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# Matters

issue 119, Jul/Aug 2018



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## Dear Readers...

What a glorious month of sunshine we have enjoyed, it made for the perfect conditions to view the Bishopston Open Gardens in all of their glory! Mum and I were inspired but baby Freddie found it all a bit overwhelming, as you'll see in the photo report!

The front page is set to get you geared up for the Friends of Horfield Common Fun Dog show; there is always much hilarity and cuteness at this annual event thanks to our canine friends. Bishopston Matters is once again happy to be sponsoring the show this year - Monty dog insists!

Bishopston Matters is also pleased to support Party in the Park; you can read how preparations for this huge event, which takes place in September, are coming along. I had a wonderful afternoon visiting Brunel Field, to observe the Key Stage 2 pupils

taking on the challenge of creating and running their own countries. I hope you enjoy reading about their learning.

Gromit Unleashed 2 is being launched on 2 July and will run throughout the holidays until 2 September. Read how Glos Rd Central will be home to one of these fabulous sculptures and how many local artists were selected to create a Gromit design.

We hear from local wildlife film maker, Emma Tyrrell, with news of an interesting project she would love the people of Bishopston and St Andrew's to support.

If you are looking for some top food, why not take advantage of your 10% reader discount at the fabulous new smokehouse and grill, Voodoo-Q; see page 11.

Enjoy a fabulous summer! **Kerry x**

Email: [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) • [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)  Bishopston Matters  
Bishopston Matters, PO Box 337, Bristol, BS9 4WT Tel: 07881 924 059 / 0117 349 4483  @bishmatters

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## Celebrating 30 Years of Clyde House Day Nursery

Children, parents, grandparents, local teachers, suppliers and staff joined together on Friday 8 June to celebrate 30 years of Bishopston's Clyde House Day Nursery.

Attendees included grown-up children who attended in the early days, and the nursery's first ever in-house cook. Also among the group were the previous owners from 1997 to 2016, Ian and Mel Mann, who handed over the reins to their daughter-in-law Lisa two years ago.

Current owner, Lisa Mann, commented, "It was fantastic to be able to celebrate with so many faces, old and new. Thirty years is quite an achievement and we are delighted that our warm, friendly, family-owned childcare provision has been able to be part of the Bishopston community for so long.

"Special thanks must go to our General Manager, Sue Bennett, who has herself been a hugely valued member of the business for a massive 25 years. Together we look forward to many more years having the privilege of caring for the children of this wonderful, vibrant community."

Clyde House offers all year round full daycare for children aged between six months and five years old. It currently offers the Government's 15 and 30



funded hours entitlement to children aged three and above. It has excellent links with the local primary schools and was rated Good (with Outstanding) at its last Ofsted inspection in 2016.

Clyde House's sister nursery, Ashgrove Park, can be found a short walk away on Ashgrove Road, just off Ashley Down Road. Operating under the same management team and, from time to time, the same staff members, Ashgrove Park is run with the same community and family-friendly ethos as Clyde House.

There are a very select number of sessions at both nurseries remaining for September entry – why not book a visit today?

[www.ashgroveandclydenurseries.com](http://www.ashgroveandclydenurseries.com)  
0117 951 3123 / 0117 924 7488



## Brunel Field will soon be running the country!

I always enjoy visiting local schools, and this time I was invited not only to Brunel Field but all the new countries they were running too!

Each Key Stage 2 class had been set the task to work together and create a new country; in doing so they thought carefully and discussed, what would make a good country? What were their goals for development? To think about their cultural identity and global citizenship. All these tasks were undertaken without influence of teachers – leaders were elected among the pupils along with many other roles.

The whole school was involved in different ways but Key Stage 2 children 'lived' running their countries for two days. It was wonderful to watch different scenarios unfold and how each country dealt with them. They were given resources to trade and sell, and tough decisions had to be made on what the money was spent on. Pupils put their thoughts forward and a vote was taken at the end. Southern Greenbelt had health as one of their main priorities. One pupil Nancy put a comprehensive case forward that putting money into their health service alone

wasn't enough, spending money on water and sewerage was also important as lack of clean water and sewerage disposal led to widespread disease and unhealthy living conditions. She made a good case and when it came to voting, the class voted with her – our country is safe in the hands of youngsters like this on the way up.

I spoke to Seth, leader of Stonefalls and asked if he was enjoying his role in charge; with a smile on his face he said, "No, it is very stressful with everyone asking me what to do all the time!" I felt for him but another great life lesson learnt.

Vegetonia was led by Issy; when I spoke to her and her team they all seemed to be getting on well with the tasks in-hand. They explained to me they were an eco-friendly country with a desire to help the environment as much as possible. I learnt their flag had four different colours to illustrate they showed no prejudice. Issy told me they were all about being positive and that sounded like a very good way to go about running a country to me! Well done Brunel Field, some fantastic learning achieved.



## Homestay accommodation wanted in 2018 for overseas students aged 16+

Throughout the year, but particularly in July and August.

In Clifton, Cliftonwood, Redland, Cotham, Henleaze, Westbury Park, Stoke Bishop, Bishopston and St Andrews.

**£150 per student per week half board (18+)**  
**£165 per student per week half board (under 18)**



Please contact: **The English Language Centre Bristol**

**0117 970 7060**

email: [accom@elcbristol.co.uk](mailto:accom@elcbristol.co.uk)  
[www.elcbristol.co.uk](http://www.elcbristol.co.uk)





## Events with SENDaWelcome

SENDaWelcome has been working in partnership for 2 years now to ensure children with Special Educational Needs and Disabilities (SEND)

have visibility and opportunities in our community. We have worked with many fabulous and committed people and groups. Here are some opportunities for families with children with SEND to get out and about locally this summer:

### Kings Lawn Tennis Club Coaching for children with SEND

and their siblings 2–3pm; free time to play with parents, carers and family from 3–3.30pm and biscuits!

**Tuesday 7, 14, 21 & 28 August**

For all sessions please book online:

[www.clubspark.lta.org.uk](http://www.clubspark.lta.org.uk) (search Junior Coaching).

Please contact Elly if you have any queries or concerns (07581237260 or [ellytennis.Kings@hotmail.com](mailto:ellytennis.Kings@hotmail.com)).

### Golden Hill Community Garden Family Adventure days

**Thursday 26 July, 16 & 30 August, 11am–3pm.**

### Sunday Club

**1 July, 5 August & 2 September, 2–4pm**

Contact Lucy: [ghcgarden@gmail.com](mailto:ghcgarden@gmail.com)

**Baby Bites – Accessible cookery sessions** with Amy, dates and times to be confirmed. Please keep an eye on her Facebook page for more details: [www.facebook.com/BabyBitesUK](https://www.facebook.com/BabyBitesUK)

### PlayDay, College Green – Free event open to children, young people and their families on Wednesday 1 August.

This event will be as accessible as possible and therefore inclusive for all. There will be water and toilets available close by with limited facilities on site. Organisers want to encourage people to be as playful as they choose without any restrictions other than to have fun. For any questions about accessibility or inclusion at PlayDay you can contact Bristol City Council's Inclusive Play Project [inclusiveplayproject@bristol.gov.uk](mailto:inclusiveplayproject@bristol.gov.uk)

### Children's Scrapstore – Stay & Play Sessions

**Friday 6 July, 4–5.30pm** – Make a Mess (a session for children of all ages who enjoy sensory exploration; prepare to get messy!)

**Friday 13 July, 4–5.30pm** – Cardboard Arcade (a practical session with building, dens, games and junk modelling). £5 / £4 siblings.

These July sessions are for children with SEND and their family groups. Scrapstore are always happy to talk about special requirements ahead of a visit – contact: [events@childrensscrapstore.co.uk](mailto:events@childrensscrapstore.co.uk) / 0117 9143002.

There will be further Stay & Play sessions throughout the summer holidays every Friday afternoon, which will be planned with children with SEND in mind. They will have fewer children and more supporting adults but will be open to all children so families can decide which environment is right for them.

### ICAN Regular Sessions

**2018/19 dates TBC in August**

**Sunday Mornings during term time**

Circomedia's weekly circus workshop for young people aged 8–16 with Special Educational Needs and Disabilities.

These creative sessions are tailored to individual skills and aspirations. Their team of professional circus practitioners help participants learn new skills, make

new friends and build confidence.

Contact: [classes@circomedia.com](mailto:classes@circomedia.com) or call Robin or Mia on 0117 924 7615 for more information.

[www.sendawelcome.co.uk](http://www.sendawelcome.co.uk)



### They Shoot, They Score at St Bon's!

St Bonaventure's Year 6 football team, coached by Marvel Morgan (far left), recently celebrated winning the cross-Bristol team finals at Ashton Gate. Schools from across the city took part and after completing 6 matches, St Bon's won overall!

Pictured above are the triumphant team with their winners' medals and trophy, their fantastic coach and one of the Year 6 teachers, Ralph Davis. Huge congratulations to the team



Little Foxes Forest School is delighted to announce exciting plans for expansion for our outdoor nursery! **From October and due to popular demand we will be opening a provision for 2-3 year olds.** It will be based at the same site as our existing Pre-School in BS7, just a 5 minute drive away in the beautiful woodland and meadows of Stoke Park Estate. Founded and run by ex-primary school teachers and local Mums, we offer high ratios, government funded places and a truly exceptional Pre-School experience unlike any other in Bristol.

**FIND OUT MORE** – We'd love to let you know more about us. Visit: [www.littlefoxesforestschool.com](http://www.littlefoxesforestschool.com) or email [info@littlefoxesforest.co.uk](mailto:info@littlefoxesforest.co.uk) to learn about our new provision, waiting lists for our Pre-School, our Monday stay and play group and upcoming events.

*"The change we have seen in Jacob has been huge! He is so much more confident going into new situations and I am sure this is because of forest school."* Hannah, Little Foxes Mum.

  [littlefoxesforestschool](https://www.instagram.com/littlefoxesforestschool)



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## Life changing

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Photo: @JonCraig\_Photos

## Thanks for a Great First Year on Gloucester Road

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## A helping hand to tackle loneliness

Did you know that there are 1.2 million older people in England who are chronically lonely? In Bristol, up to 10% of people aged over 50 feel socially isolated, and 15% of people aged 75 and over say they never talk to family or friends.

One North Bristol woman decided to do something about it. Karen Patchell, a young mum from Horfield, found out about a new project tackling social isolation among older people and decided to get involved.

*"I saw the advertisement for Community Navigator volunteers as the cold dark winter months were drawing in," says Karen. "I was really moved to want to lend support to older people living in the community."*

Community Navigators Bristol is a free signposting and support service for people over 50 who are feeling isolated. Friendly, trained 'navigators', make contact with older people, get to know them and share information on different things that are happening where they live to help them connect with their community. The service is run by a partnership of trusted local organisations, including North Bristol Advice Centre.

*"It is shocking to learn that for many people, going for days without contact is the norm," says Karen.*

Karen's role also involves helping clients overcome barriers to getting out and about by connecting them with other

community and health services to tackle these problems. She will even go along with them when they try something new for the first time if they are feeling shy or lack confidence.

