

SQUARELY

magazine

By The Square Club



January - March 2025 | Issue Eight

Angela Grey by Coco Tolentino



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Issue 8 | January - March 2025

EDITOR LETTER

Dear readers,

I'm pleased to introduce you to our eighth issue of Squarely Magazine – our first edition of 2025. We're here to welcome you into the new year with your seasonal dose of Bristol life, covering everything from arts to travel and events to cuisine.

January, for me, is a time of opportunity and fresh inspiration. But too often, we're nudged into restrictive mindsets: cutting out food groups with January diets, staying indoors to avoid post-holiday spending, or attempting unrealistic resets. At Squarely, we're not about limitations – we're about sharing ideas, championing creativity, and approaching the season with energy and curiosity.

In this issue, Nutritional Therapist Sarah Bayliss explores how we can build resilience from the inside out, reframing the typical January mindset to focus on nourishment rather than restriction. Meanwhile, our Features Editor Evelyn Andrews invites us to embrace wellness in the more unexpected areas of life.

For those ready to shake off the winter cobwebs, we've got plenty of ways to get out and about. Discover the resurgence of the Bristol Northern Soul Club, or follow our itinerary of 24-hours in Stokes Croft, the iconic neighbourhood recently spotlighted by Time Out as one of the coolest in the world.

Music remains at the heart of our city, and as always we're keeping our finger on the pulse. Our Ones to Watch feature introduces you to the stars of 2025, including our cover artist Angela Grey. Over in Creative Connections, we're shining a light on the artists set to make their mark this year.

In our Members' Circle, we're thrilled to introduce Andy Clarke. With a career spanning television, recipe books, and everything in between, Andy shares his journey, love for Bristol, and expert insights into all things food and dining. Speaking of food, we're talking all things Sunday Roast on page 16 with our resident foodie Pascale Loftus.

If you were one of the many newly engaged couples over the festive season, congratulations! Our wedding feature is here to guide you, with expert advice from Olivia Tripp on planning your big day, along with your exclusive invite to The Square Club's Winter Wedding Fair.

I hope this first issue fills you with fresh inspiration and plenty of motivation to embrace the months ahead!

Sophie

For all queries, comments or interest in being featured, drop us a line at editorial@squarely.com



Sophie Yardley - Editor-in-Chief

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SQU
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Weddings at The Square Club by Hannah Wilde

WELCOME

to *The Square Club*

Welcome to *The Square Club*, Bristol's Private Members' Club for the creative industries.

Established in 1990 and housed within a beautiful Georgian townhouse on Berkeley Square in Clifton, The Square was founded to create a unique and dynamic environment for like-minded creative professionals to meet, collaborate and propel their ideas forward. Today, The Square Club thrives on the same ethos. Wealth and status carry no merit here. Instead, membership consists of people with one key thing in common – a *creative soul*.

The Square community encompasses over 750 of Bristol's innovators, and provides members with an all-encompassing services offer. Along with a vibrant events programme, playing host to over thirty events a month, and an *award-winning restaurant*, The Square provides a dynamic social environment and a flexible workspace. Equipped with a boutique lounge, the Square Kitchen restaurant, the Lower Deck cocktail bar & hidden city-centre terrace, the club is ideal for working, socialising, holding events and connecting with new people. For those wanting to stay the night, members can access preferential rates on rooms and suites in the adjacent *Berkeley Square Hotel*.

Next door, you'll find *Square Works*, our high-end serviced workspace. With everything from office spaces to flexible hot-desking packages, ergonomic furniture to a state of the art fitness suite, members are left wanting for nothing.

Our network of creatives opens up endless opportunities for collaboration, inspiration, and meaningful connections. You're invited to discover more, and experience the essence of Bristol's cultural spirit within the welcoming embrace of The Square Club. Discover a place where creativity thrives, connections are forged, and inspiration knows no bounds. Come and be a part of something truly special.

Find out more and apply for membership at www.thesquareclub.com/private-members-club/



We're located on Berkeley Square!

SO FAR SOUNDS IS A GLOBAL MOVEMENT WHICH IS BRINGING THE MAGIC BACK TO LIVE MUSIC.



Written by Molly Davies. Davies is a freelance event producer, photographer and musician performing sad-gal-campfire songs turned alt-pop bangers under the stage name MLY.

With live shows in intimate spaces in over 400 cities around the world, Sofar Sounds is a global movement bringing the magic back to live music. With a focus on uplifting local artists and spotlighting interesting spaces, you're guaranteed to have a wonderful evening discovering new music in a unique setting.

We've teamed up with Sofar Bristol to bring you this Ones to Watch feature, showcasing some Sofar artists that they believe to be this year's rising stars.



ANGELA GREY

Jet-setting jazz singer Angela Grey is a firm Sofar Sounds favourite. Raised from Manhattan to Manila, and now based in Paris, Bristol has fast become Grey's favourite spot to write songs and showcase new music. Grey's debut album, Prisoner of Love, features two original songs alongside six jazz classics reimagined. Live, her voice is warm and perfectly controlled, honed from many nights spent performing in jazz clubs in New York and Paris. Grey's stage presence is unmatched, her wit meeting emotional vulnerability and offering a unique insight into both her creative process and the situations from which her original music is birthed.

Follow Angela Grey at [@itsangelagrey](#)

ANGELA GREY



Photograph by [Andrea Otiniano](#)

AKANÉ

AKANÉ

There has been a wave of live electronic projects emerging in Bristol recently, Akané being a Sofar favourite. Formed in 2022, the four-piece draw inspiration from groups such as Caribou, Bonobo, and Maribou State to create a sound that is both euphoric and driven, combining memorable riffs with intricate percussion.

Follow Akané at [@akanemusicuk](#)

GULLY

Gully is a little like if Tom Misch and Justin Timberlake had a baby, but Justin never parented it for long enough for the tunes to stray too far into the realm of commercial pop. Gully exists where showmanship meets talent merging tongue-in-cheek lyrics with groovy music to create a live show that is both amusing and captivating. 2024 saw Gully release two singles - Lemons and Panacea - to praise from the BBC and beyond.

Follow Gully at [@gullythetrepid](#)

Sofar Sounds also now offer private concerts for events such as corporate parties, social events, and weddings, as well as a range of sponsorship and partnership opportunities. To find out more, please email molly.davies@sofarsounds.com

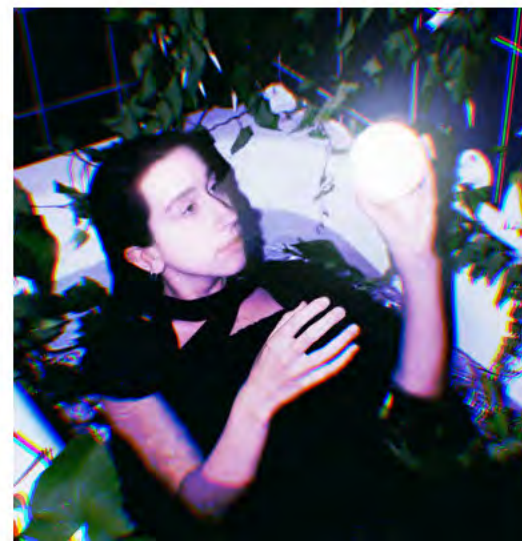


boci

Now is the perfect time to get into alt-folk artist boci. Live-looped violin and guitar create a rich backdrop for their ethereal vocals and otherworldly lyricism. Having released their debut album we are each other this will set us free to critical acclaim in 2022, boci is at the start of releasing their sophomore album.

Set in uniXia, a world of expansive landscapes, ethereal creatures and ancient spirits, uniXia exists between colliding atoms at the sun's core. Their first single, moonbathing, is a track that gives the listener their first insight into this new world and a new, punchier musical direction.

Follow Boci at [@boci.music](#)



A FRESH TAKE ON JANUARY WELLNESS

BUILDING RESILIENCE FROM THE INSIDE OUT

By Sarah Bayliss, Nutritional Therapist

January typically brings promises of crash diets and extreme fitness regimens. But what if we reframed this annual reset around building resilience instead?

