

Southmead News & What's On

Issue 86 Summer 2026 **Free** Donations Welcome



By: Lucille Smith
Community Development Manager
Southmead Dev Trust

A huge wave of thanks to everyone who came along to this year's Southmead Festival. So many of you said you had a brilliant day at 'Southmead-on-Sea', soaking up the fun, sunshine, and seaside spirit of this one-day holiday together as a community.

More than one hundred of you told us what you loved, and did not love, about this year's festival by filling in a Keep in Touch card. The results have been a cheerful tide of positivity, with big thumbs ups for the theme to be beside the seaside (beside the sea!).

The Keep in Touch cards also automatically entered each person into

a £50 shopping voucher prize draw – and the lucky winner has now been notified – well done that person, you know who you are!

Also a massive bucket-and-spade-sized thank you also to the volunteers who rolled up their sleeves – and maybe even their trousers – to get stuck in and help the Southmead Development Trust team make the day shine. Dawn did a splendid job welcoming everyone in at the door, and Bill played his wonderful keyboard music to begin the day. And warm thanks to our sponsors and donors for helping towards the costs and keeping the fun afloat.

We transformed Greenway Centre with great joy into its own little seaside escape, complete with

INSIDE

- P.3 Festival Photo Albums
- P.7 Seaside Memories
- P.8 Southmead Men Out of Ten
- P.9 Gardening for Wellbeing
- P.10 Arnside at Heart
- P.11 Discombobulated Girls
- P.12 Southmead Players are Back!
- P.13 Recovery and Safe Use
- P.14 Notices and What's On
- P.15 Times, Places, and Info
- P.16 Greenway Support and Advice

donkey rides, a fun fair, and a huge paddling pool for anyone who fancied a cooling dip. Our community performers filled the air with fantastic seaside songs, and highlights for me included Horsebox Hobo's Sea Shanties; they

continued on page 2 →

← continued from front

sang 'Naughty Pirate' to the tune of 'Drunken Sailor' (and made a naughty pirate walk the plank and do Star Jumps!). I loved the children's fancy dress parade with the incredible Afro Mermaid.

I also loved the Seaside Memories Hut, sponsored with thanks to St Monica Trust, where older folk shared treasured seaside memories from summers gone by, along with the Southmead Churches Together tea tent, where everyone was kept properly refreshed with a cuppa and a smile. Our team from The Ranch Link Forward ran a children's postcard design competition - the winning design from Zoe is opposite; she wrote: "the festival was AMAZING! But the sirens of the police car was a bit loud".

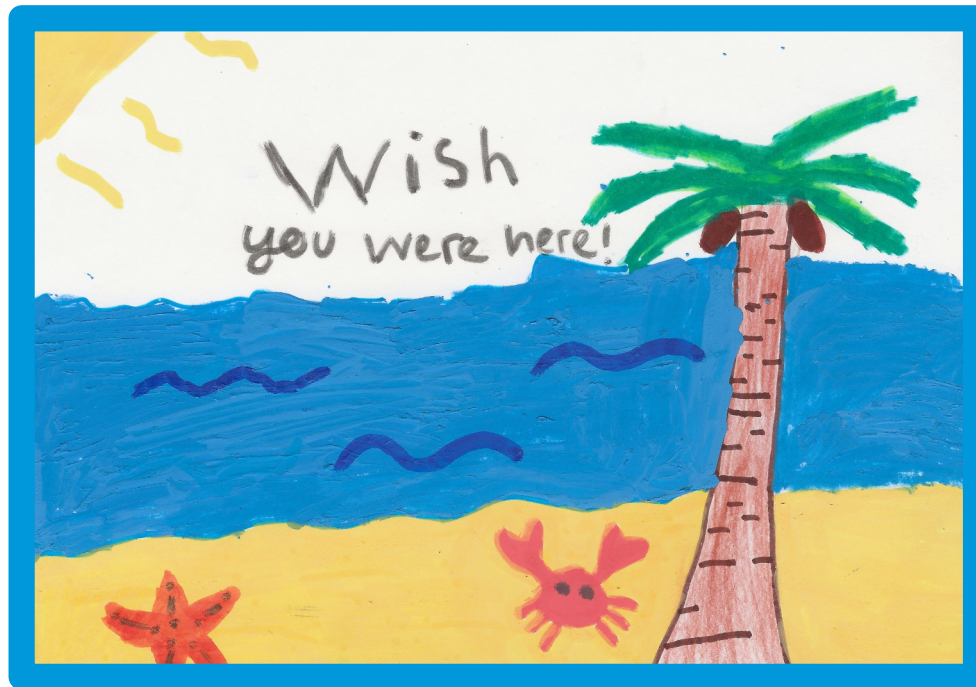
What was your favourite catch of the day? Although our prize draw competition is now over, we would still love to hear your comments, ideas, and suggestions to make next year's festival even brighter.