*"As a volunteer I am so well supported by the wonderful team at North Bristol Advice Centre," says Karen. "Training opportunities are plentiful and we are given the very best support to deliver the very best of services."*

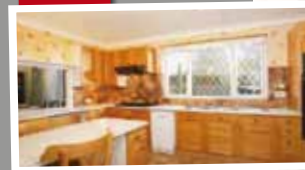
If you can spare a few hours a week like Karen, consider becoming a Community Navigator volunteer. **They are currently recruiting, particularly in Bishopston, Ashley Down, Cotham and Redland; get in touch to find out more: contact Laura (North Bristol) on 0117 951 5751 Ext 231, e-mail [laura.t@northbristoladvice.org.uk](mailto:laura.t@northbristoladvice.org.uk) or visit [www.communitynavigators.org.uk](http://www.communitynavigators.org.uk)**



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## Celebrating 25 years of The Bishopston Progressive Supper

This spring, The Bishopston Progressive Supper celebrated 25 years by taking part in their 63rd event. The group started in 1993, when a small group of twelve couples decided to get together to enjoy good food, drink and conversation at each other's homes. Since then it has grown in popularity and now there are over forty couples taking part.

What is a progressive supper? Well, one couple organises each event, which takes place two or three times a year and is open to anyone that lives within a ten-minute stroll of St Andrew's Park. A date is set and an e-mail sent out inviting people to join in. A week before the event, all those that have said yes will receive a letter telling them which course to prepare, for how many (normally 6) and at what time. Starters begin at 7:45pm, main course begins at 9pm and desert at 10:30pm with coffee from 11:15pm at the organiser's home. The letter also contains any dietary restrictions for your guests and a sealed section to be opened at a specified time. At this stage you don't know who your guests will be. Those not doing starters open their section at 7:30pm on the evening and then the fun begins when they find out where they will be going for their first course. Everyone walks and diners often cross paths in the park on route. This time around we had eighteen couples taking part, so six prepared starters, six mains and six deserts. For those preparing starters, the doorbell rings at 7:45pm and two couples are invited in. After introductions, the meal and conversations begin. The hosts supply the drinks and the guests the banter. At around 8:45pm the host reaches for their letter and opens the sealed section which tells their guests and themselves where to progress for mains.

Everyone now heads off, slightly merry, in different directions to meet different people in different houses for the evening's second instalment of culinary delights and by now captivating conversations. After mains, the guests move on to dessert and so the supper progresses all the way to coffee, where everyone finally meets and the baton is passed on to the couple who have agreed to organise the next progressive supper.

The beauty of this event is that you are only preparing one course, everywhere is within walking distance and you get to meet likeminded people in your community and eat really good food. The fact that this has been running now for 25 years, shows its popularity, and as some people move away from the area, new people join in.

**New diners welcome!** We are keen to invite others to participate in future events; if you would like more information email: [bishopstonps@gmail.com](mailto:bishopstonps@gmail.com) and someone will get back to you. It's a free organisation and there is no obligation to take part in any event. As a first timer it's always a step into the unknown but we always break you in gently with preparing starters or desert and for many couples it's a fantastic opportunity.

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Let the good times roll!



Grace & Tony in Louisiana

When you hear the word 'Cajun' you may think of Cajun cooking and hot spices, which is quite right. Famous Cajun dishes

like Jambalaya, File Gumbo and Crawfish Pie give a flavour of Cajun music too! Cajun music is an earthy, rootsy French-influenced music particularly found in Louisiana around the New Orleans area. The music has a motto "Laissez les bon temps rouler!", which means – "Let the good times roll!"

Cajun music also has a history in Bristol as there has been a weekend Bristol Cajun & Zydeco Festival since 2004, at the Bristol Folk House.

Grace and myself started up Bristol Cajun Swamp Club just over two years ago, when the festival was taking a year's sabbatical. We missed the music and dancing so much that we decided to set up our own club with fellow enthusiasts in the area. It is a totally non-profit making club run wholly by volunteers. We have a Saturday Night Cajun Dance once a month at COGS (Church of the Good Shepherd Hall) off Kings Drive, BS7 8NA and always welcome new people.

We live in Bishopston ourselves, but some people travel down from Gloucester, up from Devon and from further afield to come to the events. The dances have live music from local and national Cajun & Zydeco musicians, and there is a beginners' dance lesson at the start of each evening so that everyone who comes along can learn the basics. It's great fun, easy to learn, and very infectious, with waltzes, two-steps, jives and jitterbug dance steps and bluesy rhythms. You don't need a partner to come along, as it's very sociable, and everyone swaps dance partners during the evening. The 'Cajun scene' is one of the best things about the music – we are a great group of friends, sharing the same passion.

Grace and myself made our first trip to Louisiana in April this year to experience Cajun and its sister Zydeco music in its homeland, and meet the musicians, eat the food and explore the bayous (swamps). We've hopefully brought some of that Louisiana Cajun spice back to Bristol!

**Our next Bristol Cajun Swamp Club dance is on Saturday 21 July at COGS** with London-based band Joli Blon – an all-female group with fiddle, accordion, guitar and vocals – We hope you can join us!

For more information contact myself, Tony or Grace at [bristolcajunswampclub@gmail.com](mailto:bristolcajunswampclub@gmail.com) / 07766761251 / 07815714522. We also have a Facebook page: [www.facebook.com/bristolcajunswampclub](http://www.facebook.com/bristolcajunswampclub).

## Riff Raff Choir – Why not join us?

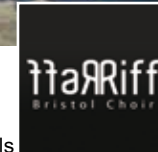
Riff Raff is a fun, sociable, mixed choir with weekday evening rehearsal groups all over Bristol, including Bishopston and Redland. As you may have guessed from the name, everyone is welcome! There are no auditions and all the voice parts are taught by ear, so you don't need to be able to read music.

We sing pop and rock songs exclusively, with no instruments or backing tracks, in four or five part harmony. This includes everything from Ed Sheeran to Guns 'n Roses, from Pink to the Bee Gees with everything in between!

There are three 10-week terms a year, with a range of optional performances and socials to take part in each term. New members are invited to come to a free taster session at the start of a term.

Our next term starts on:

- **Mon 24 Sept:** Factory 8, Southville.
- **Tues 25 Sept:** The Lansdown, Clifton.
- **Wed 26 Sept:** St Michaels & All Angels Church, Bishopston.
- **Thurs 27 Sept:** Redland Parish Church Hall, Redland.
- **Thurs 28 Sept:** The Cross Hands, Fishponds.



To register your interest in joining, to come to a free taster session, and for more information about the choir including rehearsal times, venue details and term fees, please visit our website:

[www.RiffRaffChoir.co.uk](http://www.RiffRaffChoir.co.uk).

If you'd like to see us in action, we'll be performing on:

**Sun 15 July, 2.30pm & 7pm, Riff Raff Paint the Town Red... and Pink... and Orange,** St George's Bristol. Tickets: £10 (£7) U18s £3. To buy tickets please call 0845 40 24 001 or go to [www.stgeorgesbristol.co.uk/event/riff-raff-painttown-red-pink-orange/](http://www.stgeorgesbristol.co.uk/event/riff-raff-painttown-red-pink-orange/).

**Sun 2 Sept, 2pm, Picnic in the Park,** Mina Road Park, St Werburghs.

**Sat 15 Sept, 3pm, Party in the Park,** Golden Hill sports playing fields, Henleaze.

**Sun 23 Sept, 12pm, Chandos Road Festival,** Redland.

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## BASS Wanted!

We are a dynamic 12 person a cappella group based in Bristol, who formed in January 2017. We sing pop and rock songs and perform without a conductor or sheet music, with a bit of movement thrown in. We love performing together and are looking for another member who enjoys singing in harmony with others! **Rehearsals are SUNDAYS 7pm-9pm. We're ideally looking for a bass who can hit a low F.** If you're interested, contact us on [theminorsetbacksacappella@gmail.com](mailto:theminorsetbacksacappella@gmail.com)!



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## View the stunning new Show Apartment at Loft House

New homes by Acorn Property Group at their Loft House development in Bishopston have been proving hugely popular with over 70% of homes now sold. The Show Apartment is now open, so buyers are being urged to contact selling agents Savills and Ocean quickly so not to miss out on a new home in this historic landmark building.

Located next to Gloucestershire County Cricket Ground and just a 10-minute walk to Gloucester Road, the Grade II-listed Brunel House is being sympathetically restored and converted to create a collection of new and truly individual one-, two- and three-bedroom homes. These new homes will combine the high ceilings and double height windows of the original period building with a contemporary interior, bringing together space, light and history. Select apartments will also benefit from allocated parking and stylish mezzanine floors with vaulted ceilings to make the very best of the living space.

Acorn Property Group is an independent development and regeneration company, specialising in creating distinctive and bespoke homes. Established in 1995, they have a wealth of experience and awards over the last twenty years and have won the 2018 property category of the prestigious Bristol Life Awards. Acorn creates beautiful homes which are different by design, imaginatively utilising space, light and original features wherever possible.

With Help to Buy available, you could buy a new home in this popular area of Bristol with just a 5% deposit. Prices at Loft House start at £285,000 for a two bedroom apartment.

Show Apartment open by appointment only, to arrange an appointment to view the show apartment or for further information please contact Savills on 0117 910 0360 or Ocean on 0117 946 9838.



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## Top trends this season...

With so much choice and so many elements to consider when it comes to your perfect bathroom, it's worth taking time to look around and consider all the options. The experts at Kellaway Bathrooms have looked at what's hot in bathroom design this summer to get you started:

**Spa sanctuary** – Bring a bit of luxury into your home. Current lifestyle trends leading to a greater concentration on health and wellbeing has meant the range of products available are more widely available and more affordable. Why not try a tailor-made Whirlpool Spa system, containing specialist auto-clean systems and separate foot and back jets to soothe the stresses and strains of modern life?

**Metallics** – The popular metallic colours of gold, copper and brass tones are making their way into bathroom style and deliver a real 'wow' factor.

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# Friends of St Andrew's Park News and Views

## Any budding journalist students out there?

I am very keen to broaden the membership of FOSAP and I am wondering if there is a young student perhaps thinking about a career in journalism who would like to be our reporter? It would mean looking out for stories and interviewing and then writing it up. Perhaps we could start our newsletter again? I am sure all FOSAP members would give support and encouragement. We have a press liaison person who is also a film director and bestselling author so, working with him would be a great chance to develop skills. Could look good on a CV! Please email me for a chat.

**The future of the Tea Garden** – At time of writing, Tea Garden owner Fay, believes she will be trading until the end of June, after that unfortunately she does not know. Any legal challenge is going to be prohibitively expensive so Fay (hopefully) will be tendering to keep her business in the park that is so well loved by our community. FoSAP will be offering maximum support.

**Play facilities** – It is fantastic to see so many youngsters (and a few parents) enjoying the paddling pool!

The survey on re-vamping the playground is now being analysed, and hopefully an application can be put together to raise a lot of money. Meanwhile some of the equipment is really needing attention. Sarah Cemlyn, who keeps an eye on play for FOSAP is desperately trying to get repairs underway. She did receive an offer from two FOSAP members to carry out some repairs but sadly the council declined. The council do not have the resources but cannot utilise the good will of the community. This is a topic that is actively under discussion by me with the deputy mayor. Hopefully a way forward can be found.

## Love St Andrews Park? Please join us

FoSAP is bracing itself for a challenging time ahead. The massive cuts to parks' budgets will have an impact. Some we might be able to mitigate, some may require a robust response or it may be a case of compromises. What is certain is there will be changes. We need all the support we can get. Why not join us – it's very easy. All you have to do is email membership secretary Jonny Gibson: Jonny@Gibson.com.