Statistics show that 80% of New Year's resolutions fail by February. Perhaps that's because we focus on restriction rather than building something meaningful - like resilience. Most people think of resilience as mental fortitude - the ability to bounce back from setbacks through sheer willpower. While psychological strength matters, true resilience begins at a cellular level. It's your body's capacity to adapt to stress, maintain stability, and recover efficiently. This biological resilience forms the foundation for everything, from mental clarity to emotional balance.

In our modern world of convenience foods and rushed meals, we've lost sight of the fundamental truth. We are, quite literally, built from what we eat. Every cell, tissue, and organ is constructed from and maintained by the nutrients we consume. In my new book *DO/Nourish: How to Eat for Resilience*, I explore how proper nourishment builds cellular resilience from the ground up.

Modern life constantly challenges our resilience through chronic stress, poor

“

THE FUNDAMENTAL PRINCIPLE IS SIMPLE YET POWERFUL: FEED YOUR BODY WHAT IT NEEDS BUT CANNOT PRODUCE ITSELF.”

sleep, excess technology and processed foods - which now make up nearly 57% of the UK's energy intake⁽¹⁾. However, when you focus on giving your body what it needs, the cravings for less nourishing foods naturally begin to fade.

The fundamental principle is simple yet powerful: feed your body what it needs but cannot produce itself. Every bite sends messages to your cells, influencing everything from energy production to stress response. When we're properly nourished, we think clearer, recover faster, and maintain steady energy throughout the day. This cellular support translates into tangible benefits: better stress management, improved focus, and faster recovery from life's challenges.

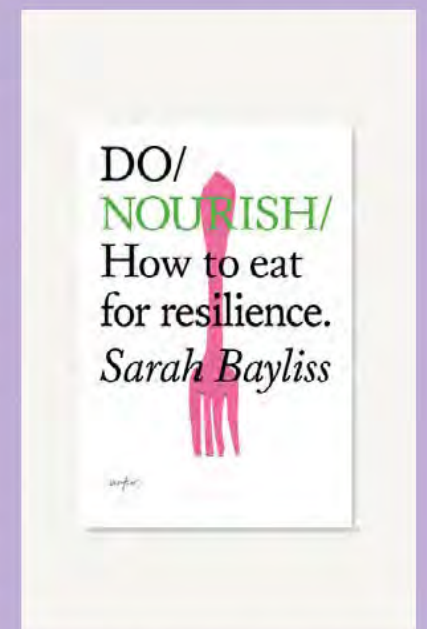
While January offers an opportunity for fresh starts, building resilience is a year-round journey. Instead of depleting ourselves through unbalanced and restrictive diets, we can use this time to build our internal resources through conscious nutrition. The key is making small, sustainable changes rather than dramatic overhauls that often lead to frustration and abandonment.

The book provides a practical six-week plan that adapts to your schedule and needs. Rather than complicated recipes or strict meal plans, you'll make one small adjustment each week. You'll learn how to build a balanced plate using just your hands - no weighing or measuring required.

Most importantly, you'll shift from asking "What should I eat?" to "How do I want to feel?" This simple question transforms your relationship with food from one driven by immediate cravings to one focused on true nourishment. Instead of choosing foods that provide temporary pleasure but ultimately drain our energy, we learn to select foods that fuel our cells efficiently. When our cells are properly nourished, we have the sustained energy not just to handle life's challenges, but to pursue our

dreams and live life to its fullest potential. This approach transformed my own life after nearly burning out in my London marketing career. Understanding how nutrition impacts cellular resilience became my pathway not just to better health, but to a new career as a nutritional therapist specialising in metabolic health and energy management. Through working with many clients, I've seen first-hand how building nutritional resilience can transform everything from physical health to overall quality of life.

DO/Nourish makes complex science beautifully simple, providing an empowering framework for long-term health. True resilience isn't built through deprivation - it's cultivated through consistent, nourishing choices that support your body's natural capacity to thrive. Start your resilience journey this January with a fresh perspective on what it means to truly nourish yourself from the inside out.



DO/Nourish is published by Do Books and is available in paperback and ebook form from on January 2nd.

(1) <https://bmjopen.bmj.com/content/6/3/e009892>



BEATING THE WINTER **BLUES**

By Evie Andrews

It's the 2nd of January. The year is now inexplicably 2025, and you can't really scoff at the age of people born after the millennium anymore, as they are rapidly approaching their mid-20s. The festive period has come and gone; you're potentially still hungover, experiencing an epic sense of deflation, or perhaps a heady mix of both. The world continues to spin upon its axis as the tinsel goes back into boxes, bolstered by the knowledge that sometime in the seemingly distant future, it will no longer get dark at 4pm.

Every year, we all pick ourselves up after the extravagant mores of the season, often taking up Dry January or other wellness-related endeavours to escape the winter blues. It can be easy to prioritise physical wellness at this time of year, but it's important to think about introducing wellness practices where you may not anticipate needing them.

Read on for some of our tips on how to maximise your energy levels this winter.

WELLNESS AT WORK

The average employee will spend just under 90,000 hours of their life at work: many may find this to be a depressing statistic, but given the inevitable reality that we all must earn a living, it doesn't have to be.

Ultimately, pretty much everyone's goal is to make the most of the life that they have. A common misconception is considering your work as separate to that life: a means to an end. Work is a regular if not dominant part of our lives, so why not make it the best experience it can be? The answer may very well be co-working.

Co-working spaces haven't been around for long: the first official co-working space was started in San Francisco in 2005, with the concept quickly spreading to the UK and Germany. Soon, cafés started offering Wi-Fi, and demand grew for flexible workspaces. Global change accelerated with the financial crisis shrinking or eradicating large-scale offices for sole companies, and a cultural shift towards networking being an essential practice for successful businesses.

Co-working came to Bristol a bit later, with a variety of options opening around five years ago: this is where we come in. Square Works is just two doors down from the Square Club, and recently won the Best Co-Working Space Award at the Bristol Property Awards for the second time. With a thriving community, a varied events calendar and excellent facilities, there's never been a better excuse to get back out there, either as an individual or a company.

DITCH THE GYM MEMBERSHIP

January is commonly known as the month to hunker down. Whilst everyone else is still doing their best hermit crab impression, why not make the world your oyster? Go out, pick up hobbies, take up a sport: forgo the usual gym membership route and embrace creative rituals in your exercise routine. We are lucky to have access to an extensive range of classes in Bristol, from dance to pilates to squash

all within walking distance of the Clifton Triangle. If dance is your thing, my personal favourite is AE Dance + Fitness: read more in our Winter Edit on page 30

HIBERNATION IS FOR BEARS, NOT HUMANS

It's tempting to fall into the trap of hibernating in the winter. It's Baltic outside and for whatever reason, every social occasion seems to cost double what it did when the outside world was vaguely habitable.

Ironically enough, getting out more may be the answer to better sleep. I recently attended one of Sarah Bayliss' nutrition talks here at Square Works, which was focused on optimising sleep. As with many aspects of wellness, this can be quite the rabbit hole, but I found the insights on adjusting the light your eyes receive throughout the day useful. Essentially, the trappings of modern civilisation including overhead lighting, screens and refined sugar have cursed us to collectively fight an uphill battle with our circadian rhythm.

Unfortunately, frolicking naked in the fields and hunter-gathering are a thing of the past, unless you have some very niche proclivities. For the rest of us, natural light in the morning, a midday walk and no screens before bedtime may very well improve the quality of your sleep. During the pandemic, many of us swapped the daily walk into work for a morning shuffle from bed to desk, and hybrid working has thoroughly ingrained itself in the UK workplace ever since. Whether you work from home or not, even just taking a quick walk after breakfast will help to re-orientate your body clock. If you catch the bus into work, try getting off a stop earlier to walk for fifteen minutes, or if you can, walk the whole way - I started walking in recently. If you work with me, you probably already know this, as repeatedly telling everyone makes the daily hyperventilation session at the top of Park Street worth the anaerobic struggle.

If you are interested in trying out co-working, accessing our exclusive partnership discounts or coming along to a nutrition talk, please do email hello@squareworksbristol.com. In any case, I wish you all a happy, healthy and prosperous 2025.

