

IN BRIEF

Reaching retirement is a chance to plan the rest of your life. Local publisher Highwood House has produced a *Guide to Retirement Living* to help people make the most of their 'golden years', with 128 pages of practical advice from *Mature Times* editor Tony Watts. Available from 01275 331933.

Concept tea shop ATTIC, which stands for 'all the tea in China', is offering daily tea tastings at 2.30pm, using a traditional Chinese tea service. Everyone in the shop, which specialises in the retail and wholesale of loose-leaf Chinese teas, receives a free tasting and tasting notes. Tea tasting evenings, showcasing white, green, oolong, black, pu-erh and flowering teas, can also be booked in advance for groups. 115 Coldharbour Road, Redland; www.attictea.co.uk

Two Bristol women have been named Women of the Year. Pat Pilkington MBE, founder of Penny Brohn Cancer Care, and Professor Bhupinder Sandhu, Professor of Paediatric Gastroenterology & Nutrition and a Council Member of the BMA, have been invited to the Woman of the Year lunch, in recognition of their contribution to society and their achievements in their chosen field.

Mallory jewellers in Bath is holding an exhibition of jewellery by Henning Koppel, one of Georg Jensen's great designers. Get a free Koppel frog paperweight with any Georg Jensen purchase of £350. www.mallory-jewellers.com

VEGGIE ROADSHOW

Have yourself a very veggie Christmas

"Everything you ever wanted to know about going, being or staying veggie this festive season": that's what Viva!

(Vegetarians International Voice for Animals) are promising with their Christmas Veggie Roadshow, coming to Broadmead Baptist Church on Saturday 29 November.

The free event will offer vegetarians and meat-eaters alike a range of food tastings, advice on changing your diet or improving your health, and ethical gift ideas including vegan chocolate truffles from Hipo

Hyfyd. There will be Christmas- and New Year-themed cookery demonstrations, talks, stalls and competitions. Previous such events across the UK have attracted nearly 40,000 people, a third of whom were carnivores looking to cut their meat intake.

Juliet Gellatley, International Director of the Bristol-based Viva!, said: "This is essentially a fun and festive day out which is a celebration of veggie living this Christmas. For the increasing numbers of people who want to find out more about



improving their health, saving animals and protecting the environment, this is an upbeat event which will entertain and help."

The roadshow runs from 10am-4.30pm. For further information visit www.viva.org.uk/bristol

ALLO, ALLO, ALLO

A wedding car with a difference

Most women dream of arriving at their wedding in a classic car or horse-drawn carriage but Louise Stewart of Bradley Stoke turned up in a different kind of novelty vehicle: a police car.

She had feared she would miss her own ceremony at Eastwood Park, South Gloucestershire when the wedding car carrying her and her father broke down on the Aztec West roundabout just before the M5. Fortunately, she was spotted by a pair of obliging police officers, Chris Gowler and Paul Wiltshire, who came to the rescue, making sure Louise arrived at the venue in style.

PC Chris Gowler said: "We were on patrol when we spotted the broken-down wedding car, so we took the bride and her father to Eastwood Park. We are glad to have made the bride's day."



BRISTOL WOMEN'S SHOW TO LAUNCH

Bristol-based mum Caroline Sparks is launching "the ultimate girls' day out", with the first ever Bristol Women's Show taking place at Ashton Gate Stadium on 22 March 2009.

Caroline, who already runs the popular Little Monster Baby and Toddler Show in Bristol, said: "The Bristol Women's Show will be a real chance for women to indulge in all things girly and have a great day out with their friends!"

The event will feature fashion and hair shows and a host of exhibitors selling the latest must-have style and beauty products. There will also be practical advice on issues such as weight loss, financial planning and healthcare.

Caroline is offering an early-booking discount to exhibitors who sign up before the end of October. Interested parties should contact her on 01275 857805.

BRIDGE OPENING

Reader names bridge

Bristol's newest landmark was officially named at an opening ceremony, with help from a reader of the *Bristol Evening Post*.

The local newspaper ran a competition to name the £2.4m foot and cycle bridge at Temple Quay Central's floating harbour, with Delia Crozier of Knowle's suggestion of 'Meads Reach' winning over judges. Lara Darby, competition judge and representative of Castlemore Securities, developers of the £200m Temple Quay Central scheme, said: "We felt that Meads Reach captured the

historical significance the bridge has within the area and the future access it will provide for commuters and the city of Bristol."

Delia Crozier and runner-up William McQuaid, also of Knowle, both attended the opening ceremony where they were presented with prizes of Halfords vouchers of £650 and £350 by the Mayor of Bristol, Cllr Christopher Davies.

The Valentine Bridge, meanwhile, is expected to reopen in January 2010, upon completion of The Eye residential tower.