## Future projects, your comment please

Just before the latest round of funding applications for the Co-op community fund closed, we learnt that FoSAP is now eligible to apply. We had a quick



www.friendsofstandrewspark.com

discussion at the AGM and have gone for creating a sculptured art work that is also a climbing frame from the felled tree near the cafe. The current idea is for a gigantic snake. The tree is not in good shape but carving will help preserve it, although it will need to be oiled annually to stop further rot. We also have gone for out door gym equipment for adults and children. Comments please.

We would very much like to hear from any disabled person – adult or child. How user-friendly is the park? What should we be planning?

**David Cemlyn, Chair of FoSAP**  
chairfosap@gmail.com

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## Local Church: Seeking To Make A Difference In Our Community

### What do you think of when you think church?

For most of us it might be the Vicar of Dibley, or a cold building with a small number of people. Going to church possibly conjures images of having to go somewhere early on a Sunday morning and not being quite sure of who's who or indeed what they are up to!

Our local church, B&A, are doing all they can to make sure this is not an image associated with them. One of the ways they are doing this is through their Little Churches.

Little Churches are communities within the larger church family that are learning to follow Jesus together and also are seeking to be a blessing to our wider community. There is one group at B&A called FiSH (Friends into Southmead Hospital), this group has taken charge of the mobile

shop in the hospital that runs on Saturday mornings. Their aim is to bless those who are in hospital over the weekends with friendly faces and an opportunity to buy something from the shop. To get involved with something like this you don't have to be a card-carrying Christian, all you need is a desire to make a difference and help out.

B&A have other groups that are working with students who are far from home, helping in local homeless cafes, running Marriage Courses, running drop-in youth clubs and working with our local elderly population. They like to think there is a group for everyone, and if there isn't one yet, they say they would love to start one!

So, what do you think of when you think church? You might find that B&A, your local church, defies those expectations. You can find out more on their website – [babristol.org](http://babristol.org)



## ANNE BOLEYN by Howard Brenton

A landmark 250th production for Bristol's Kelvin Players Theatre Company at Tobacco Factory Theatres this July.

Howard Brenton's award-winning Anne Boleyn is a celebration of an iconic, controversial figure who changed the course of England's history.

Perceptions of Anne Boleyn have ranged from a passive victim, a pawn of an ambitious family, a sexual predator, a whore and even a witch. In this version of events, we see her – and her ghost – in a different light, where religion, politics, sex and love collide.

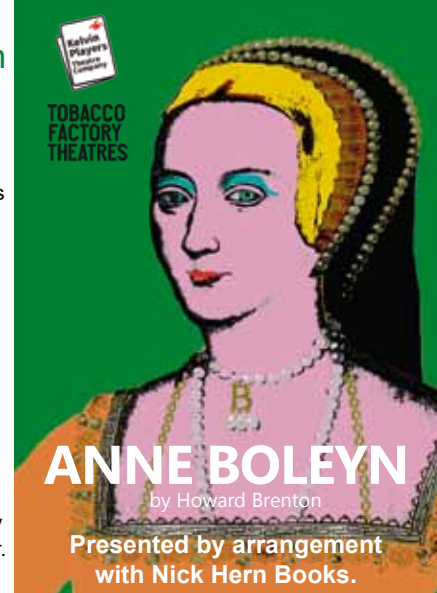
The drama is set in the court of James I and in Tudor times. As Henry VIII's second wife, Anne had the most dangerous ideas of her day. Brenton's dramatisation of a most influential period of history is current, colourful and surprising.

Kelvin Players was established in 1929. It is one of the oldest and most respected non-professional theatre companies in the South West. From its studio base on Gloucester Road, over 100 company members from all ages and backgrounds present five shows a year.

Mike Tweddle, Artistic Director at Tobacco Factory Theatres, on Kelvin Players: "We are very happy to welcome Kelvin Players for a second time following the success of Tartuffe presented here three years ago. As its 250th production, Anne Boleyn is a great example of this non-professional group's continuing talent and heritage."

**Performances from 7.30pm on Tuesday 10 to Saturday 14 July 2018. Matinee Saturday 14 July at 2.00 pm. Tobacco Factory Theatres, Raleigh Road, Southville, Bristol, BS3 1TF.**

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## News from the Ardagh Community Trust



### The Café on the Common

Summer is well and truly underway and we are enjoying having the café open daily from 10am,

with Sara and her team providing great food, drinks and a friendly welcome for people visiting and enjoying Horfield Common and the Ardagh. Daily opening began for Summer 2018 on 15 June and will continue right through the school holidays into Autumn. Please do come along and support this lovely community facility – all surplus from the café is used to reinvest in improvements to the Ardagh and to the wider common. We look forward to seeing you here!

### Community Asset Transfer 'About-Turn' by Bristol City Council

Those of you with eagle-eyes may well have spotted the Ardagh making headlines in the local press and media in early June following publication of a proposal by BCC to close off part of the site for a privately run LTA Tennis scheme rather than supporting ACT's community-led application, which proposed improving the courts for use for multisport rather than one sport only. ACT volunteers and supporters attended Bristol City Council's Cabinet meeting on 5 June 2018 to listen to the discussions surrounding BCC's late-in-the-day decision to remove six of the tennis courts at the Ardagh from the offer of the Community Asset Transfer (CAT). This decision comes 12 months after ACT originally submitted our business plan for the Ardagh site, and 5 months after the project to create a year-round community café with new, fully accessible public toilets in the currently underused and decrepit public toilets within the pavilion building should have commenced. It is ACT's understanding that BCC cannot afford to take the full site back into local authority management, and that it is therefore still planning to proceed with a partial CAT; however, the undermining of ACT's future sustainability through

removal of part of the asset for a private scheme is a significant concern for ACT's Trustees.

ACT is incredibly disappointed that BCC has chosen to take this decision, and were dismayed to hear BCC's Executive member for Sport dismiss any concerns about the decision, stating that it was outside of his portfolio to consider any implications on parks and/or the wider local community of this decision.

Unfortunately, this leaves the Ardagh with an uncertain future ahead. ACT's plan for ongoing management of the site would have used income generated through improved sports facilities to pay for the ongoing upkeep of the public gardens, toilets and other facilities, and to continue to provide facilities and opportunities for informal play, games and leisure activities in addition to sports. Removal of more than half of the sports courts from the offer is a significant blow and trustees are currently considering how the project can progress from here. The ACT has raised more than £400,000 to make improvements to the pavilion building, create a year-round, fully accessible community hub and bring the full site back into use. We have support from Sport England and a wide range of other funders to make improvements to the sports courts in line with community demand; local people want to see a wider offer of sports available at the site (e.g basketball, netball and other games) and for the site to retain its informal character, rather than becoming a formal sports facility similar to other local authority provision.

We are seeking assurances from BCC that having decided to take this course of action, there will be provision made to pay for the maintenance of the areas of the site not included in the CAT by BCC Sports ongoing, as BCC Parks continue to tell us that they have to reduce their costs and cannot commit to doing this. Removal of six of the courts for the citywide tennis scheme means that ACT will not be able to afford to pay for maintenance of all of the site, which was one of the two conditions set out by BCC for any CAT to take place.

We are dismayed by this turn of events and hope that further engagement with, and discussions with BCC may yet lead to a satisfactory outcome. Both of our Councillors Tom Brook and Eleanor Combley are supportive of ACT's application and are working with us to explore how we can resolve this so that we do not end up back in the same situation as when Project Ardagh originally started in 2010 – when the site was vulnerable for sale for development. Watch this space for more information in the September issue.

[www.theardagh.com](http://www.theardagh.com)




## Summer News from Hair Mechanics

**Summer Colour** – Why not make the most of these sunny days with a beautiful new colour? Touches of blonde are popular at this time of year; the client below was delighted with her first ever trial with colour and doesn't she look fabulous! The experienced team at Hair Mechanics can create whatever shade of colour you desire, in different intensities.

**Protect your hair** – Salon manager Vickie explained to me the importance of protecting your hair from heat damage. As well as hot straighteners, dryers and curlers, your hair also has the sun to contend with at this time of the year. From personal experience, Vickie recommends you use *Nioxin – Therm Activ Protector*. It is part of her haircare routine and couldn't be easier – you simply spray on damp hair after washing it and that is it, you don't need to reapply until the next time you wash your hair. Ask in salon for this sought-after product. If you would like to give yourself and your hair a treat, book in for an in-salon re-condition treatment, your hair will love you for it!

**Don't forget to book please** – Hair Mechanics are delighted to be so busy but they hate to disappoint their customers, so to avoid frustration, it is advised that you make future appointments well in advance; it is best to book in your next slot at the end of your appointment at the salon. A cancellation list is in operation, so if you need to cancel, please do so as soon as possible so they can offer your slot to another client. The team thank you for your continued support and wish you all a fantastic summer!

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## Wild Women – YOU can help their story to be told

This month I was contacted by local resident Emma Tyrrell (pictured right), whose passion for wildlife conservation has compelled her to make the documentary film 'Wild Women'. The film will tell the story of the dangers faced by the fearless western women and their rangers, who risk their lives daily to protect the endangered animals they care so deeply for, in often treacherous environments.

Emma told me, "These courageous people are not just fighting the war against certain species extinction but also the dangers to themselves from poachers, militia, and wild animals. They are the Dian Fosseys of our generation and my mission is to show the world what they do, to witness and enjoy through the art of storytelling the lives of these wild women and the beautiful species they protect."

I was interested to know how Emma's journey to making such a film began? "Having worked in the media for a long time and having had the privilege of travelling the world – both as a student [Emma achieved a Masters in documentary at UWE, home to one of the most famous wildlife film courses on the planet!] and as a professional, I have been lucky to meet some amazing people in some amazing places."

Emma started to take a keen interest in conservation after she worked at the 2005 Communicate Festival – a conference for environmental communicators – in Bristol. A job opportunity filming whales off the coast of New Zealand, was then followed by Emma working for Greenpeace on the whaling campaign in Sydney. "I started volunteering for a number of charities – one being Ape Alliance – when I was back in the UK, and I travelled the country touring schools with a Uganda representative, on the plight of apes."

This led her to travel to Uganda and Rwanda, where she met some more remarkable people working in conservation: not just with the mountain gorillas (she was lucky to live on the mountain close by and spend time with the gorillas in Virunga National Park), but also lesser known species.

A year later Emma found herself in Kenya working on a range of conservation projects, with both marine and land animals, including cheetahs. "I began to see a story in the amazing women I met dedicating their lives to conservation. Unknown and underfunded, regardless, these women keep going."

Emma recently travelled to the Jackson Hole Film Festival, in the US, where a number of her film pitches were greatly received; but some people are afraid to invest in Wild Women, owing to the nature of the hard-hitting truth of the daily struggle involved in helping to conserve a species. Emma explained, "It isn't a case of a few weeks a year; it is day and night, it is facing dangers not just of wild animals but of humans too: poachers, rebels or disgruntled locals. I lived it and witnessed it."

Wild Women will be created with an all-female film crew following these incredible women capturing the challenges and highlights in their daily lives in remote, often hostile, but breathtakingly beautiful environments.

"I have the amazing Hollywood veteran actress Virginia Mckenna of the beautiful film 'Born Free', and now the well-known charity, Born Free Foundation, as the willing narrator of the film, as well as the verbal support of some of the world's most incredible biologists, including George Schaller."

