

Focus

Don't miss...



Young performers man barricades for *Les Misérables*

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Champions helping to

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

Ricardo Sharry



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Salisbury
28th March 11am to 3pm

Location: Salisbury Library, Market Place, Salisbury SP1 1LB

Bristol
4th April 11am to 3pm

Location: 2nd Floor, 4 Galsworthy Avenue, Bristol, BS1 4ST

Focus

spread the city's happiness

The Happy City organisation is searching for the most happy and helpful people in the city, as they plan to publish a Happy List for Bristol next month. As we continue our series looking at some of those nominated as Bristol Happiness Champions, David Clensy talks to Patrick Hart and Ricardo Sharry



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

Patrick Hart

NAME: Ricardo Sharry
AGE: 27
CURRENT OCCUPATION: Youth Worker
LIVES: Barton Hill

What's your favourite quote or saying?
"Man never made any material as he killed as the human spirit," Berni Wu Liang

What makes you smile about Bristol?
Its diversity, independence and real sense.

What group, project or idea in Bristol has made you think "Wow"?
The announcement by the Mayor George Ferguson about two youth centres - 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 drives many people away from town at night.

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

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

NAME: Patrick Hart
AGE: 47
CURRENT OCCUPATION: Volunteer Station Manager BCN
LIVES: Harbourside

What makes you smile about Bristol?
I currently coordinate around 140 volunteers of varying ages, races, religions and sexualities, who broadcast on the FM wavelength (90.2FM) 24 hours a day, seven days a week in Bristol with the aim of creating better understanding amongst 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 of?
Using the power of radio to break

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?
"Be glad to be change you wish to see in the world."
Mahatma Gandhi

What makes you smile about Bristol?
Café Civitas

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 gems would you share with them?
St Nicholas Market

What group, project or idea in Bristol has made you think "Wow"?
The 'Red Gaffer' job on Spyness Road.

If you could make one big positive change in Bristol, what would it be?
Free travel for all under 30 and over 65.

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

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

What's made you laugh loudest in the past month?
A display version of the people book called 'Whispered Monday'.

You've answered our questions - what final 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 Zedler 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 appear on the Sunday Times Rich List - what they see as "an annual display of avarice". They are calling for nominations from members of the public, by people they know who do good,



Mike Zedler

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 great to create a Top 100 Happiness champions for the city each year, which we would debut on the same weekend as the Sunday Times Rich List. Anyone wishing to nominate somebody for the list should email happycity@happycity.org.uk. For more information on the Happy City initiative visit their website at www.happycity.org.uk.

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