

BOPF Open Forum at Triodos Foundation

Thursday 11 December 2025, 10:30 - 12:30

Triodos Bank, Deanery Rd, Bristol, BS1 5AS, Meeting Space

MINUTES

Attendance	<p>Trustees: Christina Stokes, Chair (CS), Shelley Lanchbury, Deputy Chair (SL), David Elson (DE), Pat Foster (PF), Joanne Goldsworthy (JG), David Jepson (DJ), Trish Mensah (TSM), Gloria Morris (GM), Nigel Varley (NV)</p> <p>Staff: Minutes: Yolanda Pot, Finance and Administration Manager; Ian Quaife, Director; Suzi Mackenzie, BOPF Project Coordinator</p> <p>Attendance: 43 (Members: 39, Non-members: 4)</p>
Apologies	<p>Helena Thompson, Treasurer (HT), Eileen Means (EM), Fred & Lyn Bidwell, Norma Innes (NI), Kay Libby (CEO Age UK Bristol), Pascal Mensah, Tara Mistry (TM), Lyn Porter (LP)</p>
1.	<p>Chair's Welcome, housekeeping and introductions. Christina welcomed everyone.</p>
2.	<p>BOPF Minutes of the previous meeting The minutes of the meeting held on 14 August 2025 were approved as a true and correct record. There were no matters arising.</p>
3.	<p>Prostate Disease Awareness Prospect - Bristol and District Prostate Cancer Support Group, Tim Bond, Chair Web: prostatecancerbristol.org.uk, Email: Prospect.bristol@gmail.com</p> <p>Slides Overview</p> <ul style="list-style-type: none"> ■ Most common male cancer ■ Kills 12,000 men per year in UK ■ Affects 1 in 4 black men, 1 in 8 white men and 1 in 12 Asian Chinese men ■ Most men who reach old age will die with prostate cancer but not because of it ■ No national screening <p>Routes to diagnosis and treatment</p> <ul style="list-style-type: none"> ■ Urinary problems in older men - retention - frequency - poor sleep ■ Lower back pain ■ Increased awareness - celebrities - local awareness raising - social media ■ Close relatives with prostate cancer or breast cancer linked to brachia gene ■ Diagnosis - PSA blood test, MRI imagining, biopsy <p>Early stage - not aggressive</p> <ul style="list-style-type: none"> ■ Regular monitoring - blood tests - scans - possible biopsies if required = active surveillance ■ Increasingly widely recommended - avoids over treatment ■ Anxiety provoking - facing uncertainty and mortality ■ Some men and/or their families press for treatment to eliminate cancer <p>Early-stage treatments</p>

	<ul style="list-style-type: none"> ■ Hormone treatment and radiotherapy ■ Surgery to remove prostate ■ Both equally effective = patient choice ■ Side effects ■ Continence - bladder and bowel ■ Sexual function - erections and ejaculation ■ Focal therapy (targeted medical treatment) <p>Advanced cancer</p> <ul style="list-style-type: none"> ■ Cancer escaped the prostate capsule - local or spreading more widely ■ Hormone therapy ■ Radiotherapy ■ Surgery ■ New treatments <p>Awareness raising and prostate health</p> <ul style="list-style-type: none"> ■ Male mindset and health - if it works don't fix it ■ Power of denial and avoidance as a resilience strategy ■ Men's lack of knowledge about own bodies and the prostate ■ Prostate cancer has no symptoms until it is well advanced ■ Importance of family and partners <p>Q&A</p> <p>Q1: Do other countries in Europe test more people?</p> <p>A1: Yes — many other countries in Europe (and beyond) tend to test more people for prostate cancer than the UK does, largely because of differences in screening policy and practice.</p> <p>GB UK's approach: The UK does not have a national, routine prostate cancer screening programme for all men (unlike, for example, breast or bowel cancer). Instead, men can request a PSA test from their GP, but it is not proactively offered to all eligible men. This results in relatively lower overall testing rates compared with countries that have more organised early-detection strategies. [Men's Health Forum]</p> <p>'Recent health advisory panels in the UK have even recommended against broad screening for most men due to concerns about overdiagnosis and overtreatment, though targeted approaches are under consultation.' [The Guardian]</p> <p>Q2: I had a borderline PSA test. Given the pressure on NHS. Can this effect the decision of doctors? A2: Unlikely</p> <p>Q3: Is it best not to go on a long bicycle ride before the PSA test?</p> <p>A3: Exercise does affect the PSA test.</p> <p>Q5: What are the signs and symptoms?</p> <p>A5: inflammation of the prostate, difficulty urinating due to large prostate, pain.</p> <p>Q6: Is there is test to see whether you carry the brachia gene?</p> <p>A6: Yes</p>
4.	BREAK Coffee