(1) Andrew Nabet, 2007

CELEBRATING 10 YEARS OF LITTLE KITCHEN



Claire and Madeleine outside Little kitchen

A BRISTOL GEM INSPIRING HOME COOKS

By Lauren Mulhearn

For a decade, Little Kitchen has been teaching Bristolians to roll, roast, and simmer their way to dinner-table triumphs. Now, as they sadly prepare to close this February, we couldn't miss the chance to celebrate this local gem and all they've brought to the Bristol food scene.

My mum and I, both keen cooks, headed to their tapas class (after a quick rum and coke at the pub across the road). We weren't too sure exactly what to expect, but by the end we'd picked up a load of new tricks and techniques that we've already started using at home.

From the start, our teacher Sarah, made everything feel hands-on yet approachable. She demoed each dish and then let us get stuck in. First up was the *croqueta* mix. Despite never having made croquetas before, they turned out beautifully, with a silky leek and Parmesan filling and golden, perfectly crisp casing. Next, we tackled chorizo sizzled in red wine (with a veggie version for me), which we enjoyed with a baguette as a quick snack - or *bocadillo*.



Then it was onto *patatas bravas*. We par-boiled the potatoes and roasted them until they were slightly crunchy, while a rich tomato sauce bubbled gently alongside. Everything came together with a generous dollop of Little Kitchen's roasted garlic aioli - it was addictive, and we will definitely be trying to recreate it at home.

We wrapped up the night sitting down together to enjoy our feast, finishing with a little lemon posset for dessert. Photos of the recipe cards in hand, we left ready to recreate the whole spread at home.

Little Kitchen was born from a shared love of cooking and hosting, discovered by founders Claire and Madeleine at a cake-decorating class. Over the years, they've inspired countless people to cook from scratch, building not just a loyal customer base, but also a community of staff, suppliers, and food lovers who have made Little Kitchen a cornerstone of Bristol's small business scene.

As Claire & Madeleine hang up their aprons, they leave behind a legacy of bolstering cooking confidence and encouraging a sense of community. In these final months, they're offering private party sessions - ideal for work socials or family gatherings. So, if you're after a fun, hands-on way to celebrate a Bristol favourite - and pick up a few new tricks for the kitchen - grab a friend (and maybe a bottle) and book a class before they close.





SUNDAY ROASTS

AT THE SQUARE CLUB

By Pascale Loftus

What is Bristol without its roasts? From pub classics to fine-dining feasts, the city is awash with restaurants claiming to serve 'the best Sunday Roast in the city', but few come close to The Square Club's offering.

In order to analyse why The Square Club's roasts are so special, it's important to break down what makes a great roast to begin with. One must consider the presence of key elements, such as Yorkshire puddings (a must) and cauliflower (controversial). One must also look at the freshness of the veg, the thickness of the gravy, and the size of the portions. And, ultimately, one must assess how the setting complements the experience.

The Square Club uses only the finest seasonal ingredients, with the menu changing week to week. One thing remains constant throughout the year: all the trimmings. From roasted seasonal veg slathered in butter to rich, creamy cauliflower cheese, the whole experience is thoughtfully prepared and included in the set menu price.

However, there is one key defining factor that sets some Sunday roasts apart from the rest: the vegetarian option. I know, I know—who cares about a nut roast when you can pile on pork crackling and slather your meal in beef drippings? I feel the best chefs can always be judged on how they cook vegetarian or vegan meals. Some see it as an obligation, swapping out carefully chosen high-quality cuts of meat for a sad round of dry pulses and nuts; not The Square Club's chefs. With dishes that change just as often as the meat options and celebrate nature's seasonal bounty, the team understands that veg-forward dishes can be just as exciting and innovative as their meaty counterparts.

What can you expect at The Square Club this spring? The new year brings in a bounty of fresh vegetables, from purple sprouting



" BRISTOL MAY BE BRIMMING WITH ROASTS, BUT THIS ONE FEELS LIKE A LOVE LETTER TO THE CITY ITSELF "

broccoli to curly kale, asparagus, and sorrel. In previous years, guests have delighted in springtime Sunday dishes like wild garlic risotto topped with a perfectly poached egg, or roasted cauliflower steak drizzled with tahini and pomegranate seeds. These aren't just afterthoughts—they're dishes that take centre stage and could tempt even the most committed carnivores.

Of course, it's not just about the food. The setting at The Square Club adds to the charm of your Sunday ritual. Nestled in a beautiful Georgian townhouse, the dining space is both stylish and intimate, with local artwork adorning the walls and cosy seating that invites you to linger. Whether you're catching up with friends, treating family, or just indulging in some well-deserved downtime, the atmosphere is as warm and welcoming as the dishes on your plate.

So, what makes The Square Club's Sunday Roast truly special? It's not just the tender meats, the melt-in-your-mouth veg, or the indulgent truffled cauliflower cheese—it's the attention to detail, the celebration of seasonal ingredients, and the feeling that every plate has been crafted with care.

Bristol may be brimming with roasts, but this one feels like a love letter to the city itself. Whether you're a meat-lover or veg-head, The Square Club has elevated the Sunday Roast to an art form—and we're all here to enjoy the masterpiece.

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MEMBERS' CIRCLE ANDY CLARKE



By Sophie Yardley

As part of our Members' Circle feature, we introduce our readers to a stand-out Square Club member. In the world of food and television, Andy Clarke has made an impression with his charisma and passion for culinary storytelling. With a career that spans roles both in front of and behind the camera, Andy has brought delicious recipes and heartfelt stories to audiences across the world. Whilst many may expect someone like Andy to be based in the bustle of London, he's chosen to call Bristol his home. As a cherished member of The Square Club, we caught up with Andy to discuss his journey from television studios to recipe books, his love for Bristol, and his expert advice on all things food and dining.

Could you tell us a bit about how your journey in food and TV began?

I grew up in Thornbury, just north of Bristol, and my parents did the majority of cooking from scratch. We had a large vegetable patch and had a lot of great food shops around before the supermarkets came to the town! My brother and I were always encouraged to get outdoors to help in the garden and we loved it. A favourite memory of mine is picking apples from the tree every autumn - I still don't think I've tasted a better apple!

During sixth form, I got a job at The Ship, a restaurant and hotel at the top of Alveston Hill. Here I learnt silver service and it set me up for a good few years working in the catering industry. When I went to university, I continued working in hotels and developed quite a fascination for the food and drink scene.

Roll on another ten years and I fell into making food and drink television. After working on many studio-based shows such as *Blue Peter* and *Richard and Judy*, in 2006, the opportunity came to develop the format for what was to become *Saturday Kitchen*, presented by James Martin.

"SOMETIMES CHEFS HAVE WORLDWIDE ROCK STAR STATUS, BUT WHEN YOU GET TO THE HEART OF A TV FOOD SHOW, THE FOOD IS WHAT REALLY MATTERS."

When the first episodes went out, I was producing a different series, but I used to go into the studio on a Saturday to help out. I felt it was partly my baby and the team were keen for me to be involved. I would wash up, help prepare food, stand in as the celebrity guest in rehearsals and do anything to make the show happen. After two years, I was asked to produce it full-time, which I did for seven years. During this time, I made a lot of chef friends and close relationships with the drinks experts on the show. It was these guys that encouraged me to take my love of food and drink further.

I left *Saturday Kitchen* in 2015 to move back to Bristol with my husband. During this time, I began food and drink blogging and hosted events for local restaurants. This was a side project while I continued to produce and direct TV programs, including *James Martin's French and American Adventures*, *Gordon, Gino, and Fred: Road Trip* and a couple of series with Jamie Oliver which I loved.

Gradually the hosting and the writing took over and I no longer had time to produce and direct. I now love the fact that I can share my knowledge and passion of food and drink with people all over the globe.

Your career has given you the chance to collaborate with some of the biggest

names in the culinary world, such as James Martin, Gordon Ramsay, Gino D'Acampo, and Rick Stein. What have these experiences taught you about the business of food and television?

The realm of celebrity chefs is a fascinating one, and I've been fortunate enough to work with some of the world's best chefs. However, over the years I've learnt that the food is the real star. Yes, sometimes chefs have worldwide rock star status, but when you get to the heart of a TV food show, the food is what really matters. Without good ingredients being turned into great food via focus and passion, you don't have a good cooking series at all.