The day would not have been possible without help to set sail. A huge thank you to everyone who provided free activities and joined us to meet the community.

Residents asked us to include more photos from the Festival in The Mead and you will find the holiday photo albums over the next few pages - do enjoy. If you use social media there are also many more photos on the Greenway Facebook page.

We are already beginning to chart the course for the next Southmead Festival on Saturday 24th July 2027. The Southmead-on-Sea theme has been so popular that it is likely we will all go to the 'beach' together again! If you would like to volunteer, perform, or put on a free activity, it is never too soon to get in touch. Contact Lucille, Email: lucillesmith@southmead.org Tel: 0117 950 3335.

Thank you for making the Festival such a joyful splash – we cannot wait to 'sea' everyone next year!



"The festival was AMAZING! But the sirens of the police car was a bit loud".

Thanks

To our Festival Sponsors







And a special thank you to all our volunteers, and partners

Southmead Rugby Football Club
Southmead Churches Together
Raised In Southmead
Travelling Kitchen CIC

Bristol Family Hubs
 SS Great Britain
 Sirona Care & Health
 Bristol Brunel Lions Club
 Bristol Energy Network
 Diverse Artists Network
 Bristol Fashion Choir
 North Bristol NHS Trust
 Royal West of England Academy

Huge thanks for Raffle Vouchers donated by

Cherry Bakes-Well
Mush Aesthetics and Beauty
Greenway Gym
BS10 Barbers
Cafe Des Amis Southmead
Roger Gracie North Bristol
On A Roll Cafe
Star Fish Bar Southmead
Union Arms
We Make Bristol
Watershed




Southmead Festival Holiday Snaps!



Oh We Do Like to be Beside . . .



Southmead-on-Sea-side . . .



Oh We Do Like to Be Beside the Sea!



Seaside Memories with Neighbours!

By: Simone Davis
Neighbours Connect Southmead Manager
Southmead Dev Trust

In the last year our brilliant Neighbours Connect Southmead team has matched more than twenty new participants with volunteers. Volunteers visit our participants regularly to keep them company at home, accompany them out and about, and help with tasks and social activities. Without our dedicated volunteers our participants would otherwise feel isolated or alone.

Part of the service is a Monday Lunch Club, every other week, here at our Greenway community hub – everyone meets up for tasty food and fun group activities. This lovely gang also gathers for day trips out together, and last month they enjoyed a wonderful visit to Clevedon Pier.

We had such an amazing time taking our group of older, disabled, people out to enjoy fresh air and beautiful surroundings. We were lucky to have a lovely sunny day which made the visit even more special. For a couple of our members, it was the first time they had ever been to Clevedon. Others reminisced during our bus ride that decades ago, when they were younger, they would visit Clevedon with boyfriends for a romantic day out!

We had a delicious fish and chips lunch at Glass Box restaurant, which is on the pier itself, with a port hole looking out to sea! We spent time strolling along the historic pier, taking in the stunning coastal views, and eating ice cream! Everyone enjoyed chatting, relaxing, and making the most of the warm weather.

A comical highlight of the day was that we had to push the rollators at a zigzag angle to avoid the holes in the old pier's wooden boards – that made us all laugh!

The trip was a great success, giving everyone the chance to get out, socialise, and create happy memories together.

Did you join us in the Seaside Memories tent at this year's Festival? We had some wonderful chats with



residents who also made postcards to hang on our postcard memories line.

If you know an older person living in Southmead who is looking for

company, do ask them to contact us so we can share details about our Monday Lunch Club.

Tel: 0117 950 3335

Email: wellbeing@southmead.org



New: Southmead Men - Out of Ten?



By: Karen Hurley
Wellbeing and Learning Manager
Southmead Dev Trust

We are working with a fantastic charity you may have heard about – Talk Club. Our work here at the Trust is always in partnership with other organisations or charities and we are delighted to be planning new Talk Club meetings in Southmead.

Talk Club support groups always begin with the question - how are you out of ten? Here at the Trust we share the view with Talk Club that mental health is as important as our physical health, and that talking sessions are a gym session for the mind – helping people to become mentally stronger and fitter. Talking about worries is something often regarded as something men 'do not do' or know how to do, so Talk Clubs are vital.

