

# Champions helping to spread the city's happiness



"I have been really lucky to have been involved in so much over the years"

Ricardo Sharry

**NAME:** Ricardo Sharry  
**AGE:** 23  
**CURRENT OCCUPATION:** Youth Worker  
**LIVES:** Barton Hill

"I HAVE been volunteering since 2001. When I was growing up in Barton Hill there was a big regeneration scheme which had a youth programme. I got involved with the youth forum. From that I joined the board and then got work as a paid youth worker."

"I set up Barton Hill Youth Forum and The DISC Agency. I also took part in the Government's Reach programme which was about how to increase the achievement of African Caribbean men."

"I have been really lucky to have been involved in so much over the years. I have taken part in lots of national projects as well as local. I studied law at university and am currently working for Bristol City Council on its graduate scheme."

**What are the most important ingredients for living a happy life?**  
Family, a form of escape, loving yourself, compassion for others, and one friend you can rely on.

**Of the many things you have done to increase happiness here, which are you most proud?**

Setting up a social enterprise called The Disc Agency - a consultancy organisation employing young people as experts in the community, working on key projects such as race equality, sexual health, urban regeneration.

**What's your top tip for boosting happiness in the everyday?**

Give yourself ample time in the morning to think about your day ahead, set at least one goal that you want to achieve, then reflect in the evening. Whether your day has ups or downs, achieving that goal essentially gives you a positive outlook.

**What's your favourite quote or saying?**

"Man never made any material as resilient as the human spirit," Bern Williams

**What makes you smile about Bristol?**

Its diversity, independence and resilience.

**What group, project or idea in Bristol has made you think 'Wow!'?**

The announcement by the Mayor George Ferguson about two youth mayors - it's really important for young people to shape and influence the city as well.

**If you could make one big positive change in Bristol, what would it be?**

Improve the night-time economy, i.e. change the perception of the city centre by encouraging more families to visit the theatre, cinema etc. This in turn will have an impact on the drinking/club culture which deters many people away from town at night.

**What three things that cost no money do you value most?**  
People's time, music, sight/vision.

**NAME:** Patrick Hart  
**AGE:** 47  
**CURRENT OCCUPATION:** Volunteer Station Manager BCfm  
**LIVES:** Hanham

"I currently coordinate around 100 volunteers of varying age, race, religion and sexualities, who broadcast on the FM wavelength (93.2fm) 24 hours a day, seven days a week to Bristol with the aim of creating better understanding and cohesion among those in our amazingly diverse city. Our flagship show is the One Love Breakfast, which is also broadcast by fellow community station Ujima."

**What are the most important ingredients for living a happy life?**  
Being positive and looking after those around you.

**Of the many things you have done to increase happiness here, what are you most proud?**  
Using the power of radio to break



"We broadcast with the aim of creating better understanding and cohesion among those in our amazingly diverse city"

Patrick Hart

down barriers between our different ethnic communities.

**What's your top tip for boosting happiness in the everyday?**  
Think of others first.

**You have inspired and motivated others. What motivates and inspires you?**  
Other people inspire and motivate me.

**What's your favourite quote or saying?**  
'You must be the change you wish to see in the world.'  
Mahatma Gandhi

**What makes you smile about Bristol?**  
Cabot Circus.

**What do you love about the area where you live?**  
It's so close to the countryside.

**If someone had just moved to the city, what hidden gem would you share with them?**  
St Nicholas Market.

**What group, project or idea in Bristol has made you think 'Wow!'?**  
The Wild Goose café on Stapleton Road.

**If you could make one big positive change in Bristol, what would it be?**  
Free travel for all under 16s and over 60s.

**What gives you hope?**  
The good in our fellow human beings.

**What three things that cost no money do you value most?**  
Love, honesty & integrity.

**What's made you laugh loudest in the past month?**  
A dubstep version of the Jungle Book called 'Where's my Monkey?'

**You've answered our questions - what great question would you ask us to make us think?**  
How can we really encourage people to measure their success/happiness without always using money as the yardstick?

## Happy City founders

● MARRIED couple Mike and Liz Zeidler founded Happy City three years ago, following on from a growing interest among politicians internationally in finding a new way of measuring the "happiness" of a population beyond simple financial GDP figures.

Mike and Liz's latest project - a Happiness List for Bristol, is designed to counter the Sunday Times Rich List - what they see as "an annual display of avarice".

They are calling for nominations from members of the public for people they know who do good,



● Mike Zeidler

selfless work for their communities. "We want to cover a wide range of people doing good work," Liz says.

"As long as we get enough nominations, it would be nice to create a Top 100 happiness champions for the city each year, which we would publish on the same weekend as the Sunday Times' Rich List.

Anyone wishing to nominate somebody for the honour, should email [happylist@happycity.org.uk](mailto:happylist@happycity.org.uk) For more information on the Happy City initiative visit their website at [www.happycity.org.uk](http://www.happycity.org.uk)

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