What made you decide to settle in Bristol rather than London?

I was born and raised in Bristol, and I've

always admired the city's laid-back, friendly vibe. I lived in London for twenty years when I went to university, and that's where I started my TV career, but I've always loved coming home. I'd often race out of the studio after filming *Saturday Kitchen* and enjoy the afternoon journey back west. So many family and friends are in the area and increasingly, over the years, more friends have moved back. This, coupled with the incredible independent restaurant and bar scene made my husband realise that this is where we wanted to settle.

Since we've moved back, we've faced many strange situations such as Brexit and COVID, so when I feel that the world is going mad, I love living in the friendly, supportive and liberal bubble that is Bristol. I'm probably biased because I'm





from this neck of the woods, but Bristol has so many interesting and diverse areas, and the people are just fab and so friendly!

Where are your favourite spots to wine and dine in the city?

It's so hard to choose a favourite because I love a bit of everything! I really love a mooch around Stokes Croft and Montpelier. Caper + Cure is a firm favourite of ours, and now that they've opened their wine bar Carmen Street Wine next door, it's another excuse to visit the area! Giles Coram, Matty Grove and the team are incredible at what they do, and are very accommodating when I make them include me in an after-hours lock in! Just a stroll down the road you'll find Bianchis - one of the warmest and most incredible restaurants in Bristol by Don Bianchi Borel, Ben Harvey and team.

For fine dining, Adelina Yard on Welsh Back is a top choice. Jamie Randall and Liv Barry are masters of their craft, and if I'm in the mood for fine dining, Wilsons on Chandos Road is possibly one of the best restaurants in the country. Jan Ostle and his team are incredible - you have to try their homemade limoncello if you're there!

What are your top tips for hosting a successful dinner party?

Plan ahead! Although by the way, I'm not very good at taking my own advice! When you're entertaining, there's lots to think about, such as if you're having a

theme or focusing on a specific cuisine. Try to enjoy the process, and remember that planning a dinner party is really exciting!

People often get stressed out when hosting, but if you've tried the recipe before, you know how it works, which will enable you to savour the experience rather than stressing about it. I always like to offer a cocktail, but would suggest sticking to one that's less complicated to make. If you're serving wine, beer or cider, try to serve something a little different. I always think it's nice to pour a decent drink with a good story behind it.

Did you have any New Year's resolutions?

My New Year's resolution was to plan ahead, both professionally and personally. I often get so busy with work that I just focus on the immediate writing deadline or the next event I'm hosting. Forward planning is so important, take booking restaurants in Bristol for example, as they're often small independents, you need to book way in advance.

If you could invite any three people living or dead to dinner, who would they be?

As a kid I was a massive fan of Kylie Minogue. I bought all of her first singles and albums on vinyl and loved that fun Stock/Aitken/Waterman pop sound. I'm still a big fan and yet out of all the celebrities I've met through work and pleasure, including many pop stars, Kylie is somebody I haven't met. As we share the same birthday, I feel we'd get on brilliantly! Gemini's are a lot of fun!

I'm fascinated by royal history and beautiful buildings, so it would be great to see what Henry VIII was really like at dinner. I can imagine he'd demand a large banquet, and I'd be okay with this. We'd just have to give him rules about beheading and torture not being okay in 21st century life, but with some good security guards, I think we'd be fine! I think it would be fascinating to meet someone like him who changed the course of history. It's often easy to forget, but they were real human

beings and not just fictional characters.

When I was younger, I was captivated by the iconic status of Marilyn Monroe. Her unique style of beauty was intriguing to me. I loved watching her films and hearing about her personal life. She died too young and there was such mystery surrounding her death. She always had a glint in her eye, and that's exactly what I'd want around the dinner table.

What's next on the horizon for you?

2025 is shaping up to be an exciting year. I'm thrilled to be returning as a resident host at Tom Kerridge's Pub in the Park events across the country. It's the best food, drink and music festival around! I'll also continue my collaboration with Marks & Spencer, where I've been hosting videos to promote their drinks. Additionally, I'll be back on ITV's Love Your Weekend with Alan Titchmarsh, hosting regular segments on student drinks, as well as the Best of British feature, where I highlight some of our finest artisan producers. To top it all off, I'm writing my third cocktail book, focused on Bourbon and whiskey, set for release in the autumn, and I can't wait to see it on the shelves.

Stay tuned for Andy's third book coming out in the autumn, and get your hands on House of Gin on Amazon.



"I DESIGNED THIS COCKTAIL WITH WEEKEND AFTERNOON SIPPING IN MIND."

I first created a version of the Victory Spritz for Rugby Distillery, which is based in the town where the sport of rugby was invented. William Webb Ellis is credited with inventing the game whilst he was a student at Rugby school.

This version of the drink was created to celebrate the sport. If you have a lemon gin, feel free to use it here, but as there is lemon juice in the cocktail, it's not essential. Just make sure to use a gin that exudes citrus - the raspberry and cucumber tonic water will complement the citrus tones beautifully.



MAKES 2 SERVINGS

EQUIPMENT

Jigger / Jug / Stirrer / 2 highball glasses

INGREDIENTS

A handful of crushed ice
2 handfuls of ice cubes
4 parts (100ml) gin
8 parts (200ml) cucumber tonic water
1 part (25ml) raspberry syrup
2 parts (50ml) lemon juice

GARNISH

2 sherbet lemon boiled sweets (for the lemon-dusted rim)
8 fresh raspberries

TO MAKE YOUR SHERBET LEMON DUSTED RIM

- 1 Using a pestle and mortar, spice grinder or a rolling pin and a food bag, grind or crush a handful of your lemon sweets until it resembles breadcrumbs or dust.
- 2 To decorate the rim of a glass, pour the powder onto a small plate, ensuring it is slightly wider than the circumference of your glass.
- 3 Put a splash of gin on another small plate and upturn your glasses onto the plate ensuring that the circumference of the glasses have been moistened with gin. (Do this quickly to avoid putting too much gin on the glass which can result in dribbling)
- 4 Immediately upturn the glass in the powder, ensuring the entire rim is covered (or you may prefer a half rim, it's up to you).

TO MAKE YOUR COCKTAIL

- 1 Put a handful of crushed ice into the jug and add all the liquid ingredients.
- 2 Stir gently.
- 3 Fill your glasses with ice cubes and raspberries and pour in the cocktail.
- 4 Serve immediately.

LET'S GET MARRIED



By Sophie Yardley

Nestled away on leafy Berkeley Square in Clifton and set within a stunning Georgian townhouse, you'll discover The Square Club. Known as Bristol's exclusive private members' club for creatives, The Square also opens its doors for couples each year to celebrate their special day as a fully-licensed wedding venue.

As a bride-to-be myself, I know first-hand that wedding planning can be a total maze. I've heard tales of people losing sleep—and even hair—from the stress of it all! Planning a wedding should be a joy, but it can feel totally overwhelming. That's where The Square comes into its own.

What sets The Square apart is its all-encompassing wedding offering, designed for couples looking to enjoy a seamless, stress-free experience. Their dedicated events team will be with you every step of the way, organising every aspect of your day with care and attention. Thoughtfully designed packages cover all the essentials, giving you the freedom to truly relax and savour the journey.

From elegant spaces for your ceremony and wedding breakfast to an ideal setting to dance the night away, The Square has it all. With hotel accommodation at the adjacent Berkeley Square Hotel—including Condé Nast award-winning suites—you and your guests can unwind and fully immerse yourselves in the celebration. With all this covered, you can focus on planning the smaller details which will really make a difference and elevate your guests' experience.

Having just planned her iconic wedding, we caught up with Square Club member and brand marketer Olivia Tripp, founder of Picnic creative studio and IN Bristol, to get her top tips on how to plan the details that will really set your wedding day apart...