People of Bishopston, this is your chance to support a local pioneer and get behind a revolutionary film. Please help make this project happen by supporting Emma at her Kickstarter page: [https://www.kickstarter.com/projects/1828118055/wild-women?ref=user\\_menu](https://www.kickstarter.com/projects/1828118055/wild-women?ref=user_menu)

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## News from Fairfield High

### FHS students take on Ten Tors Challenge

Seven Year 9 students from Fairfield High School (FHS) were among the 2,400, 13+ year olds who recently took part in the Ten Tors Challenge on Dartmoor; all of them completed the 35 mile challenge with Cabot District Scouts, which was an amazing achievement.

In order to achieve this, they undertook training during the past six months, starting with day hikes of 14+ miles going on to a final weekend challenge of 35 miles. Over this weekend they were up at 5am Saturday to start walking at 7am. They carried rucksacks of approx 30lbs and were completely self sufficient until they completed the challenge on the Sunday afternoon.

Walking on Dartmoor is no easy feat due to the rough terrain. They had to plan their route around the 10 check points they are given and navigate the course (similar to Duke of Edinburgh). This challenge helps the walkers to become independent and great team players.

Jennifer Ross, Year 9 Achievement Coordinator at FHS comments: *“We are so proud of our students for their terrific achievement. Kyle, for example, did not know his team members well before the challenge, as they came from different Scout Troops. Understandably he was slightly apprehensive, but he overcame this huge challenge with the biggest smile on his face. Well done to all involved.”*

### Bristol GoodGym ‘run’ to FHS to lend a hand with the school allotment/polytunnel!

Bristol GoodGym visited the allotment at Fairfield High School (FHS) to help dig a trench to pipe water into the polytunnel. Around 20 volunteers ran to Fairfield, dug the trench then ran home!

Scott Mears, Nature Club Coordinator and Science Teacher at FHS comments: *“We were lucky to*



*receive Lottery funding to buy a polytunnel and set-up a community garden on the school grounds a few years ago. Since then we’ve been working tirelessly with volunteers to get the infrastructure up and going. It’s been a slow process, as the money spent has been on materials, meaning nothing left for physically doing the work. We are therefore extremely grateful to Bristol GoodGym for offering their labour, which is quite simply priceless.”*

**Fairfield Summer Gala!** Wednesday 18 July (6-8.30pm) is Fairfield High School’s Summer Gala (free). Last year’s was a fantastic event with a carnival atmosphere and blue skies, making it a perfect end to the school year. Visitors will be treated to a variety of Performing Arts talent including choirs, folk bands, solo artists, samba, drama and dance performances, not to mention a BBQ courtesy of the Fairfield Parents Network, and stalls selling beautiful gifts.

### Local Hall/Rooms For Hire at Horfield Methodist Church



**Availability for day time groups/ activities.**

*Some evenings also available.*



Large hall and different sized rooms from £13.50 – £25 per hour.

Kitchen facilities available if required.

**For further information/to make a booking, email: [bookings@horfieldmethodist.org.uk](mailto:bookings@horfieldmethodist.org.uk) Tel: 0117 9089035**

Horfield Methodist Church, Churchways Avenue, Horfield, BS7 8SN (junction of Glos Rd/Filton Ave).

[www.horfieldmethodist.org.uk](http://www.horfieldmethodist.org.uk)





# Bristol's Independent District News – brought to you by the GRBID



**Bristol's Indie District (managed by GRBID) is keeping you all entertained this summer.**

**NEW Eco Shopper Bags** – Bristol's Indie District has now produced some lovely eco (jute) shoppers in an effort to reduce the need for plastic bags. These will be great when you are next out and about getting summer-ready. The bags were designed by artist Susan Taylor and are available to purchase from various shops for £3.75. Currently those include; Iota, Totally Toys, Grape & Grind, Playfull, Flo Jo Fabrics, Reason and Co-Lab.



**Second Edition of the Free Local Map is out** – pick yours up from various local locations including Totally Toys, Playfull, Bishopston Library.

**Local Things to Do in July**

**Charity Shop Tours with a Personal Stylist – 20 & 21 July** – Love sustainable slow fashion? Bristol's Independent District is offering unique shopping experiences on and around

Gloucester Road in Bristol. Whether you'd like to delve into the world of vintage clothing but don't know where to start or are a seasoned vintage shopper, these tours will be perfect for you.

**Bristol Hopper Beer Tour 8 July** – You'll get to explore our lovely pubs and bars on this all-inclusive beer-filled early evening out. And you may even get to pull your own beer!

**Other News** – GRBID has begun the process to put forward a proposal for a new BID in 2019. All information is on [www.bristolsindependentdistrict.co.uk](http://www.bristolsindependentdistrict.co.uk) – You can use the SAE to return your initial consultation by 2 July 2018.

**Goodbye** – *Edit* and *The Breadstore*

**Welcome** – *Fabulous Vintage* on Cheltenham Road, *Koocha Mezze Bar* on Zetland Road, *La Fiorentina* – Gloucester Road, *Pigsty* – Gloucester Road and *Tincan* – Gloucester Road.

**Important Meeting notice** – All businesses from 182 Cheltenham Road up Gloucester Road to 425 Gloucester Road, Zetland Road, including Denmark Place and Overton Road, are invited to our next steering group meetings to discuss 'A New BID 2019 – 2024'.

**Thursday 15 July, 13:00–14:00**  
**The Gallimaufry, 26–28 Gloucester Rd, BS7 8AL**

**GRBID – Call Out** – If you are a GRBID member and would like to get involved with the GRBID, we have openings on the Board of Directors. It involves donating a bit of your time, about one evening per month when we meet up. It's an opportunity to work as a team delivering elected projects to the area. Email the bid – [grbidoffice@gmail.com](mailto:grbidoffice@gmail.com) if you would like to find out more.

**Your News, Events and Job Vacancies**  
Please do send us any events or news you have so we can share on our social media pages – [www.facebook.com/BristolsIndieDistrict/](http://www.facebook.com/BristolsIndieDistrict/)

**Keep up to date via our website** – [www.bristolsindependentdistrict.co.uk](http://www.bristolsindependentdistrict.co.uk)



## Be Summer-Ready – Shop Local

**Travel** – *whether you are after some holiday outfits, accessories, necessities, or some pampering, it's all here on the doorstep.*

**Eco-friendly travel mugs** – *Romantica* – Gloucester Road

**Sun glasses** – *iota* – Gloucester Road

**Holiday reads** – *Amnesty Bookshop* – Gloucester Road

**Pre-holiday beauty** – Nails – *the Nailshed* – Gloucester Road

**Sun cream** – *Boots* – Gloucester Road

**Tattoo** – *The Tattoo Studio* – Gloucester Road



Romantica



iota



Bamba Beads



Amnesty Bookshop



Cats Protection



Reason

**Vintage & Fashion** – *So you have weddings, festivals, holidays, occasions – these local shops will make sure you are stunningly right for the part.*

**Cheltenham Road** – *Don Majors / Fabulous Vintage*

**Gloucester Road** – *Bamba Beads / Cats Protection / Fox & Feather / Make / Pink Lemons / RePsycho*

## Home & Garden

**Indoor pots** – *7th Sea* – Cheltenham Road

**Garden furniture** – *Chattels* – Cheltenham Road

**Cushions and outdoor table cloths** – *Flo Jo Fabrics* – Gloucester Road

**Gardening** – *Bishopston Hardware* – Gloucester Road

**Outdoor lighting** – *Ablectrics* – Gloucester Road

**Outdoor kitchen wear** – *Reason Interiors* – Gloucester Road

**Indoor plants and design** – *Wild Leaf* – Overton Road



7th Sea

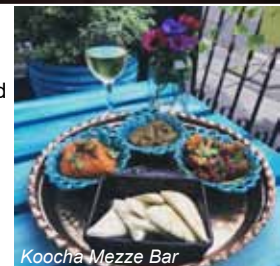


Flo Jo Fabrics

**Chillaxing the Local Way** – *these venues have sunny terraces or back gardens to make the most of your time with family and friends visiting you.*



La Fiorentina



Koocha Mezze Bar

**Cheltenham Road** – *Cat & Wheel*

**Gloucester Road** – *Atomic Burger / Bakers and Co / Bomboloni / Café Lazz / Café Ronak / Hobbs House Bakery / Hobgoblin / Industry Bar & Kitchen / La Fiorentina / Planet Pizza / Prince of Wales / Rocotillos / Spicer & Cole / The Blue Lagoon / The Flyer / The Gallimaufry / The Grace / Tincan / Voodoo Q*

**Zetland Road** – *Casa Mexicana / Koocha Mezze Bar*



## News from **the green room** Natural Hair Salon

**Relax at the Green Room** – The Gloucester Road salon has some gorgeous news chairs and a sofa for you to sit back and relax in while you enjoy having your hair done. The salon will enjoy a freshen up over the coming months, so watch the changes unfold!

**Seasonal Styles** – Summer means relaxed tousled hair looks and is the perfect time to brighten up your hair colour. There are a huge range of organic dyes to choose from that give a stunning finish without harming your hair.

The team are also pleased to create the perfect look for every occasion – from summer weddings to balls, so enjoy their expertise and look fabulous this sunny season!

**Time out for Jo** – Salon director Jo may need to take some time out soon, to recover from a hip operation; we wish her all the best and hope it won't be too long before she's back creating fabulous colours and styles.



15 The Promenade, Gloucester Road, BS7 8AL

Tel: 0117 942 75 75



The Green Room

Green Room vouchers  
make great gifts!

## Lynne Fernandes Optometrists

– clear vision inside and out

Summer's here and many of us will be setting off on another holiday to remember. Whether it's a relaxing Mediterranean beach holiday or a staycation, it's time to pack those all important specs for maximum protection.

**Optimise your eyesight** – If you wear glasses, there's probably been a time where you've been unhappy with them when you're out in the sunshine. It can be annoying to have to switch from your specs to your prescription sunglasses. And, even more annoying if you don't have prescription sunglasses or you forget to pack them.

That's why people opt for Transitions (photochromic lenses). These lenses adjust to changes in light to optimise your eyesight. When you're exposed to ultraviolet light, the lenses darken to resemble sunglasses.

**Block harmful rays** – Transitions filter light with industry leading photochromic dyes whilst blocking 100% UVA/UVB rays and can change from clear indoors to fully dark in the brightest sun. Unlike sunglasses, which have a set tint, Transitions are constantly adapting to your surrounding light conditions.

**Personalise your style** – No matter which glasses frame you choose, we can fit a Transition lens. Choose frames from our Lynne Fernandes Collection 2018 and choose your Transitions lens colour; grey, brown, graphite green and now amethyst, emerald, sapphire or amber. For a more enhanced solution, choose Transitions XTRActive lenses for active outdoor lifestyles and driving. Transitions are suitable for children too and we have a great selection of kids' frames in-store.

**Exclusive offer** – Get 50% off your second pair of specs including Transitions. Enjoy the flexibility of a second pair, whether it's a different colour Transitions in your second pair, a different frame with a block tint or different prescription. Join our EyeStyle members club to access this offer.

Find out more at 75 Gloucester Road. Or book an appointment online at [www.lynnfernandes.co.uk](http://www.lynnfernandes.co.uk) or call 0117 942 6843.