5.	<p>Mayor of West of England Combined Authority (WECA) Helen Godwin Unfortunately, Helen Godwin was ill and couldn't attend, so, Ian and Suzi lead a 'Questions to the WECA* Mayor' session. Questions for Helen Godwin, Mayor of the West of England Combined Authority In Helen's absence we will pass on to her office for a response.</p> <p>Buses and Bus Services Access and Routes Why are there no direct bus routes from East Bristol to Southmead Hospital? Why have bus services to the outskirts of Bristol, including Tudor Road, been cut? Why do residents in Cotham and Redland now need two buses to reach Broadmead or local shopping areas? Why does the UWE bus only run once an hour for residents, not just students? Why was the old No. 9 bus route removed, and is there any plan to reinstate an equivalent service?</p> <p>Frequency and Reliability Why are buses so infrequent (often once an hour) in central residential areas with high numbers of older residents? What action is being taken to address cancellations and worsening reliability, which disproportionately affect older people? How will WECA reduce the need for older people to rely on expensive taxis due to poor bus services?</p> <p>Accessibility and Design Why do the newer electric buses have reduced wheelchair and buggy space? Has consideration been given to bus colour schemes to support people with sight loss (e.g. consistent colours by route)? Can WECA specify that city buses must have two sets of doors? Where buses already have middle doors, will drivers be trained to open them routinely and passengers encouraged to exit through them to reduce stop delays?</p> <p>Information Where can residents obtain printed bus timetables and transport pamphlets, especially those who do not use smartphones?</p> <p>Rail Has the electrification of the rail line from Swindon been cancelled, and if so, why?</p> <p>Employment and Older Workers What support will WECA offer to help older people remain in or re-enter the labour market, including: <ul style="list-style-type: none"> • Age-friendly employers • Career advice Practical help accessing suitable work?</p> <p>Housing and Infrastructure How will you ensure that new housing, particularly so-called "affordable housing", is of a genuinely liveable size and quality rather than "rabbit hutches"? Is it reasonable to expect older people with large homes and furniture to downsize into small flats?</p>
----	--

	<p>How will older people be involved from the start in the design and location of new affordable housing?</p> <p>Transport Infrastructure</p> <p>Will WECA fund the reversal or restoration of transport schemes paid for by previous mayors that:</p> <ul style="list-style-type: none"> • were unpopular locally • have never been used as intended (e.g. road narrowing for cycle lanes)? <hr/> <p>The following questions were also raised by BOPF members. These are primarily the responsibility of Bristol City Council (BCC) rather than the West of England Combined Authority (WECA). We will pass on to the appropriate departments.</p> <p>Liveable Neighbourhoods</p> <p>East Bristol</p> <p>Why do Liveable Neighbourhood measures in East Bristol appear to increase journey times and fuel use rather than reduce them?</p> <p>South Bristol / South Bristol Liveable Neighbourhood (SBLN)</p> <p>Will the Southville roadblocks result in changes to bus routes, and how will you ensure older residents can still access community facilities?</p> <p>Is it a requirement that there are no through-roads in Liveable Neighbourhoods (particularly South Bristol Liveable Neighbourhoods) for Bristol City Council to receive WECA funding?</p> <p>Is there a specific amount of money ring-fenced for the South Bristol Liveable Neighbourhood?</p> <p>Can that funding be allocated elsewhere if residents do not support the scheme?</p> <p>If reallocation is possible:</p> <ul style="list-style-type: none"> ○ Where could the money go instead? ○ What is the process and cost of reallocating it? <p>Construction and Roadworks</p> <p>Why is there extensive development and roadworks across Bristol with little visible progress?</p> <p>Can additional or alternative construction companies be brought in to reduce delays and disruption?</p> <p>Why are Bristol's roads and pavements repeatedly patched rather than properly resurfaced?</p> <p>Waste and Recycling</p> <p>Why are residents expected to pay for replacement recycling bins when bins are broken or thrown during collections?</p> <p>What accountability exists for damage caused during bin collections?</p> <p>Housing</p> <p>Do you agree that the housing crisis is best addressed through council-led housebuilding rather than relying on private developers or housing associations?</p>
--	--

6.	<p>BOPF Project update, Ian Quaife, BOPF Director</p> <p>Successful funding applications</p> <ol style="list-style-type: none"> 1. BIF3 funding application for the period Apr26 - Mar30. 2. Nature Town and Cities Funding bid for the period Jan26-Dec27. We will be recruiting a Nature Project Worker and Admin Assistant for this project. <p>BOPF Events Coming Up in 2026</p> <p>BOPF Open Forum (OF) - Triodos Foundation, Thursdays 10:30 – 12:30 OF1 12 February, OF2 - 30 April, OF3 25 June, OF4 20 August OF5 22 October 2026, OF6 3 December</p> <p>Challenging Ageism Workshop (CAW) on Zoom, Wednesdays 10:30 – 12:30 CAW1 21 January, CAW2 18 March, CAW3 13 May, CAW4 8 July CAW5 16 September, CAW6 11 November</p> <p>BOPF My Music, My Memories and Me! (MC) - Bristol Beacon, Fridays 13:30 – 16:30 MC1 27 February, MC2 17 April, MC3 19 June, MC4 30 October</p> <p>Death Café - Central Quaker Meeting House, Tuesdays 10:00 - 12:00 DC1 24 March, DC2 5 May, DC3 14 July, DC4 22 September, DC5 10 November</p>
7.	<p>BOPF OPEN FORUM</p> <p>Robins Foundation – for people living with dementia/Alzheimer’s. 2nd Monday of the month in January 10:00- 12:00. 20 Dec 2025, 02 Academy disco 3pm – 8pm.</p>
8.	<p>Close Open Forum meeting - 12:30 hrs</p>
<p>Next Open Forum: Thursday 12 February 2026, 10:30 - 12:30 Venue address: Triodos Foundation venue, Lower Ground Floor, St George’s Road, Bristol, BS1 5BE Signed by Chair: Christina Stokes, Date:</p>	