THE SQUARE CLUB WEDDING FAIR
SUNDAY 19TH JANUARY
12PM – 3PM

We're opening our doors for you to meet with local suppliers, explore our beautiful, fully-licensed venue, and get a glimpse of how your special day could look

Photographer: Hannah Wilde



PLANNING THE PERFECT WEDDING DAY (FOR YOU)

WITH OLIVIA TRIPP-MCGILVARY

I've always wanted to plan a wedding. Being a natural planner and a massive extrovert, the idea of throwing a big celebration for friends and family has always excited me. After being together since school, my partner Jack and I had talked about marriage for a while, and I'd dropped a few hints, mainly by forwarding engagement ring photos over the years. Finally, in September 2022, Jack asked the question in a low-key proposal at a beautiful restaurant in Lisbon. I jumped straight into planning mode—of course, it helped that I already had a folder full of Instagram inspiration. In August 2024, we got married, and it was perfect. Now, you might be thinking, "The perfect wedding doesn't exist", and you'd be right! But the perfect wedding for you? That absolutely does.

HERE ARE SOME OF MY BEST TIPS TO MAKE YOUR WEDDING AS PERSONAL, ENJOYABLE, AND UNIQUELY YOU AS POSSIBLE...





DON'T BE AFRAID TO DITCH TRADITIONS

Although I've always wanted to plan a wedding, the traditional aspects weren't what drew me in. So, we chose to ditch some of them! We didn't have a first dance, and we opted out of the cake-cutting. Even though these can be lovely moments, we realised they just weren't "us". Some of our guests were surprised when we mentioned we weren't doing a first dance, but on the day, no one noticed! It was one less thing to think about, and it made our day feel more natural and fun. There were some traditions we kept but put our own spin on. For example, I chose to have bridesmaids, but I wasn't a fan of typical bridesmaid dresses. Instead, each of my bridesmaids chose a different dress in a colour from our palette, in a style that suited their own personality



and body type. This approach felt true to us, and the result was a colourful bridal party who felt like themselves. These choices weren't "right" or "wrong", but they were right for us. And that's exactly what I'd recommend to anyone planning a wedding: make it yours.

GO BEYOND WEDDING SUPPLIERS

Remember, products and suppliers don't need to be labelled "wedding" to be perfect for your day. Only one of our suppliers worked directly in the wedding industry. We found decor at charity shops, chose a photographer who usually works in fashion, and hired a DJ who played at venues we loved. If I'd limited myself to wedding directories, I might have missed these gems! For our outfits, we knew a traditional wedding dress and suit didn't feel like us. I found Poesie by Julie, who creates custom-made occasion wear, and Jack went with Soder Studio, a designer known for workwear-inspired clothing. Together, we collaborated on co-ordinating cream-coloured outfits, adding a nod to bridal wear but with our own twist. Taking the time to find these unique pieces not only made our wedding more personal, but also helped us save money without the additional costs associated with the industry.

FOLLOW YOUR HEART, NOT THE TRENDS

Ask yourself, what do you both love? What are the little things people associate with you as a couple? Maybe you're known for always ordering an Aperol Spritz—why not make that your welcome drink? This way, the event feels like a genuine celebration of who you are together. For me, colour is a huge part of my life, from my home decor to my wardrobe.



I always knew that bright colours would play a big role in our wedding. We also avoided following fleeting trends where we could, opting instead for details we knew we'd love long after the day had passed. Although, remember it doesn't matter if it's a trend or not, as long as you truly love it, then it's right for you. Trends come and go, but your wedding should be filled with things that genuinely reflect you as a couple—elements that will make you smile every time you look back on them.

ENJOY THE ENTIRE JOURNEY

It's not just about the wedding day, the lead-up can be just as memorable. I even mentioned this in my wedding speech: "People talk about spending too much money on one day of your life, but this wedding has not just been one day. It's been two years of lead-up getting to think about and celebrate not just our relationship but all the people that are special to us." It's true! The journey was just as amazing to celebrate not only us as a couple but everyone around us who supports us. Savour the engagement, inviting loved ones to be in your bridal party, the stag and hen dos, and the planning. Each moment adds to the experience, making this time of your life that much more special. Planning a wedding is a fun and exciting journey, and in the end, the only right way to do it is the way that feels right for you. Enjoy every part of the process and make it your own!

Olivia is a brand marketer based in Bristol. She runs Picnic, a creative studio building brands, as well as IN Bristol, a guidebook celebrating Bristol's independent businesses.
<https://www.inbristol.guide/>

*Photographer: Lucy Werrett
Second Shooter: Karina Barberis*

TOP PICK



01

Tucking In



Exciting recipes that are easy and simple
Lisa Helleage

SOPHIE WYBURD

A Very Comforting Cookbook

WINTER EDIT

From gigs to getaways, the Squarely team shares their top picks of the season.



03



04



05



06

01 – Fitness Edit
AE Dance + Fitness

What does a dancer look like? You might imagine a tall, conventional dancer who struts instead of walks. In reality, dancers come in all shapes and sizes. Since I started dancing with AE, I've made wonderful friends, rediscovered my passion for dance, and my strutting has exponentially improved. With classes ranging from commitment-free commercial to weekly beginners ballet, that dancer could look just like you.
- Evie Andrews

02 – Cookbook Edit
Tucking In by Sophie Wyburd

Sophie Wyburd has long been a favourite amongst foodies following her success with Mob Kitchen, but her cookbook *Tucking In: A Very Comforting Cookbook* cements her spot as the master of contemporary comfort food. With a knack for creating recipes that feel both nostalgic and fresh, Wyburd captures the essence of indulgent, approachable cuisine.
- Pascale Loftus

03 – Restaurant Edit
Beirut Mezze

Tucked away in a cellar near Park Street, Beirut Mezze offers delicious, authentic Lebanese food at a reasonable price. Passed-down recipes shine in their eight-starter platter, perfect for sampling a variety. The vine leaves were a delightful new experience, and their creamy hummus beats any shop-bought offerings. Explore their selection of Lebanese wines and cocktails.
- Joshgun Iris

04 – Coffee Shop Edit
New Cut Coffee

Bristol may be brimming with great coffee spots, but New Cut Coffee is a must-visit. Located just below Wapping Wharf, this cozy gem serves up specialty coffee, cakes and sarnies. The coffee is always spot on, but a personal favourite? The toasted banana bread with salty espresso butter, is nothing short of sensational.
- Laura Baker

05 – Gig Edit
Hinds, Monday 24th Feb 2025

I haven't listened to Hinds since I was a teenager, so I was thrilled to see they're back with a tour date here in February—six years since their last show. Revisiting their classics and diving into their latest album, *Viva Hinds*, has been a treat. They seem to have lost two members since I last saw them, but their evolved, mature sound doesn't miss a beat. I can't wait for the show!
- Lauren Mulhearn

06 – Beauty Edit
Summer Fridays Jet Lag Mask

Though I'm not jetting off anywhere soon, my current go-to product is the Summer Fridays Jet Lag Mask. In the winter my skin can get irritable and parched, so I've used this mask regularly for the past few months and can testify that it's a miracle worker. Most often I use it as an overnight mask, and by the morning my skin feels truly rejuvenated and radiant. It feels so luxurious to use and is a total skin saver.
- Sophie Yardley

BRISTOL

NORTHERN SOUL

CLUB

By Pascale Loftus

Shuffling, kicking, and spinning onto the forefront of Bristol's nightlife scene, Northern Soul has taken over the city in a flurry of talcum powder. Rooted in the mod, rude-boy, and skinhead scenes of Northern England and the Midlands during the late 1960s and early 1970s, Northern Soul has grown far beyond its original stomping grounds. The movement, characterised by its love of American soul records, high-energy dancing, and a deeply loyal community, has now found a thriving home in the haven of rhythm and soul that is Bristol. The Bristol Northern Soul Club, co-founded by Levanna McClean and Eva Burgusol, stands at the centre of this cultural renaissance. The Bristol Northern Soul Club's rise began in 2021 when McClean and Burgusol organised a Northern Soul night at the Old Market Assembly. The night was a standout success, selling out and ushering an audience from all corners of Bristol onto the dancefloor. This milestone event quickly led to a series of regular gatherings at prominent Bristol venues such as The Jam Jar, the Crown Tavern, and the Phoenix Pub. The club's dedication to curating authentic Northern Soul experiences, coupled with Bristol's vibrant cultural backdrop, has been instrumental in its rapid ascent to prominence.