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## Strength training for weight loss

Are you frustrated with your current weight loss program? Well, it's time to try weight loss through strength training. Popular workouts like spin, aerobics and other cardio vascular based exercise routines are great for your body but only half of the full picture. Strength training is often over-looked when aiming to lose weight (reduce body fat), and for many dieters, it works better than any cardio-based weight loss workout program they've tried before. Some of the benefits include:

- Increasing your metabolism/metabolic rate (the rate that you burn calories)
- Increasing endurance and flexibility
- Protecting and possibly reducing pain in your joints
- Increasing bone mass (which helps prevent fractures and degeneration from osteoporosis)
- Increasing your energy level

Surprised? There is a myth that using weights can cause women to bulk up. But using the correct weights and rep ranges will not have this effect. So, if visions of a burly bodybuilder pop into your head when you think of strength training, it's time to change your mind, because getting stronger will help you get slim quicker than aerobic exercise alone. Stronger muscles burn calories faster!

*Kurtis Walters, Everyone Active*



What is The Best Exercise For Weight Loss





## News from Friends of Horfield Common

### 2018 Horfield Common Fun Dog Show & Fundraiser! Saturday 21 July, 10am – 12pm

Join FoHC and friends for this fun, friendly fundraiser! Categories include *Fastest bonio eater*, *Dog the judge would most like to take home* and a range of other fun categories. Last year, there was stiff competition for the *Best trick*, *Dog which looks most like it's owner* and *Best fancy dress!* It was a brilliant morning with people of all ages enjoying getting together to have some fun on the common and raise much-needed funding to support the FoHC group.

Huge thanks to Bishopston Matters for sponsoring the event. We can't wait to see which dogs (and their owners!) take home the prizes this year! ALL WELCOME!



### Horfield Common Seedlings

This lovely new gardening group for primary-aged children and their families has launched at the Ardagh. The group is led by FoHC volunteers, working in partnership with the community outreach team from the RHS. Eight children and their families are now meeting weekly to plant, sow seeds, learn simple gardening techniques and work together to grow a wide range of flowers, plants, salads and vegetables, which will help to regenerate the public gardens at the Ardagh and supply the café with fresh – straight from the garden – leaves and vegetables. This pilot project will be extended to run throughout the year from September – if you are interested in coming along, or in volunteering to support the group – please do get in touch.

### Pride in Parks Competition 2018

FoHC volunteers will be welcoming judges from the RHS to Horfield Common to see the work that is being done by volunteers to support enhancements and improvements to the common, for the benefit of all who use it. We have won the top award every year that we have entered the competition to date, so we have a lot to live up to! Taking part in this competition is a great way for our volunteers to share the work that we are doing locally and regionally. We are one of four parks in Bristol which have won the top 5-star award in the last three years and we are keeping our fingers crossed for another one this year! We look forward to reporting back in here in September.

For more information about Friends of Horfield Common, please see our website [www.friendsofhorfieldcommon.com](http://www.friendsofhorfieldcommon.com), join our Facebook group *Friends of Horfield Common*, and follow us on Twitter @FOHC\_Bristol

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### Bishopston Open Gardens 2018

A glorious afternoon was spent visiting the Bishopston Open Gardens, basked in sunshine. Starting with inspirational flora and fauna and ending with a cup of tea and slice of homemade cake in the grounds of St Bon's Church, mum and I don't think there can be many better ways to spend a Sunday (although baby Freddie fitted in a snooze too!).

280 people plus children visited the stunning and varied, eight gardens that took part.

At time of writing the total raised is an impressive £2,420! (There are still more plants to sell). Most of the money will be divided between funding a family play room at Horfield Prison and CAFOD (Catholic International Development charity), with a smaller amount going to Friends of Bishopston Library for a planter on the first-floor roof terrace.

One organiser told me, "We are thrilled to have raised so much to help the needs of our community and in the wider world, through sharing our gardens, selling plants and providing welcome tea and cakes to visitors."

The Prison is especially in need of support due cuts in providing any important extras such as for visiting families, so it's good to feel we are assisting in this."







## John Henry Iles, Bristol-born entrepreneur honoured in style

City of Bristol Brass Band performed at the unveiling of a blue plaque to commemorate John Henry Iles. Lord Mayor Councillor Lesley Alexander did the honours at a ceremony in St Andrews Park.

John Henry Iles was born in Bristol and the band played at the ceremony outside his matrimonial home, 91 Somerville Road, on Sunday 29 April.

A colourful and diverse entrepreneur, Iles was one-time owner of the British Bandsman newspaper, R Smith & Co music publishers and the founder of the National Brass Band Championships. He was also highly successful in the Amusement Park business and became owner of Belle Vue, Manchester and also the British Open Brass Band Championships.

It was while in Manchester that he fell in love with the sound of a brass band, commenting: "It is not too much to say that I was positively astounded... I came away from that contest a completely converted enthusiast for their cause".

As a result, he organised a massed band concert of 10 bands, conducted by Sir Arthur Sullivan, at the Royal Albert Hall in 1900 for veterans of the Boer War. These massed band concerts were to become a much-loved post contest feature of the National Brass Band Championships, which he instigated at the Crystal Palace and then moved to the Royal Albert Hall.

Iles had promoted a world tour by the famous old band, Besses o' th' Barn, from Manchester and while with them at Coney Island, New York he bought the UK rights to a dream train which he had built at Blackpool Pleasure Beach. He went on to purchase a small pleasure garden in Margate in which he invested significant sums of money to make Dreamland, which has just recently taken on a new lease of life after a successful council – community partnership.



The amusement park empire was extensive, including many in the UK and also Barcelona, Paris, Berlin, Cairo and St Petersburg.

John Henry had worked in his father's grocery business and also a timber mill locally before turning to publishing, including The Cyclist's companion and road guide for Bristol. He was a successful amateur singer and played three times for Gloucester CC alongside WG & EM Grace but was advised to choose between cricket and his other endeavours!

The local ceremony, which was facilitated by the Worshipful Company of Musicians (who award the Iles Medal for services to brass bands), was attended by his grandson and great-granddaughter as well as members of Bristol Civic Society who designed the plaque and arranged the installation.

Band Chair, Steve Ellis, commented,

*"This has come about through a chance conversation between one of our members and his former neighbour, who had been researching the inventor Gordon Iles and became interested in his father John Henry. The band are delighted to have been able to help see the project through and mark the occasion with a short concert for this important local character who did so much to promote and develop brass bands in the first half of the 20th century"*

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## Bishopston, Cotham and Redland Community Partnership (BCR CP) Forum

met in Cotham this time. Councillors have now been given a fund for paying for community meetings and all six local councillors have agreed to entrust BCR CP with the task of organising these meetings. This means that we no longer are restricted to using Bishopston Library for meetings, the only community venue we could use for free.

There was a good turnout of about 35 with a number of people from Bishopston and Ashley Down present at the meeting, as well as Redland, St Andrew's and Cotham.

The meeting opened with a presentation from Bristol City Council sustainability officer, Mark Leach, who told us about the Clean Air for Bristol Project. Bristol is one of 60 cities in the UK that have air pollution in breach of EU and WHO regulations and the government has been directed to achieve compliance in the shortest possible time. Bristol, like other cities, is therefore carrying out feasibility studies on Congestion Charging options. Already some options have been ruled out, such as a city-wide zone. Remaining options are for a small or medium sized zone (the medium zone would include Cotham and St Andrew's) and for charging of all vehicles or excluding cars. Charging is to be by Automatic Number Plate Recognition system for cars entering or moving about within the zone, probably per day.

A full statutory consultation is planned for January 2019, but the team has already been out on Gloucester Road talking to local residents and businesses about the impact congestion charging may have on them and gathering comments to inform the development of the proposals. More information is available from [www.cleanairforbristol.org](http://www.cleanairforbristol.org).

Councillor Martin Fodor introduced the 20mph review. The consultation runs from 18 June to the end of August and everyone is encouraged to

comment, including on retaining the existing restrictions where they think it works well, and making suggestions for changes or improvements.

No police representatives were present but BCR CP were able to give an update on policing personnel changes provided by the Neighbourhood Team inspector.

Liz Kew gave an update on the activities of the Street Scene group who had removed graffiti on over 158 properties in May. Talks are continuing with Bristol City Council and Bristol Waste Company to ensure that they continue to support volunteer activities in the area.

The meeting also heard from Howzat about the progress of talks with the Cricket Club on managing traffic and behaviour on match days, and BCR were asked to find out when the decision on concessions would be made for St Andrew's Park.

**Full information of the meeting is available on the BCR CP website – [www.bcrpc.org.uk](http://www.bcrpc.org.uk)**



## Summer Planting Schemes for Town Gardens

**At secret garden we think a lot about planting schemes for town gardens. One of the main themes, which is perfect to embark on at this time of year, is vegetables. Many people are keen to get into growing their own but cannot get an allotment. Why not turn your shrub and flower border into a decorative vegetable one, which not only looks good but provides for you as well?**

The idea of growing a beautiful vegetable garden is not new; the French vegetable gardens or potagers traditionally combine vegetables, flowers, herbs and other edible plants – laid out within decorative edging.

The edging can be a great feature of the design. Brick, wood and stone are all possibilities but even better would be a living edge, like Parsley, Lavender, Marigolds or miniature fruit trees. Larger espalier trees will create a backdrop that changes and develops with time. Planting holes on paths with herbs such as Thyme and Camomile can even transform the pathways into productive space.

Decorative vegetables come in many forms and varieties; there are stems and leaves like Swiss chard, lettuces, Globe artichoke or even the ferns of Asparagus. Edible flowers like Nasturtiums and Marigold (pest control) will add a fantastic splash of colour. All the fruits, flowers and leaves of vegetables from courgettes and squash – even potatoes, to beans and peas, tomatoes and

aubergines – the list is long. Creating a working plan that combines all these elements is the central part of the whole design.

Other features such as wigwams for beans and peas add height and texture to the border. Cloches come in interesting shapes and sizes and protect plants when small and delicate. Both of these add to the spectacle of the design not least because of their practical use. That is the point of this type of garden; the beauty grows from the functionality.

*Dear Ali, Just wanted to thank you for the terrific work you and your team have carried out on our garden, it's now a pleasure to be in.*

*The men worked very hard in all weathers – in some instances during horizontal hail – without stopping, which meant the job was completed as quickly as possible. They are all also a pleasure to have around and very knowledgeable about their work – we really enjoyed their company.*

*The standard of work is great and we are delighted with the end result, so thanks again for a great job. We will recommend you to anyone looking to transform their garden.*

*Very best wishes, Jim and Alice, Bishopston.*

We love to sit in the garden with friends and family eating and socialising. Having a decorative vegetable border could enhance this by adding real meaning to your garden. There would be something to put the compost on, opportunities to propagate seeds and cuttings, a chance for the kids to learn valuable skills while connecting to the earth and, most importantly, there is

nothing like eating your own produce.

We really believe that the ideal garden is one that is both useful and beautiful. Growing vegetables fulfils these criteria perfectly. If we can help you get started – we can provide planting plans or even a full garden design – we would love to get involved. Who knows maybe this year you will be eating your own sprouts at Christmas, looking out onto a garden that gives you the best of both worlds.

**Ali**

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## Stress free vet visits?

In a recent survey it was found that 51% of pets dislike going to the vets, which is maybe not too surprising given that the surgery is well out of their comfort zone for most cats and many dogs, more surprising is that the same survey revealed that 38% of pet owners get stressed about going to the vet too!

So how can we reduce those figures and make visiting the vet a more pleasant experience for all?

When booking your appointment maybe ask for a first appointment in a session, so that there is less likelihood of the vet keeping you waiting and the waiting room is relatively quiet.