We need your help to set up a Talking and Listening group at our community hub Greenway Centre, and we are now looking for volunteer Talk Club Captains – could this be you or someone you know? Volunteering would mean leading a new group (with full training and support provided) and attending once a month for two hours. A new group could be set up around your availability.

I would love to hear from you if you would like to find out more about volunteering to be a Talk Club Captain, or coming along to a Talk Club once it is up and running:
Email: wellbeing@southmead.org
Tel: 0117 950 3335

TALK CLUB
CAPTAINS WANTED.

Free Health and Wellbeing Coaching

What would you like to improve?
I can help



If you are aged 16+ and worried about your health - or an existing health problem becoming worse, do contact me, David, so we can meet up to talk about . . .

...
Physical activities

...
What you eat

...
Activity Groups

To book your free coaching sessions, scan the QR code below with your phone camera, email, or call us.



davidsully@southmead.org
0117 950 3335
www.southmead.org
Greenway Centre,
BS10 5PY

New: Gardening for Wellbeing

By: Jen Fox
Nature Wellbeing Groups Facilitator
Southmead Dev Trust

I am delighted to have recently joined the Southmead Development Trust team and am excited to begin exploring how nature, gardening, and time spent outdoors can support our health, wellbeing, and community connection.

Greenway Centre has long been a place where residents come together to learn, connect, stay active, and support each other. We now have some opportunities to extend that sense of community outdoors - for people and nature to thrive together.

I would love to hear your ideas for the community garden and how we can work together. How about your thoughts on more wildlife-friendly areas, more types of flowers, fruit and vegetables, or creating opportunities for gentle outdoor activity and social connection? You may simply want to let me know what would make the garden feel welcoming and enjoyable for you. Every idea, suggestion, and offer of support is valuable. Whether you have gardening experience, practical DIY skills, time to volunteer, or are a complete beginner, there is a place for you here.

I am also thrilled to be launching a new wellbeing group this September – Greenway Nature Wellbeing Project. In this group we will slow down, connect with others, and find a sense of calm. Together, through a range of nature-based activities, we will explore different ways to deepen our connection with nature, while helping to care for and enhance the natural spaces at Greenway.

So whether you are looking to improve your wellbeing, meet new people, or just enjoy the benefits of connecting with nature, you will be warmly welcomed.

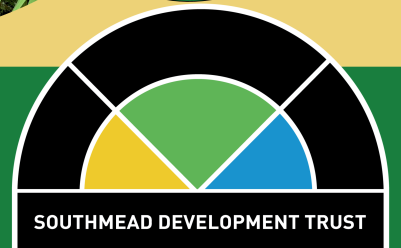
To join us for this free six-week nature-based programme to support mental health and wellbeing, starting Monday 21st September, please contact me - I can then let you know the times for the sessions.
Email: jenfox@southmead.org
Tel: 0117 950 3335

Greenway Nature Wellbeing Project

Starts Monday 21st September for 6 weeks



wellbeing@southmead.org
0117 950 3335
www.southmead.org
Greenway Centre, BS10 5PY



Arnside at Heart

By: Amy Kinnear
Chief Executive Officer
Southmead Dev Trust

You will have noticed things changing on Arnside with new planting, landscaping, and seating to make the area more welcoming. Children from Little Mead Primary School helped to redesign Embleton Road Playground. These improvements are the first visible steps in a much bigger, long-term vision for the heart of Southmead.

The Arnside Masterplan was developed by Bristol City Council, Southmead Development Trust, and Southmead residents. Together, we created a vision to bring more affordable homes to our community, improve the shopping area, strengthen community facilities, and create greener, healthier public spaces.

Thanks to investment from Bristol City Council, Homes England, Power to Change, and many other partners, we are now moving into the next phase of progress.

The largest project is Glencoyne Square - to create 177 affordable homes, a new public library, community gym, flexible spaces for local businesses and community organisations, and a new pedestrian street linking to Arnside. Work is now heading towards construction.

Bristol City Council is preparing to begin work on 23 new council homes on the former White Hall site on Embleton Road. White Hall holds special memories, and although it became unsafe for use, the site now gives the opportunity for new community social housing. There will be a mix of one, two, and three bedroom, energy efficient, and accessible homes; they will be surrounded by high-quality landscaping, new trees, and better pedestrian routes. Construction is expected to begin this summer, with the first residents moving into their new homes in 2028.