To learn more about the movement, we caught up with Jeanie Jean, a renowned subculture diarist and documentary photographer. Known for her ability to capture the essence of underground movements, Jean has spent years documenting the Northern Soul scene from behind the lens, offering a fly-on-the-wall perspective on its evolution. Her work provides an unparalleled insight into the lives that define subcultures, making her an invaluable voice in understanding the enduring appeal of Northern Soul.

Each Northern Soul night is shaped by the local culture of its host city, and Bristol is no exception. Jean remarks that having frequented iconic Northern Soul havens like

MORE



THE DANCE FLOOR IS ALIVE WITH INTRICATE FOOTWORK, CLAPS, SPINS, AND KICKS, ALL PERFORMED IN A FLURRY OF TALCUM POWDER...

SOUL

Deptford and Rivoli Northern Soul Clubs, London's Northern Soul scene often incorporates garage influences, whereas Bristol's events lean more into funk. This gives the city's nights a distinctive flavour, staying true to the soulful roots of the genre while reflecting Bristol's musical identity. The unifying thread across all Northern Soul events, regardless of location, is the electric atmosphere on the dance floor. The palpable sense of community and a shared passion for the music bring together the old and young, the rhythmless and feather footed. Forget the awkward two-stepping of a

typical nightclub; here, the dance floor is alive with intricate footwork, claps, spins, and kicks, all performed in a flurry of talcum powder to help the 'Soulies' glide across the floor.

Jean's images capture these moments, encapsulating the absolute electricity of the movements. Her subjects are caught mid-air and mid-spin with a rawness that brings you so close, you can almost touch the Fred Perry shirts. The influence of documentary photographers such as Corinne Day and Derek Ridgers is etched across Jeanie Jean's work, undercut by a touch of grittiness reminiscent

of Nan Goldin's work. Inspired by iconic pieces of media like Ken Loach's *Kes*, her dad's Mod style, and kitchen sink dramas, Jean's work feels nostalgic in a very real, very British way. In the future, Jean plans on exploring the rise of Northern Soul and punk subcultures in Ireland, as well as publishing a photo series of punks and their grans.

As the Bristol Northern Soul Club continues to grow, its impact is being felt far beyond the city limits. Regular events, workshops, and collaborations ensure that the genre remains accessible to all. With its unique mix of tradition and innovation,

Bristol is fast becoming a key player in the modern Northern Soul movement. As venue closures threaten the fabric of nightlife across the UK, it has never been more important to support the subcultures that keep them alive. Whether you're a lifelong fan or a curious newcomer, there's never been a better time to step onto the dance floor - talcum powder and all - and join the movement that's bringing soul back to the city.

You can stay up to date with Jeanie Jean's work at www.jeaniejeanphotos.com



JEANIE JEAN'S NORTHERN SOUL STARTER PACK:

WATCH:

Mike Leigh's *Secrets & Lies* and *Naked*
Ken Loach's *Kes*
Elaine Porter's *Northern Soul*

LISTEN:

Noel Porter's *Keep on Keeping On*
Constellations *I Did Not Know How To*
Booker T. & the M.G.'s *Green Onions*
Gloria Jones' *Tainted Love*

JEANIE JEAN'S CURRENT PUNK LOVES:

Kneecap
Idles
The Chats
Amyl & The Sniffers
Soft Play
Oozes
Menstrual cramps
Hot Wax
Cumgirl8
Bitdogs

Find more of Jeanie's work on Instagram [@jeaniejeanphotos](https://www.instagram.com/jeaniejeanphotos)



24 hours in Stokes Croft

By Pascale Loftus

It was hard to miss the buzz of Time Out's inclusion of Stokes Croft and St. Pauls in their 'coolest neighbourhoods in the world' feature. Home to cultural landmarks such as Turbo Island and events such as St Paul's Carnival, the locations were heralded in the top ten in the world, beating neighbourhoods in iconic cities like Chicago, Los Angeles and Singapore. Put that in your pipe and smoke it, London.

Not to pass aspersions on our neighbours on the list, but many have raised eyebrows at the selection, pointing out the obscurity of some choices in a global context. Time Out travel editor Grace Beard states that the choices are "a distinct reflection of their cities, with each of them offering something special you wouldn't find elsewhere... Some have only just reached their moment; others have been 'cool' for some time." It's up for debate which category we fall into, though I'm sure most Bristolians would argue for the latter.

Like most 'cool' neighbourhoods across the UK, the local scene is shaped by ethnic diversity & working-class culture. There's a potent sense of community in these areas, largely built around populations of Caribbean and Somalian residents who keep Stokes Croft moving. The area is often compared to Shoreditch in East London for its tessellating graffiti, criminally expensive vintage shops and hip restaurants.

24 HOURS IN STOKES CROFT



Stokes Croft by Laura Baker

Unfortunately, its reputation is similarly tarnished by armies of students and young professionals frequenting exposed-brick coffee shops, sipping Nitro brews and cans of IPA. As one of these gentrifiers, it only seems right to shine a light on the family-run and Black-owned businesses that have built up Stokes Croft into what it is today. Shockingly, waiting half an hour outside Crafty Egg to spend your monthly salary on some avocado is not the way to experience the area. Sorry guys.

Furthermore, it's important to actively deconstruct the lens through which we view these certified-cool neighbourhoods. Lists such as these placing areas on a global pedestal, can lead to uncomfortable conversations for locals who call them home. Often resulting in rental price hikes and rapidly intensifying gentrification.

Take Turbo Island for example: The Time Out team's comment that you may be lucky enough to spot a 'rogue firepit' in the space made me slightly uneasy. Far from a tourist destination, Turbo Island is a patch of pavement at the Jamaica Street intersection that has stubbornly refuted any attempts at development since bombings in World War 2. Now, it's a haven for the city's homeless

communities, who congregate around perpetual fires to stay warm and gather. I would urge visitors to the area to uplift local communities without treating residents as living exhibits.

So, without further ado, here's my itinerary for your 24 hours in Stokes Croft.

Breakfast at Café Kino

A vegan café and community space run as a not-for-profit co-operative, with deliciously affordable plant-forward menus. Café Kino has been a staple on Stokes Croft since it moved into the long-abandoned space in 2010. A hub for activism, philanthropy, and creativity, Café Kino is an integral thread in the vibrant tapestry of the neighbourhood.

Like many independent businesses in Bristol, the café is struggling financially. The very businesses that have led to Stokes Croft's recognition are the ones at threat of closure and redevelopment. You can take direct action to save Café Kino by donating to the crowdfunding campaign on their website.

Buy yourself a present at Vivian May Naturals

This Black-owned business sells deliciously indulgent candles, diffusers, room mists and more. The owner, Diane, has been carefully crafting her rejuvenating scents for over a decade, and is a true artisan.

Lunch at Rice & Things

You'll smell it before you see it – follow the smoke down to the iconic Jamaican restaurant. A favourite restaurant of celebrity chefs and locals alike, the space thrives on "authentic Jamaican hospitality", and passers-by are treated to the heady smells of the outside BBQ. Try the ackee and salt fish, Jamaica's national dish, and thank me later.

Exhibition at the People's Republic of Stokes Croft

Pop in to see who's exhibiting their work at the People's Republic of Stokes Croft. Always showcasing something new and exciting, there's exhibitions of exciting up-and-coming local creatives, a great way to discover fresh talent.



Dinner at Café Cuba

Possibly the most iconic mojitos in the city, Café Cuba serves up authentic Cuban flavours in a vibrant and intimate space. The laid-back and friendly atmosphere paired with the punchy flavours of the Caribbean make this an absolute must for any visiting foodies.

Dance at Kuumba Cultural Centre

This one was hard, as many will know Stokes Croft is saturated with iconic nightlife venues. Most opt for cheap and cheerful and pop to the Canteen for some live music, or shimmy on down to the Love Inn for a proper dance. However, for a truly authentic Stokes experience, find out what's on at Kuumba Cultural Centre – bonus points if you attend one of their Monday events. By day, Kuumba host a range of events to educate the community on African culture and by night visitors can enjoy DJs and drinks.

Midnight snack at Grecian Kebab House

Taka Taka's more self-assured cousin, all good nights end at Grecian's. Enough said.

