews

Regular kitchen takeovers for an ever changing menu of delicious food including this October Frankie's Chicken and Apocalypse Bao.
Music, comedy, quiz nights, workshops…
www.bruhaha.beer

Carouse - A great local hangout for relaxed and informative wine tastings for every level to collaborative events with chefs, artists and musicians. Faye Buckley and the team are celebrating their first year in Totterdown Square!

- Oct 21 Wine tasting: Contemporary wines from Central & Eastern Europe

The venue is also available for private tastings as well as full venue hire.
www.carousewines.co.uk

MeepleNook - Totterdown's smallest bar and a warm and snug nook for events, games, and private parties.

- An evening of mini quizzes and party games for 6 to 20 people. Your own private bar and host who will guide you and your party through games including, Heard Mentality, Monikers, Code Names, Wavelength and Just One.
- New Murder Mystery – All aboard the Revenge Wave, your very own private yacht setting off from Totterdown Harbour for 8 to 12 people £20pp. You choose the decade from 1920s decadence, to groovy 60s or rock the 70's plaid and paisley look!
- Festive Flower Circle making evenings with Floriography (Nov 29, 30 & Dec 1). Glorious Christmas creations with local flower legend Vera providing insight into the traditions and meaning behind each flower and berry.

www.meeplenook.co.uk

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THANK YOU TOTTERDOWN AND SURROUNDING AREAS
We have enjoyed our time serving the community for over 17 years, but unfortunately due to high costs we are relocating. We will still be providing the same service, only we will not be able to accommodate walk in customers, but the good news is that if you ring our mobile number **07575 780262** we will provide a pickup and deliver service.

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We provide Winter Flu Jab and Covid-19 services
Covid-19 Vaccination for those 75 years and above
Summary of those recommended to have a flu vaccine…
•everyone aged 65 years and over
•everyone under 65 years of age who has a medical condition (including children and babies over 6 mths)
•all pregnant women, at any stage of pregnancy
•all children aged 2 and 3 years (must have been aged 2 or 3 years on 31 August before Autumn flu vaccinations start)

*Pharmacists now treat **seven common conditions** and even provide some prescription medicines if needed, all without having to visit your GP or get a prescription first.

These conditions include:
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Sore throats (ages 5+ years)
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Infected insect bites (ages 1+ years)
Shingles (ages 18+ years)
Sinusitis (ages 12+ years)

180A Wells Road Mon-Sat 9am-7pm



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