Across the road, Brunelcare is also planning improvements for Lilac Close, where five ageing bungalows will be replaced by 20 modern, energy efficient, accessible flats for people aged over 55 - available for social rent. The whole site will also be improved with planting, new pathways, seating areas, and raised planting beds, to create welcoming outdoor spaces where residents can enjoy gardening, meet neighbours, and continue living independently within their own community.

To keep everyone involved and up-to-date with the latest, our team are now on Arnside every Wednesday to meet residents and shopkeepers to answer questions and listen to ideas - we would love to chat with you so do stop by the pop-up stand.

Pictured above is our community meeting, held in June, at On A Roll. Residents, businesses, community organisations, councillors, and local partners came together to discuss safety, support for local businesses, and the developments taking place across Arnside. The response was so positive that we will be holding another meeting in the autumn, and

everyone is welcome. The pop-up team will have information soon about the date for this meeting, along with a large event we are planning: Let's Talk About Housing, where we can all get together to discuss the types of homes Southmead needs, affordable housing, and whether a local lettings policy should give priority to people with a connection to the area.

For more info and event dates you can sign up for our digital news, if you are online, by visiting our website: www.southmead.org. If you would like help with signing up just ask our pop-up team or visit Techy Tea Party any Monday at Greenway Centre (11am - 12.30pm).

Also, contact us directly at any time with questions about Arnside - Tel: 0117 950 3335

Email: info@southmead.org

(Below: Lilac Close plan)



Discombobulated Girls



By: Emily Biggin
Children's Link Worker
The Ranch Link Forward
Southmead Dev Trust

I am the newest member of the children's team and am really enjoying my new role. By providing safe spaces to meet, play, and chat, The Ranch Link Forward service supports children aged 7-13 who have been referred to us. We help with mental health, literacy, social skills, and confidence building.

I was delighted to have recently co-facilitated a fantastic pilot project for primary-aged girls with our partners Girlhood Reclaimed. Together we met a group of girls at Badock's Wood E-Act Academy to explore questions about what being a girl means, how gender roles are taught, and how girls show resistance and strength when something does not feel right.

During the first few sessions we looked at terms like sexism and

internalised misogyny. This led to the group choosing a name for themselves – The Discombobulated Girls – which we all thought was a hilariously adept description of the confusing nature of modern girlhood.

We then looked at where girls learn about gender roles and expectations, which created a range of conversations around what it means to grow up as a girl in today's world. As the girls shared and supported each other's experiences, they built strong bonds of friendship and trust.

Other sessions saw the girls create a variety of different projects to understand what they need from the world to feel safe and empowered. This included planning a town together and designing placards to be used in protests. While some of the conversations were very heavy, there was a spirit of resistance and hopefulness which

THE DISCOMBOBULATED GIRLS



Primary School Pilot Project 2026

Girlhood Reclaimed

made the sessions incredibly meaningful.

Over six weeks we witnessed a powerful sense of collaboration and cohesion between the girls with sessions being emotional, hilarious, and nurturing all at once. We felt deeply privileged to be able to help these girls on their journeys, and we hope they now have some additional tools and education to make more sense of their world.

I loved being part of these amazing sessions with Rae and Tatiana from Girlhood Reclaimed, and with the pupils from Badock's Wood School – a huge thank you to all of them.

If you are online, you can read more about The Ranch Link Forward service on our website – www.southmead.org, or contact us for further ways to find out about our work, Email: info@southmead.org, Tel: 0117 950 3335

Southmead Players are Back!

By: Kristian Baxter
Director - Southmead Players

The Southmead Players are back – oh yes they are! Get ready Southmead to cheer and boo from your seats! We officially announce our sparkling return to the Greenway stage, this December, with an enchanting, action-packed production of Jack and the Beanstalk.

Set to ignite the festive spirit at Greenway Centre on Saturday 12th December, we will be bringing pure pantomime magic to the community with two spectacular performances at 12pm and 3pm.

You can expect a spellbinding experience packed with classic panto charm, laugh-out-loud slapstick, and dazzling theatrical spectacle. New for this year is an immersive in-the-round setup. The stage will sit right in the centre of the audience, sweeping everyone directly into the action, as brave Jack climbs the giant beanstalk to the mythical castle in the sky.