For cats, the problem often starts with the journey to the surgery as most cats prefer not to travel at all. Many cats see the cat box coming out of the loft and know it can mean only one thing! Introduce the box into the house at least a week in advance if possible, for a cat that has to make regular visits consider leaving the cat box out at all times for familiarity.

Getting the cat into the carrier is often a cause of great stress too, all top opening boxes are much easier to drop your cat into rather than front opening doors. Make the box comfortable with a blanket or towel that your cat is familiar with, it will help your cat to get a grip and prevent slipping. Put newspaper under the blanket in case of any leaks!

Use a calming spray in the box, pheromone sprays usually work better than calming odours, as cats can become used to odours and hence the calming effect is lost. Cover the cat box around 3 sides, most cats do not like to see out but do leave one side clear so he can have a peek if he wants to. Carry the cat box in your arms rather than swinging by the handle to help your cat feel more secure.

Travel your pet on an empty stomach if possible, it will help to reduce travel sickness, and if any blood tests are required they can be taken at the same time so preventing the need for a second visit.

On a cold day maybe warm your car before the journey and on a hot day ensure you have plenty of ventilation to keep cool.

Classical music has been shown to be the most calming for our pets and in particular solo piano music! Maybe tune the car radio to a more relaxing station, it may also help you too!

Dogs can be helped in their fear of visiting the vet by having *Happy Visits* where they can be led into the consulting room and offered food treats and then taken home again with nothing more done to them. These visits can be very beneficial to our more

scared patients, they also help to relax owners as they get to know us at a less stressful time.

*Thundershirts* for anxious dogs can be very helpful, using constant pressure to relieve anxiety and calm a worried dog or even an overexcited dog.

In severely affected cases prescription medications can be dispensed and over the counter herbal remedies can sometimes help. Please ask us for more details.

We work hard to make visits to our practice as stress free as possible for our patients and owners. We all prefer to see a happy pet at the surgery and generally a relaxed pet results in a more productive examination. Please do call us about *Happy Visits* if you think it may help your dog.

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# News from Glos Rd Central

We're really into the swing of summer here at Glos Rd Central. With the holidays approaching our independent shops will continue to offer the usual fabulous combination of good fresh food, beauty care, bike maintenance and local art and craft. And of course, Bristol Tools and Nola Interiors are on hand for any DIY or home improvement plans you may have. We're very excited that Preserve has now opened, so take along your own bags and jars to stock up on dry goods, washing liquids and beauty products.

You will find a great selection of t-shirts this summer. Paper Plane has new designs by Bristol maker 'Boodle' and Sight Hound and new Bristol stockists 'Handsome Vintage' and 'Local Outlines'. Room 212 has restocked kids' and men's t-shirts with



the classic Bristol 'scroll' plus a wonderful selection of hand-applied children's t-shirts and baby grows by local designer Katrin of Little Sausages.

To tie in with Bristol's upcoming festivals, Room 212 will have a Harbourside theme throughout July and Hot Air Balloons in August, featuring a whole host of local artists.

Hopefully you've noticed that our pavement planters are looking great as, traders have planted new flowers, and existing perennials are really flourishing. We hope you enjoy our selection of photos taken of our flower boxes in June. See if you can spot which shops they belong to and how they develop and bloom during the summer.

Due to popular demand children's publishers Book Island will once more set up a stall outside Room 212 on Saturday 7 and 21 July. Book Island is an indie publishing house for picture books in translation, specialising in beautifully illustrated, high-quality picture books that can be enjoyed and treasured by both parents and children. The company was founded in 2012 in New Zealand by Belgian-born translator and linguist Greet Pauwelijn, who now lives in Bishopston.

Gromit Unleashed 2 is being launched on 2 July when trail visitors can expect to see over sixty sculptures – each individually designed



and decorated by high-profile artists, designers, innovators and local talent – spread across the city and the surrounding areas.

North Bristol Artists are really pleased that four of their members have been selected to decorate a sculpture. Even better, Jenny Urquhart and Simon Tozer's designs were used to officially launch the trail so we're able to reveal their photos here. The other sculptures, by North Bristol Artists Rhiannon Southwell and Katie Wallis, are being kept secret until the launch date.

Simon Tozer says of his design; *"The idea of doing Gromit as a cactus was suggested by his shape. The rounded forms of his various parts like the ears, nose and paws, plus the fact that he is sitting down made me think he was a bit cactus-like. I enjoyed painting him – especially the flowers on his nose and head, and painting his eyes on – which was the last thing I did on him. It suddenly brought him to life and made him look like Gromit. I have also painted a second Gromit, but, as with most of the Gromits, he is secret until the trail begins."*

Simon's wife Katie Wallis was asked to do a Feathers McGraw sculpture. As well as being a North Bristol Artist, textile designer Katie is one of the owners of artist cooperative Fig, on Gloucester Road.

Jenny Urquhart is quite a pro when it comes to painting these sculptures. Her Shaun the Sheep sculptures were placed at Paddington Station and by the Clifton Suspension Bridge for the last trail, both sporting her trademark bright hot air balloons. This time Jenny has covered her Gromit in bright rainbows. This Gromit will be down by Chew Valley Lake. Jenny's popular and distinctive artwork can be found at Room 212, along with artist Bev Cavendar – aka The Knitted Pea, who has also designed a sculpture which is under wraps until launch day.

As well as all these local artists being selected to design sculptures for the Gromit Unleashed 2 Trail, we're really excited to learn that there will be a Gromit sculpture at Boston Tea Party at Gloucester Road Central. We don't yet know the design or artist who decorated him, but we understand that he will appeal to all those with a sweet tooth!

You'll be able to find the BTP sculpture and all the other Gromits, Wallaces and Feathers McGraws spread around Bristol until 2 September. A Gromit Unleashed 2 app will be available to help avid trail fans to hunt down sculptures, while a special passport trail will be created to celebrate the trail's innovation themes.



New Gromit Unleashed 2-inspired products, including the popular figurines, will be available for purchase with all proceeds benefitting patients and families cared for by Bristol Children's Hospital and the Neonatal Intensive Care Unit at St Michael's Hospital.

The North Bristol Art Trail takes place 24–25 November. You can find information on all the artists year-round on the website [www.northbristolartists.org.uk](http://www.northbristolartists.org.uk) or by following the North Bristol Artist Instagram page.

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## London to Paris for Duchenne UK

Many of you will remember reading about local family, Sara, Olly, Ben, Harry and Oscar Smedley. They shared with us their emotional story about their youngest son/brother, Oscar, being diagnosed with Duchenne muscular dystrophy.

Resiliently joining together, the family made the decision to fight for Oscar, to give him the best possible life and future. Sara and Olly felt the best way to do this was by supporting Duchenne UK in their fight to find treatments for Oscar and all the other boys like him. Determined to raise much-needed funds, they signed up for the *Duchenne Dash* – a 300km cycle from London to Paris – which has to be done in 24 hours!

This gruelling challenge took place on 8 June and we are delighted to share Sara's account below. If you haven't already, please do give whatever you can via <https://uk.virginmoneygiving.com/Team/OllyandSara>.

We set off from Twickenham on Friday afternoon. The first leg of our journey was a 65 mile ride to Newhaven. It was a lovely sunny day, so once the nerves subsided and we had left the outskirts of London, we had a really good ride down to Newhaven to catch the ferry. We had a few hours rest on the short ferry crossing and arrived in Dieppe around 4.30am on Saturday, ready to start the French leg of our 200-mile journey.

The roads in France are amazing and it was lovely cycling through the peaceful French countryside and quiet little villages in the first few hours of our journey. The miles went by remarkably quickly, partly due to the fact that we were riding with so many lovely people.

During the second day we covered a total of 135 miles and whilst it was at times tough, particularly as the fatigue set in, both Olly and I enjoyed every part of the journey. We finished the ride along the cobbles of the Champs-Elysees, finally getting off our bikes as we arrived at the Eiffel Tower. It was an amazing event – a tough physical challenge and certainly an incredibly emotional journey for us both.



Please support the Smedley family with their fundraising

The ride was organised by Duchenne UK and all 160 riders taking part in the event were doing so in order to raise money for the charity.

*It was humbling for me and Olly to know that so many people were going to such efforts in order to raise money for absolutely vital and much needed research into treatments for Duchenne.*

*Treatments are within reach – treatments that could transform the lives of people living with Duchenne – but we need money to make those treatments a reality. So far, the Duchenne Dash has raised over £850,000; we hope that by the time we are finished we will reach a total of over £1,000,000. Every penny of this money will go directly to clinical trials and research that could help to save our son and others like him living with the cruel disease.*

*We would like to say a huge thank you to everyone who has donated to our event so far – we are so very grateful for the kindness and support shown to us. It really does mean the world to us – every pound donated brings us a step closer to finding a treatment that could quite literally save our son's life.*



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# News from the Goldenhill Community Garden

Hi everyone,

Come join us for summer in the garden! The raised beds are bursting with veg and flowers, the polytunnels are full of tomatoes, chillies and cucumber and we're 'eer hopeful about our melons! **Come and get involved any Wednesday 10am-4pm!** We always need help! No experience required and there's always a range of different jobs to suit everyone and you get to take home some tasty harvest and a bunch of flowers. You don't need to come every week or stay all day and you can just pop in for a chat.



We've LOADS of great activities for children coming up – any lovers of adventure aged 5–12 should come along to our **Golden Adventure Days!** This time we're inspired by the Horrible Histories so expect to become a jousting knight or a revolting peasant! As well as the usual pizza making, den building, pond dipping and tree climbing we'll be making bows and arrows, storming the castle and trying to avoid the plague! Every Tuesday in the summer holidays from **Tuesday 24 July 10am – 4pm**, £26 (£21 for siblings) including lunch and snacks toasted on the fire.

And for parents with a child or children with **SEND** and their siblings, we are running three **accessible adventure days**. **Thursday 26 July, Thursday 16 August and 30 August** and, thanks to funding from the Lottery Awards for All, these days are just £5 including a delicious lunch, and adults come for free! You can expect something for everyone – inclusive games, sensory activities, singing around the fire, crafts, cooking, dens, hammocks and a relaxing place to meet and chat to other parents. Also, our lovely **Sunday Club** runs the **first Sunday of the month, 2–4pm**, £5 for more of the same: 1 July, 5 August and 2 September.

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We also run our **toddler groups 9:30–11 and 11.30–1 every Tuesday in term time**; these are lovely sessions with lot of **digging and picking, singing and stories, making and pond dipping and lots freedom to roam around and exploring the garden and get nose to nose with nature!** We take bookings by the term and it works out at £5 a session but you're welcome along for a free taster! Just get in touch.

See you in the garden! *Lucy Mitchell*

**For more info – 07506 905 394**  
[thegoldenhillcommunitygarden.com](http://thegoldenhillcommunitygarden.com)

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# Tribute to Tatiana

Many of you will remember the fantastic fundraising that young, local resident Tatiana Stankovic Davis undertook, while being treated for leukaemia. Sadly, Tatiana lost her brave fight with cancer and tragically died in August 2017.



Her heroic fundraising efforts meant that to date she has raised nearly £20,000 for Fairy Bricks, a charity that meant a lot to the Lego-loving Tatiana.

While in hospital she was able to play with Lego sets donated to the play team by the wonderful Fairy Bricks charity; Lego is both stimulating and distracting – just what children need in hospital. Being a generous, thoughtful person, Tatiana started fundraising to enable more children in hospitals to receive Lego sets.