So, take these recommendations, go forth and explore! Support your local businesses and creatives, enjoy the flavours of the community and see for yourself why Stokes Croft and St. Pauls earned their spot on the list.



BEATING NEIGHBOURHOODS IN ICONIC CITIES LIKE CHICAGO, LOS ANGELES AND SINGAPORE. PUT THAT IN YOUR PIPE AND SMOKE IT, LONDON. "



TOP
PICK



KHADIJA CHOUDHURY

Instagram: @khadij.a

Khadija graduated from University of Brighton, with her most recent exhibition being 'CORE' hosted at The Mount Without this past August. Bold, colourful and dynamic, Khadija's work illustrates moments in time. From painting to painting, you may find yourself stood still at a jagged precipice, before leaping into an abyss you have only ever seen before in dreams. The colours of the landscape swim and dance, occupying the mysterious moment between movement and stillness, when you feel yourself just starting to fall. Khadija's work is a turbulent dream, an expression of surreal feelings given shape. Khadija shared some words about her work: 'Obsession, love and loss are themes I

use that are connected through repetitive shapes and visceral experience. And through movement, each composition explores a visual perspective of these themes. I am interested in using geological landscapes to exude freedom in linear motion which become the foundations of a painting. Within intimate moments of finding raw material and translating their turbulent form into paintings, I am being playful and am open to mistakes. These particular landscapes, to me, allude to these thematic feelings of loss, love and an obsession to counter balance its serenity into distortion.' Keep an eye out for Khadija's next Bristol-based show.

CREATIVE CONNECTIONS

By Evie Andrews

Creativity takes courage. Whether you love, hate, or feel totally ambivalent toward Henri Matisse, he was bang on the money when he allegedly uttered those three words. They apply more now than ever, with creatives facing a lack of funding and fewer opportunities amidst the cost of living crisis, pushing many artists into different careers with more bankable prospects. Consequently, the backbone of our culture becomes more brittle by the day. Thankfully, Bristol still attracts some of the best and brightest artists around, and here at Squarely it is our privilege to shine a light on their work in each issue. It is vital that we continue to champion those of us with the courage to be creative: read on to find out more about the immensely talented artists of our city.



KATIE HOLLOWAY

Instagram: @k.holla.wayo

Katie is a graphic designer and curator of exhibitions for the Tobacco Factory, Grain Barge and their other venues, based in Bristol. Alongside this and freelance design work, Katie paints murals with the women-led Bristol Mural Collective as a way to connect and grow with fellow creatives. Inspired by her curiosities and our connection to nature, she loves painting abstract, bold murals bursting with intertwining shapes and forms. A love for being outdoors and connecting with communities not only influences her work, but motivates her to continue painting and brightening outdoor spaces in the city and beyond. Website: <https://www.katieholloway.co.uk/index.html>

EMMA FARQUHAR

Instagram: @farquharink_

Emma is a recent UWE Illustration graduate with a love for bold, layered visuals and a hands-on approach to making art. Her work thrives on the energy of mixed media—lino printing, ink, and collage—blending bold shapes, vibrant colours, and striking typography to create eye-catching designs.

Emma shared some of her influences with us. 'Music, travel, old-school design, and the natural world fuel my creativity. I'm especially fascinated by the visual culture surrounding sound—how music can be translated into shapes, colours, and patterns.' This passion has inspired projects such as celebrating the UK rave scene's iconic visual language and creating posters for the new sports of the 2024 Paris Olympics. Emma is back in Bristol and is ready to bring fresh ideas to life, whether they be posters, publications or large-scale works. She is also painting her first mural! Check out her work below. Website: <https://farquharink.co.uk>



IN THE SPOTLIGHT: BRISTOL BUSINESSES

Among the ever-growing network of independent businesses, Squarely spotlights some of the brightest bulbs in Bristol's chandelier.



LORI LORI

Planted on the well-known Chandos Road in Redland, Lori Lori is an independent, eco-friendly salon that thrives on sustainable beauty. The newly renovated salon is designed to create a warm, calming space where precision meets passion. They are committed to sustainability, from locally sourced sweet treats to milk in glass bottles. They offer a full range of Davines colour and retail products, allowing them to create a luxurious experience rooted in beauty and sustainability.

Lori and Hannah work incredibly closely together. With over twenty years of combined experience and passion, they ensure you don't just receive a gorgeous haircut but also enjoy a calm, friendly salon experience like no other.

23 Chandos Road, Redland, Bristol, BS6 6PG
www.lorilorihair.co.uk



ROOT & EMBER

Newly opened and tucked away on Bruton Place in Clifton, Root & Ember is bringing a new delicatessen experience to Bristol. This luxury food emporium dedicates itself to provenance and sustainability, offering a unique blend of gourmet cured and smoked foods, along with local produce and artisanal pantry supplies.

They're committed to delivering exceptional quality and flavour, so whether you're looking to stock your own kitchen, or get a special gift for that foodie friend, Root & Ember are a must visit destination.

3 Bruton Pl, Clifton, Bristol, United Kingdom BS8 1JN
www.rootandember.com



SPIRITED

Located on North Street in Southville, Spirited lives up to its name as a haven for spirit lovers. Specialising in whisky, it boasts a selection of over 100 varieties, including Scotch, Japanese, Irish, American, and world whiskies. Beyond whisky, the shop offers an extensive range of rum, gin, tequila, mezcal, liqueurs, and wine.

Visitors are welcome to browse the shelves, get expert advice, sample before buying, or enjoy drinks and nibbles in the shop's cosy bar-like setting. Don't miss their lively events, from private tastings and WSET courses to jazz nights and the annual Spirit of the South West festival.

196 North St, Southville, Bristol BS3 1JF
www.spiritedbristol.com



PIZZA ON THE PARK

Right at the top of Park Street, you'll find Pizza on the Park. With a team of talented Italian chefs in the kitchen, the pizzas are Neapolitan perfection. We're talking blistered, airy crusts, the freshest of toppings, and that unmistakable wood-fired char.

Every pizza feels like a nod to tradition – simple, authentic, and bursting with flavour. The restaurant itself is beautiful, welcoming, and full of art by local Bristol artists. Linger over a glass of wine, catch up with friends, and enjoy its perfect people watching location. It's worth the walk up Park Street, we promise!

31 Berkeley Square, Bristol BS8 1HP
www.pizzaonthepark.com

LOCAL HEROES



“

WORKING WITH PEOPLE WHO EXPERIENCE TRAUMA AND ADVERSITY CHANGED MY LIFE.”

By Evie Andrews

As part of our Local Heroes feature, we choose a local person or organisation that is making a real difference to our city. For this issue, we had the privilege of visiting One25 and speaking to their team.

One25 is a local charity that reaches out to women who street sex work. The charity was started in 1995 by Val Jeal, who led a dedicated team to help the women who were currently, and still are, underserved by national support networks. There was a specific focus on cultivating a space that felt safe for women specifically, as other charities for those facing homelessness often saw low uptake from women. Since then, the service has gone from strength to strength, now offering a dedicated Health Hub as well as night outreach with a custom-fitted van. The van often initiates the first point of contact, providing hot chocolate, condoms, First Aid, safety alarms, and much more. From here, many women have started their journey to move from crisis and trauma towards independence in the community.

My overwhelming impression from my visit to One25's centre in St Pauls was how welcoming it was. From the cosy arts and crafts corner to the enviable DVD collection, it's clear that a lot of effort and time has gone into creating a sanctuary for these women. During opening hours, women can come in for a hot meal, see a GP or sexual health nurse, and crucially, relax. For women experiencing homelessness, the health hub provides what might be the only safety and warmth these women will find for several days and nights.

Ultimately, the standout aspect of One25 are the team. They truly represent their core values of compassion, justice and learning, and they are passionate about helping these women on every step of their journey. Please do read on to hear from, CEO Jennifer Riley, who answered some of our questions about One25 and their work.

One25 provide such a vital service to women in Bristol. What sort of challenges do you face whilst providing your services?

The women we meet at One25 are a hugely underserved community who face multiple barriers to getting the support they need. There is so much stigma around street sex work and this results in the women being excluded, ignored, and silenced. A big part of our work at One25 is supporting the women to connect with external services and advocating for their needs.