The glittering local cast features: Kristian Baxter as our heroic lad, Jack Trott; Reuben Loader as the beautiful Princess Jill; Sarahanne Marsh Brewer bringing plenty of giggles as Simple Simon; Nick Pearce donning flamboyant frocks as the hilarious Dame Trott; Tom Hayne stirring up wicked trouble as the villainous Slimeball (boo, hiss!); and Daniel Bryant stomping onto the stage as the towering, fearsome, Giant Blunderbore.

With plenty of audience participation, enchanting stagecraft, and classic family entertainment, it promises to be an unmissable festive extravaganza for all ages.

Rehearsals are going brilliantly as you can see in the photos here opposite.

Thanks to Southmead Development Trust for working in partnership with us for this production.

Jack and The Beanstalk

Date: Saturday, 12th December

Showtimes: 12pm and 3pm

Tickets: info to follow



Save the Date

Saturday 12th December

Southmead Winter Festival at Greenway Centre

Southmead Players Panto - Jack and The Beanstalk

Greenway Christmas Mini-Market

More details coming soon . . . look out for flyers

Support for Recovery and Safe Use

By: Rob Watson
Peer and Community Development
Coordinator
Southmead Dev Trust

Recovery looks different for everyone, but nobody needs to do it alone. Whether you are taking your first steps to recovery, or have been in recovery for years, we offer a range of activities, groups, and support to help you along the way.

If you would like to find out more do visit our website What's On: www.southmead.org, or call and leave me a message: Tel: 0117 950 3335 Email: wellbeing@southmead.org

Every Monday from 5-6pm, in the Greenway Gym Boxing Zone, we offer **Sober Wolf** recovery boxing sessions. Inspirational coach Rich Donlan offers a welcoming and supportive session for all abilities (18+). No previous boxing experience needed, just come along and give it a go.

On Wednesdays from 2-3pm are **SMART Recovery meetings** at Greenway Centre. These are for anyone who wants to address unhelpful or unhealthy behaviours around drug and alcohol use. Meetings are practical, supportive and focused on helping people build the skills and confidence needed to make positive, lasting changes.

On Thursdays once a month, 12-4pm, we offer a **drop-in support session** at the Greenway Support and Advice Hub. Our friendly mentors are available to chat, and offer info about safe drug and alcohol use. Whether you have questions, are looking for advice, or just want to find out more, please come and say hello.

Every month **Sober Social** at The Ranch is becoming even more popular – it is for anyone aged 18+ who would like an evening of pool, table football, music, food, and soft drinks. Whether you are in recovery, supporting someone else, or are just looking for an alcohol-free space to socialise, new faces are always welcome (pic opposite - Sober Social at Southmead Festival) →

Sober Social Like a pub but better!



Last Sunday of every month, 5-8pm

Free and fun, with food, soft drinks, music, pool, and more. For ages 18+

info@southmead.org
0117 950 3335
www.southmead.org
The Ranch, Doncaster
Road, BS10 5PV.



Greenway Centre - Free Weekly Activities

	Monday	Tech Device Support 11am - 12:30pm
		Pom-pom Making 2pm - 4pm
	Tuesday	Sporting Memories 10:30am - 12pm
		Art (Painting & Drawing) 1pm - 3pm
	Wednesday	Card Making 10am - 1pm
		Board Games 2pm - 3:30pm
		Horizon Disability Friendship Group 6pm - 8 pm
	Thursday	Coffee and Chat Morning 10am - 12pm
		Walking Group 10am - 12:30pm
		Ukulele Group 1 - 1.45pm
		Singalong for Fun 2 - 3:30pm
	Friday	Knit and Natter 10am - 12pm
		Sewing Group 2.30 - 4pm

Telephone: 0117 950 3335

www.southmead.org

Greenway Market and Southmead Repair Cafe

	Saturday 29th August 12 - 3 PM	Greenway Market only
	Saturday 26th September 12 - 3 PM	Greenway Market Southmead Repair Cafe
	Saturday 31st October 12 - 3 PM	Greenway Market Southmead Repair Cafe
	Saturday 28th November 12 - 3 PM	Christmas Market Southmead Repair Cafe
	Saturday 12th December (time tba)	Last minute Mini-Christmas Market

Greenway Market is bursting with locally made delights and treats, call Greenway Reception to leave a message for the organisers.

Southmead Repair Cafe Volunteers are ready to look at your broken homewares, do bring them along to give them another lease of life!