This May, Tatiana's parents Nada and Simon proudly received the Bristol Lord Mayor's medal posthumously on behalf of their amazing, kind daughter.

The Lord Mayor and councillor Fi Hance made it very clear that Tatiana had made a significant contribution to the city of Bristol.

The ceremony in the Lord Mayor's parlour was a fitting tribute, and some of Tatiana's school friends from Colston's Girls' School were able to attend this and feature on BBC Points West that evening.

Her father, Simon, said, "*Tatiana's kindness and selflessness touched not just Bristolians, but also people across the UK and overseas. Her charitable fundraising for the FairyBricks charity www.fairybricks.org has raised almost £20k, which will benefit children in hospitals across the UK.*"

**People can still donate –**  
**via <https://mydonate.bt.com/fundraisers/simondavis1>**



LEGO galore arrived at Bristol Royal Hospital for Children, thanks to Tatiana



Tatiana with dad Simon

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## New Goals for Bishopston United

After playing together for almost 10 years, first as Bishop Road School and then as Bishopston United, the team played their final match on Sunday 13 May at Eastville Park. Last year, Bishopston United won promotion from the AYL under 15s league into division 3 of the under 16s league this year. While most of the team stayed together, a number of key players left due to GCSEs and to pursue other sports. The core of the team is made up of players from both Redland Green and Cotham schools.

Head coach Nigel Pollett said, "This season has been very challenging for a number of reasons. The squad decreased in numbers and a few players picked up injuries which meant that we were struggling to field a team each week. The weather did not help with almost all of the matches in January, February and March being either postponed due to either a water-logged pitch or snow. We finally had to play catch-up at the end of the season with fixtures re-arranged for Sundays and Thursday evenings in April and May. This added even more pressure given that the boys were busy studying for their GCSE's."

Sunday's game was a tense affair played at home, Eastville Park, against Longwell Green. Bishopston got off to the perfect start scoring 4 goals, 2 from Sonny, 1 from Rohan and 1 from Danny, in the first 20 minutes. However, Longwell Green fought back and scored 2 goals before half time to make the half-time score 4-2. Early in the second half, Longwell Green scored again, but in a tense finish Bishopston held on to win the game 4-3. It was only the third win of the season for United but a fantastic way to finish. As there is no under 17s league next year, the players will now go their own ways.

*Pictured above, from left to right – Lark, Kai, Ant, Toby, Rohan, Josh, Sonny, Tad, Luca, Danny and Will. Other team members Jack and Frankie were injured and Amaan and Joffel not available.*

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## Events at Bishopston Library

It has been a great first year for Bishopston Library, and also for the Friends of Bishopston Library. We've held a number of successful events, thanks to everyone who came along to enjoy them.

We're taking a break over the summer but will be back in the autumn with another varied programme, including Sumita Mukherjee talking about Indian Suffragettes: Female Identities & Transnational Networks on 11 October and the Hotwells Howlers performing *Stony Broke in No Man's Land* on 2 November. Further information and booking details to follow in the September issue.



Libraries across the UK are preparing to launch the Summer Reading Challenge™, run by independent charity The Reading Agency. For 2018 the theme is Mischief Makers, celebrating the 80th anniversary of the much-loved comic Beano. Mischief Makers will celebrate adventure, friendship, reading and fun and is a must for all children who want to live in the moment and be themselves.

Each year the Summer Reading Challenge to children is simple. They're encouraged to read six or more library books of their choice – fact books, joke books, picture books, audio books just as long as they are borrowed from the library – during the

holidays. There are smelly stickers to collect, plus a certificate and medal for every child who completes the Challenge! Children can sign up at Bishopston library from mid-July onwards and all materials are absolutely free!

The library will have a range of other children's activities over the summer, and you can always borrow a good book and enjoy the sunshine on the roof terrace. And perhaps when you return refreshed from your summer break, you might give a thought to helping out occasionally at a FOBL event; just contact us as below.

You can join the Friends, find out about events and support the library at [facebook.com/bishopstonlibrary](https://www.facebook.com/bishopstonlibrary) or at [bishopstonlibrary.org.uk](http://bishopstonlibrary.org.uk), or email [friends@bishopstonlibrary.org.uk](mailto:friends@bishopstonlibrary.org.uk)

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# Local History Matters

## John Frost, Chartist

BHA local history research – text copyright Denis Wright, gravestone image copyright Andy Buchan.

A modern headstone on the west side of Horfield churchyard commemorates the nineteenth-century burials of John Frost (Chartist, JP, and one-time mayor of Newport), Mary his wife, and Henry Hunt Frost, their son.

The Newport uprising of November 1839 was an early show of force by Chartists in their campaign to win the vote. Fourteen people were killed and fifty injured. The leaders of the insurrection – John Frost, Zephaniah Williams and William Jones – were sentenced to death, commuted to transportation for life. The ship left Falmouth for Van Diemen's Land on the 'last day of February' 1840 and anchored in the River Derwent 'before Hobart Town' on 'the last day of June' after a voyage of 16,000 miles in 'exactly four calendar months'. Frost wrote a letter to his wife, dated July 21 1840, which probably arrived in England by the end of December.

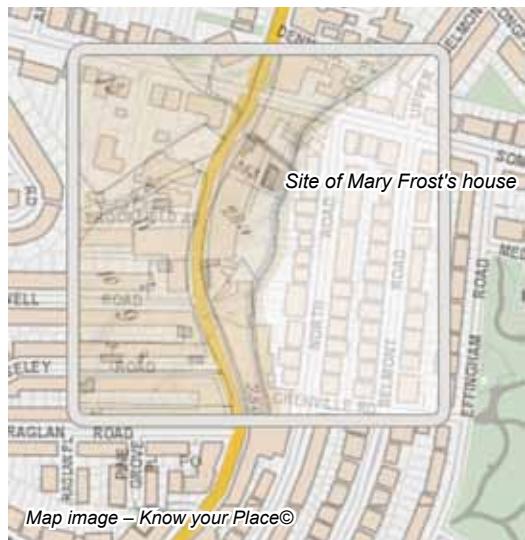
The contents (covered by *The Times*) were read 'amid loud cheering' to an audience of over a thousand Chartists at the Bristol Hall of Science (alias Public Rooms, Broadmead) on 11 January 1841. The reader was Henry Hunt Frost, 'a lad of about 17 years of age'.

Frost's letter was intended to assure his wife, Mary, that all was well. He was living in a penal colony, not 'for what is called punishment', but 'to fill certain offices'. Williams was made 'a superintendent at the coal mines', Jones was 'at the juvenile establishment', and Frost was a clerk to the Governor. They were living in 'a very healthy place (with) a fine open bay before us'. Most prisoners on arrival were 'stripped quite naked, all their clothes taken from them and burnt ... they are then put in the prison dress, generally yellow, sometimes black and yellow'. However, Frost, Williams, and Jones kept their clothes.

Frost also wrote to Mary because he wished 'the exact state of things to be known'. It will be said that we are in the chain-gangs and that we are treated as the vilest of the vile [but] I wish that truth should prevail'. He was aware, for example, 'that all letters sent from and received by every prisoner are read by the commandant', adding mischievously that the Colonial Secretary was welcome to read them too so long as he sent them on to their addresses. *The Times* commented on the perversity of British Government policy by printing a message from the *Sydney Monitor* on the same page as Frost's letter, welcoming him and 'other unemployed, discontented, starving Chartists of Great Britain', adding that it would

**certainly be more humane to forward them here as immigrants, through the aid of a Parliamentary grant, than to drive them to this country through the instrumentality of State prosecutors**

According to the title survey and the census of 1841, Mary Frost (then aged 60) was living in Horfield in a brook-side cottage behind the Waggon and Horses, immediately south of the present Bolton Road. She was presumably still a Horfield parishioner in 1842 when her son (then 'of Ashley St Paul') was buried on 29 March (aged 18). John Frost was pardoned in 1854 but it was three years before he could afford to buy a return passage to England. Mary Frost was buried at Horfield in 1857 and John in the same churchyard on 3 August 1877 (aged 94). The original headstone is in Caerleon: its replacement in Horfield was unveiled (20 March 1986) by Neil Kinnock MP, leader of the Labour Party.



Map image – Know your Place©

## Learn a new language with the University of the Third Age

We continually read about how to keep both our bodies and our brains fit as we age. And everybody seems to agree that exercise is extremely good for both our body and mind. We also know that we should keep challenging our brains as we get older, to help keep us bright and alert. Learning a foreign language is one of the best things you can do to keep your brain on its toes, and if you can go for a brisk walk while you are learning, then so much the better!

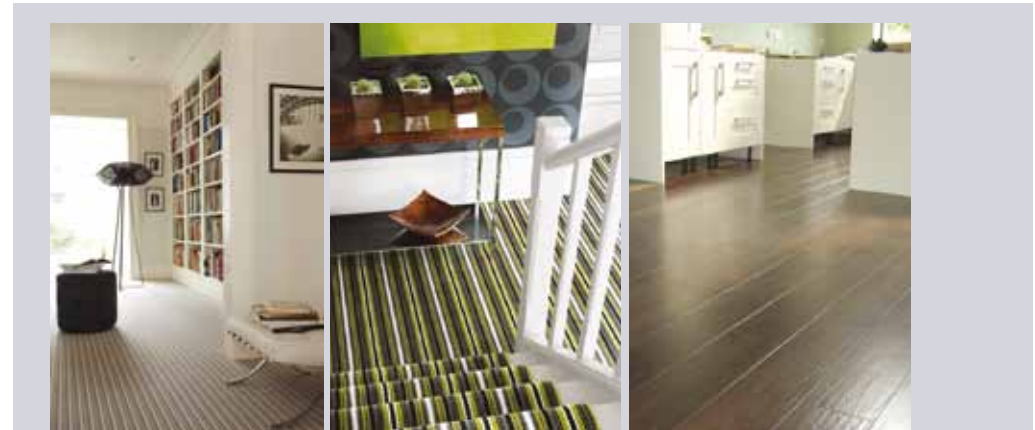
But once people retire, it is not so easy to keep challenging the brain. When there are no more work-related problems to solve, no more research to be done, no more reports to write, how should we keep both our bodies and our brains fit and active?

Well, one way is to join the U3A. The University of the Third Age. This is an international organisation, whose motto is "Live Laugh and Learn". In Bristol there are nearly 2000 members, with 150 individual groups which give members the opportunity to learn. As you can guess from the motto, the learning element is very relaxed and indeed there are plenty of opportunities to socialise. But the emphasis is on learning. You would be amazed how many different topics you could study in a friendly and supportive environment. There are no tests, no exams, no qualifications, simply discovering information for the sheer joy of learning it.

There are Latin, French, Italian and Spanish groups already in existence, and we are hoping to start groups in Arabic, Mandarin, German and Greek. So, if anybody has any knowledge of these latter four languages, the Bristol U3A would love to hear from you.