Do you have a particular moment/memory from your work that has inspired you? Working with people who experience trauma and adversity changed my life. It helped me to reflect on my own experiences and understand how they had impacted me. It has given me immense passion and

drive to fight the social injustice that people face.

What do you think is the most important thing people should know about One25?

All of the women we meet at One25 have experienced trauma and abuse. This is compounded by homelessness, addiction and poor health. They are amazing, courageous and generous women, who with the right support can thrive.

How could the infrastructure for helping vulnerable women in the UK improve, in your opinion?

We need a specific focus on women who experience multiple disadvantages, where services across all sectors work together to better understand the women's experiences and remove the barriers they face. We need services to be flexible, trauma-informed, and integrated.

What have you learned about people whilst working for One25?



The power of connection. We genuinely feel so privileged to build trusting relationships with the women and create a safe space where they can be their true selves without fear or judgement. Our staff and volunteers are incredible, they love working with the women and the women tell us that this enables them to feel love for themselves.

How can people help One25 to provide these services, besides the standard monetary donation route?

People can volunteer to help us to deliver our services. Sign up for our mailing list and tell everyone you know about One25! People can help us to raise awareness of the women's experiences and help us to reduce stigma and judgement. Encourage others to be curious and to consider the impact that trauma can have on a life.

Thank you Jen and One25 for the incredible work you do, for answering our questions and having us visit! If you'd like to find out more about One25 or how you can support them, visit their website below. <https://one25.org.uk/>.

One25
For women to heal and thrive



K
Karma Group

MALDIVES



LUXOR, EGYPT



BALI, INDONESIA



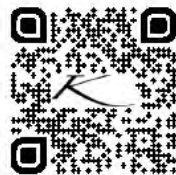
TUSCANY, ITALY

Karma Group is an award-winning global travel & lifestyle brand delivering extraordinary experiences in the world's most desirable destinations. Explore the tropical atolls and vibrant coral gardens of the Maldives on board a boutique luxury cruiser; discover the ancient Khmer wonders of Angkor Wat in Cambodia; camp in the Rajasthan desert beneath the stars; lose yourself in the fabled streets of Hoi An and discover the timeless charms of a Tudor country house in the heart of Shakespeare country... there are a myriad Karma Experiences to be discovered.

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WE CREATE... EXPERIENCES



January

Thursday 09 January | 14.00-16.00
Private Client Network
■ Join the Private Client Network for an exclusive ladies only event.

Thursday 09 January | 18.00-21.00
Bristol Business Connections
■ The City Girl Network are bringing together all genders in the diverse business community for some relaxed networking drinks.

Friday 10 January | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Tuesday 14 January | 13.00-14.00
Nutrition Talk Series: Mind and Mood
■ Join Sarah Bayliss and dive into the connection between nutrition, lifestyle and cognitive function.

Tuesday 14 January | 18.30-21.00
Bike Waffle with Richy Poynter
■ Hear from Richy Poynter who completed one of the most challenging events out there, L'Esperit de Girona.

Thursday 16 January | 17.00-18.00
Meet the artist Prosecco Thursday
■ At this Prosecco Thursday, we'll be joined by exhibiting artist Carla James.

Friday 17 January | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Sunday 19 January | 18.30-20.30
Square Comedy Club
■ Join us for a night of laughter and delicious drinks at our upcoming comedy night in our lower deck cocktail bar!

Monday 20 January | 19.00-21.00
HUMANS Talk
■ Honest, Uplifting, Motivational, Aspirational, Nourishment for the Soul – Join some amazing HUMANS for an evening of inspiration.

Tuesday 21 January | 18.00-21.30
Fuckup Nights Bristol
■ Fuckup Nights is a global movement and event series that shares stories of professional failure.

Wednesday 22 January | 18.00-20.30
YGWYG 14: AI, Marketing, Tech, Creativity
■ Prepare yourself for a whirlwind journey through pioneering strategies, innovative ideas, and transformative tech.

Thursday 23 January | 12.30-14.00
BCI Members' Lunch
■ Join Bristol Creative Industries for their members' lunch at The Square Club.

Thursday 23 January | 18.30-23.00
Burns Night
■ Join us as we celebrate Burns Night here at The Square Club.

Friday 24 January | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Tuesday 28 January | 19.30-22.00
Berkeley Square Poetry Revue
■ Enjoy live music and poetry from some fantastic talent from the South West.

Friday 31 January | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

February

Monday 03 February | 18.00-20.30
Rebel Meetups by Dffrnt
■ Come along to the Dffrnt free founder & creator meetups!

Tuesday 04 February | 17.30-20.00
BCI Freelancer Networking Drinks
■ Join us for the Bristol Creative Industry freelancer networking drinks.

Thursday 06 February | 17.00-18.00
Prosecco Thursday
■ Enjoy Prosecco on us and the chance to mingle with members of our community.

Friday 07 February | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Monday 10 February | 19.00-21.00
HUMANS Talk
■ Honest, Uplifting, Motivational, Aspirational, Nourishment for the Soul – Join some amazing HUMANS for an evening of inspiration.

Tuesday 11 February | 18.30-21.00
Bike Waffle
■ All Terre Adventures call all cycling enthusiasts for an evening of riveting talks.

Thursday 13 February | 17.00-19.00
Art Exhibition launch
■ Come along for the private viewing of an art exhibition by Jennifer Keeney-Blegg.

Friday 14 February | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Friday 14 February | 19.00-22.00
Valentine's Dining
■ Indulge in an exquisite tasting menu in our atmospheric Square Kitchen.

Sunday 16 February | 18.30-20.30
Square Comedy Club
■ Join us for a night of laughter and delicious drinks at our upcoming comedy night in our lower deck cocktail bar!

Tuesday 18 February | 12.00-14.00
Members' Lunch
■ Meet other members of our community over a complimentary lunch at The Square Club!

Thursday 20 February | 17.00-18.00
Prosecco Thursday
■ Enjoy Prosecco on us and the chance to mingle with members of our community.

Friday 21 February | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Thursday 27 February | 12.30-14.00
BCI Members' Lunch
■ Join Bristol Creative Industries for their members' lunch at The Square Club.

Friday 28 February | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

What's On

March

Monday 03 March | 18.00-20.30
Rebel Meetups by Dffrnt
■ Come along to the Dffrnt free founder & creator meetups!

Tuesday 04 March | 18.00-21.00
Bike Waffle
■ All Terre Adventures call all cycling enthusiasts for an evening of riveting talks.

Thursday 06 March | 17.00-18.00
Prosecco Thursday
■ Enjoy Prosecco on us and the chance to mingle with members of our community.

Friday 07 March | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Monday 10 March | 19.00-21.00
HUMANS Talk
■ Honest, Uplifting, Motivational, Aspirational, Nourishment for the Soul – Join some amazing HUMANS for an evening of inspiration.

Friday 14 March | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Sunday 16 March | 18.30-20.30
Square Comedy Club
■ Join us for a night of laughter and delicious drinks at our upcoming comedy night in our lower deck cocktail bar!

Tuesday 18 March | 12.00-14.00
Members' Lunch
■ Meet other members of our community over a complimentary lunch at The Square Club!

Thursday 20 March | 17.00-18.00
Prosecco Thursday
■ Enjoy Prosecco on us and the chance to mingle with members of our community.

Friday 21 March | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Tuesday 25 March | 19.30-22.00
Berkeley Square Poetry Revue
■ Enjoy live music and poetry from some fantastic talent from the South West.

Wednesday 26 March | 12.30-14.00
BCI Members' Lunch
■ Join Bristol Creative Industries for their members' lunch at The Square Club.

Friday 28 March | 12.10-12.50
Pilates with Charlie
■ An energy-boosting and fun-filled Pilates class.

Sunday 30 March | 12.00-14.00
Mother's Day
■ Savour the moment with loved ones and indulge in our delicious Mothering Sunday Roast.



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BY THE SQUARE CLUB

Created by The Square Club, 15 Berkeley Square, Bristol, BS8 1HB

Membership applications can be submitted at:
thesquareclub.com/private-members-club

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