Venue: Greenway Centre, Doncaster Road, Southmead, Bristol, BS10 5PY.
Telephone: 0117 950 3335
Website: www.southmead.org



Times, Places, and Info

Southmead Library Opening Times

Monday: Closed
Tuesday: 11pm-5pm
Wednesday: 11am-5pm
Thursday: Closed
Friday: 1-5pm
Saturday: 11am-5pm
Sunday: Closed

Southmead Community Centre

Monday
4-6pm Tae Kwon Do

Tuesday
12-2pm Lunch Club
6.30-8.30pm New Star Judo

Wednesday
10am-1pm Coffee Morning

Thursday
11am-12pm Silvacare
12-2pm Chill & Chat
1-3pm Pakistani Welfare Group (women only)
7-9pm Bingo

Friday
2-4.30pm Sequence Dancing
7-11pm Members Bar

Saturday
12midday-11pm Members Bar

Sunday
12midday-11pm Members Bar
7.30-10.30pm Irish Dancing
For info tel: 0117 950 1187

Team Southmead Meetings

11am-12.30pm

Tuesdays:
29th September
20th October
24th November

St Stephen's Church
For info, contact Deana
tel: 07790 426 609

Inclusion Southmead Meetings

11am-1pm

Thursdays:
10th September
8th October
12th November

Community Link North (Lanercost Centre)
For info, contact Deana
tel: 07790 426 609

BS10 Neighbourhood Forum

Bi-monthly on Thursdays,
6.30-8pm

Henbury & Brentry CC /
Greenway Centre

contact, email:
cllr.kaz.self@bristol.gov.uk

Pentecostal Coffee Morning

10.30am-12.30pm

Mondays
Pentecostal Holiness Church
For info, contact:
0117 987 1327

Join us for a cuppa, company
and a chat. All welcome!

St Stephen's Church

Friendship Cafe
10am-12pm Wednesdays

Baby & Toddler Group
9.30-11am Mondays (term-time)

For info
tel: 0117 959 1250

Southmead Councillor Surgeries with Cllr Kaz Self and Cllr Kye Dudd

2nd Saturday of each month at
Southmead Library
11am - 12.30pm

For more info email:
cllr.kaz.self@bristol.gov.uk
cllr.kye.dudd@bristol.gov.uk

* Please note: The Mead is
written entirely by
Humans and so we do
guarantee mistakes! *

Tell us what you think about The Mead magazine.

We really need to know your views about The Mead - good and bad! Are there things missing? What would you like to read more about? Is there too much writing, too many pictures, or not enough of either?

Tell us your views and give us your suggestions please. Just drop a note into Greenway Centre, or email us: themead@southmead.org. Thank you.

The Mead is proudly produced by Southmead Development Trust - a registered charity in England and Wales (no. 1061468), and a company limited by guarantee (no. 03044308). Registered Office: Greenway Centre, Doncaster Road, Southmead, Bristol, BS10 5PY.
website: www.southmead.org email: themead@southmead.org
Tel: 0117 950 3335. For all info visit The Mead website: www.themead.org, or call into Greenway Centre and chat with our Community Development Team.



Accepting New Patients

Register with an award winning GP surgery
located on Greystoke Avenue in Southmead.
Voted the best GP practice in Bristol 2024

Accepting new patients Why register with us?

- We pride ourselves on good access to appointments.
- You will always be offered a routine appointment within 2 weeks.
- You can contact us and make appointments via the telephone or by submitting an online consultation request.
- We operate with personal lists - you will be seen by the same GP for all your appointments.
- We have a strong, stable, experienced team of clinicians, including a first contact physio, pharmacists and a paramedic.
- We offer same day appointments for urgent matters.
- We are open in the evening until 8pm and on selected Saturdays*.
- Free car parking.
- We have a convenient on-site pharmacy, for all of your prescription needs.



GREENWAY COMMUNITY PRACTICE

*The practice
is open until 8pm one
evening per week and
is open on the second
Saturday of each
month.

Scan Here
to register with us and
start receiving expert
care from our team
within 48 hours.

greenwaycommunitypractice.nhs.uk



Greenway Community Practice
Greystoke Avenue, Southmead, Bristol, BS10 6AF

www greenwaycommunitypractice.nhs.uk

0117 959 8939



Carers Support Centre
Bristol & South Gloucestershire

Greenway Support and Advice Hub

Free - every Thursday from 12 midday



- Greenway Learning and Wellbeing
- Citizens Advice
- Energy Advice
- Food Bank (bring your voucher)

**plus much more
- just contact us
for the full list
each week**



info@southmead.org



0117 950 3335



www.southmead.org



Greenway Centre, BS10 5PY