**So, if you feel your brain needs a challenge and you have given up full-time work, do have a look at the U3A website and discover for yourself the many topics you could learn about. Membership is £20 per year, and there are no other fees. [www.bristolu3a.org.uk](http://www.bristolu3a.org.uk)**



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RANO Dia Duit Namaste  
Yia sou Shalom Goedendag  
Ahn nyeong ha se yo HELLO



## Using drama to improve NHS trauma care?

**Kate Beckett, Bishopston resident and researcher from UWE is looking for adults with experience of injury to contribute to a participatory theatre workshop on either: 11 September at The Station ([www.creativeyouthnetwork.org.uk/the-station](http://www.creativeyouthnetwork.org.uk/the-station)) or 12 September at The Trinity Centre ([www.3ca.org.uk](http://www.3ca.org.uk)).**

Kate (pictured right) explains, "Most of us have either experienced an injury, such as a broken leg, or know someone who has. Such injuries can knock your confidence, independence and sense of self. Emotional stress is normal following such unexpected events, but it generally reduces as you recover and adapt. Research evidence shows that with the right treatment and support most people don't need specialist psychological support. However, it also shows that a significant minority develop more problematic psychological problems (e.g. depression or PTSD) which adversely affect the duration and extent of recovery, and costs. This research has had limited influence on NHS care, and NHS practitioners acknowledge factors which can get in the way of delivering emotionally supportive care and detecting those who need additional support."

So, Kate has been funded by the National Institute for Health Research for a study called 'Enhancing

Post-injury Psychological Intervention and Care (EPPIC)', which is a collaboration between local universities, hospital trusts and service users. Kate's interest is driven by extensive experience as nurse, and in injury research; she's also experienced a few injuries herself. Her research brings interested parties together to co-produce improvements in NHS care.

She is looking for adults who have experienced an injury (between April 2015 and April 2018, which necessitated admission to hospital for at least 24 hours), who'd like to contribute to a workshop, with other services users and NHS practitioners. "We're using a form of Participatory Theatre called 'Forum Theatre' to tell the patient story and use it as a stimulus for debate to devise improvements in care. The country's leading FT company – Cardboard Citizens – is helping us deliver these workshops ([www.cardboardcitizens.org.uk](http://www.cardboardcitizens.org.uk))."

**If you're interested in finding out more, please contact Kate: [Kate2.Beckett@uwe.ac.uk](mailto:Kate2.Beckett@uwe.ac.uk) or 0117 3313330 or 3314085**

*Note: you can't just turn up on the day as you need to contact Kate and sign consent beforehand.*



**EPPIC** - Enhancing Post-Injury Psychological Intervention & Care



**The Sunshine Café** is a brand-new idea hosted at The Elmgrove Centre, based in Redland, every Monday. We offer a huge space for toddlers to run, ride on their own scooters, or use one of our trolley trucks. We also have a bouncy castle which has been proving incredibly popular, along with the soft-play room.

It is our goal, as a community centre, to provide services needed within the community. With this in mind, we aim to keep our prices as low as possible. We currently charge £1 for use of the bouncy castle and soft play. The soft-play room is also open every Thursday from 9am–12pm at the cost of 50p per child.

We are aiming to expand the services by accommodating workers from organisations such as Bristol Debt Advice, Citizens Advice, and Shelter and have advisors here, to offer confidential advice



to anyone who may want to come in for a chat. Part of our mission is to help those facing loneliness, so we have started 'Sunshine Lunches' every Thursday from 12–2pm. Anyone is welcome to join us for some delicious home-cooked food – low in cost and high in taste – and some great company.

We are also setting up a memory café; this will be held once a month in conjunction with Bristol Dementia Action Alliance, for those who suffer from or care for someone with dementia. This will include talks, fun, games and music.

Although opened mid-February, we have been so heartened by the response from local mums and dads. We are progressively so much more than 'just another café' and the warm atmosphere, laughter, and animated excitement of the children, we believe, are testament to this.

**The Elmgrove Centre, Elmgrove Road, BS6 6AH**



## Millions Missing, ME Matters!

On 12 May, Bristol joined over 100 cities around the world calling on governments and health officials to end the inequality

of funding and research into Myalgic Encephalomyelitis (ME), also known as Chronic Fatigue Syndrome (CFS).

Hundreds of ME sufferers, their families, and 'well' allies gathered in Queen Square, central Bristol, as part of #MillionsMissing, a global day of protest spearheaded by international health network ME Action.

People from Bristol and the surrounding areas contributed pairs of shoes labelled with a short message about their experience of living with ME. These shoes – unused due to the debilitating symptoms of ME – were laid out in Queen Square

58 as a poignant representation of those "missing" from their everyday lives.

ME is a systematic neuro-immune disease characterised by an extreme form of fatigue and a severe worsening of symptoms after even minimal physical or mental exertion. It affects an estimated 250,000 men, women and children in the UK.

The event was organised by a team of volunteers, two of which (who are ME sufferers themselves) live in the Bishopston area and belong to the Bristol ME Support Group. The group runs regular meet-ups across the city (including the local area), sends out newsletters and operates public and private Facebook pages.

Many of the group's members made a huge effort to attend the event and show their support (despite knowing it would cost them in the later days/weeks). This was the first time many people had met in 'real-life' (as opposed to online due to their condition making them house/bed-bound) and it proved an emotional, heart-warming and moving demonstration of support from across Bristol and surrounding areas.

**Contact the Bristol ME support Group via their Facebook page, [bristolmesupportgroup.wordpress.com](http://bristolmesupportgroup.wordpress.com) or answerphone 07443 475 474.**

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# News from our Ashley, Bishopston & Redland Councillors



## Ashley ward news

**The meeting held on 12 May about parking and road safety**, chaired by Thangam Debonnaire, was attended by around 100 residents, along

with Cllrs Mike Davies, Carole Johnson and Martin Fodor. There was a widespread desire for action to be taken to address problem parking and road safety issues in Bishopston and St Andrew's, and around two-thirds of attendees were interested in pursuing a new residents' parking scheme for the area. This was about the same proportion that responded to Thangam's survey saying they were in favour of a scheme. We're grateful to everyone who has shared their views and we will be reporting back to the Mayor and the Cabinet Member for Transport.

If there is going to be a new residents' parking scheme, it will require a more thorough consultation process, conducted by the Council's Highways Department, and we are not sure whether the administration is willing to make resource available for this (although we have been urging action to be taken for two years now and will continue to do so). Even if they do, and it is found that there is widespread support for a scheme, it will take some time to go through all the stages needed for one to be implemented.

A new group (The Bishopston and St Andrews Traffic and Parking Group) has been formed, who are working with councillors on these issues and are having regular meetings. If you'd like to get involved please email [bishopstonstandrewstpgroup@gmail.com](mailto:bishopstonstandrewstpgroup@gmail.com). An **online petition** has been set up by the group to be presented to the council, which you can find at <http://bit.ly/2sAO8MG>.

This issue may be raised at the next meeting of Full Council, both by councillors and by members of the public. **The meeting will be held on Tuesday 17 July at 6.00pm in City Hall**. Members of the public are able to submit questions to the Mayor or read out a statement. These should be submitted to [democratic.services@bristol.gov.uk](mailto:democratic.services@bristol.gov.uk) by 5.00pm on 11 July for questions and midday on 16 July for statements.

If action is not taken the situation is not likely to improve and may get worse over the coming years – we hope that the campaigning on these issues will bear fruit; taking action on this will remain one of our top priorities as your councillors.

On another topic, Bristol City Council is part of a new campaign – **Talking Trees Bristol** – to encourage people to plant trees in their gardens and sponsor a tree, with the aim of doubling Bristol's canopy cover by 2050. Currently, Bristol boasts a canopy cover of 15%. If we can double this to 30% it will help to neutralise air pollution and mitigate the urban heat island effect. For more information visit [www.talkingtreesbristol.co.uk](http://www.talkingtreesbristol.co.uk).

Finally, if you ever have an issue you'd like to raise with us in person, please do come to our **monthly surgery**, which is held on the first **Friday of each month, 1-2pm**, in the Library within St Pauls Learning Centre (94 Grosvenor Rd, BS2 8XJ).

### Please do get in touch

**Cllr Mike Davies, Labour Party**  
[cldr.mike.davies@bristol.gov.uk](mailto:cldr.mike.davies@bristol.gov.uk) / 07584 370413

**Cllr Carole Johnson, Labour Party**  
[Cllr.Carole.Johnson@bristol.gov.uk](mailto:Cllr.Carole.Johnson@bristol.gov.uk) / 07584 370414

**Cllr Jude English, Green Party**  
[Cllr.Jude.English@bristol.gov.uk](mailto:Cllr.Jude.English@bristol.gov.uk) / 07584 151099

## Bishopston ward news

**20mph Consultation** – The council will shortly be starting a consultation on the 20mph speed limits on roads across the city. The aim of the review is to identify whether any localised adjustments are needed to the 20mph speed limit in order to improve its effectiveness. It is not about whether the 20mph limit should be in place. This is an approach that we support, as the evidence shows that 20mph has increased safety and generally made our area a nicer place to be a pedestrian or other road user.

The consultation will seek to use evidence to guide the decisions around where to increase or decrease speed limits on particular roads. While the concentration will be on roads the council knows are an issue for some people, there will be the opportunity to discuss any roads you want. The consultation will go live on 20 June for 8 weeks, and will be available at [bristol.citizenspace.com](http://bristol.citizenspace.com), as well as on paper at libraries.

**Lidl** – The application to build a Lidl on the site of the Muller Road bus depot was considered by a committee of councillors last month. It was approved subject to a variety of transport and air quality mitigations, which should limit some of the impact of the development.

**Targeted Short Breaks Consultation** – There is a consultation running on changes to the council's Targeted Short Breaks programme. Targeted Short Breaks provide valuable support to families, giving parents and carers a rest, safe in the knowledge that their child is being cared for and having a good experience. The consultation is not about reducing or

removing the service, but on considering whether it can be improved within the money already allocated. Some of the changes being considered are targeting more short breaks by age group, reducing support for travel costs, and extending eligibility to include children with complex ADHD and Social, Emotional and Mental Health needs. The consultation will also be looking at whether the Bristol Autism Project is meeting the needs of users.

The consultation can be found at [bristol.citizenspace.com](http://bristol.citizenspace.com), and it will also be taken to special schools, community groups, and to current users of the service. If you know of a school or group which you think should be given a visit please let us know. For anyone with a child with a disability who is interested to find out what is already available in the area, [findabilitybristol.org.uk](http://findabilitybristol.org.uk) is a great resource.

**Tennis Courts at the Ardagh** – The council has approved £550k of investment in the tennis courts at the Ardagh on Horfield Common. The money will go towards renovating six of the eleven courts, which will then become part of a new citywide tennis membership scheme. This will involve charging for the courts either by a small yearly fee or 'pay as you go', with reductions available for those on low incomes. We were frustrated by the decision-making process for this, which did not allow for consultation or negotiation with the Ardagh Community Trust on the proposal. The Trust are bringing forward their own business case for the site, and hopefully they'll be able to work around this decision, which will leave the remaining five courts for possible inclusion in the Ardagh Community Trust's project.

**Wetherspoons** – Wetherspoons had put in another planning application to convert 349 Gloucester Road into one of their pubs. While it would be great to have this derelict eyesore back in use, we were concerned about the impact that a pub with a large outdoor terrace at this location would have on noise, anti-social behaviour, odour, parking, and the economic wellbeing of existing nearby businesses. We were pleased to learn that the council's planning department has refused the application on a variety of grounds. It remains to be seen whether Wetherspoons will seek to address these concerns and bring a new application forward.

### Please do get in touch

**Tom Brook, Labour Party**  
[Cllr.Tom.Brook@bristol.gov.uk](mailto:Cllr.Tom.Brook@bristol.gov.uk) / 07584 370425

**Eleanor Combley, Green Party**  
[Cllr.Eleanor.Combley@bristol.gov.uk](mailto:Cllr.Eleanor.Combley@bristol.gov.uk) / 07584 370427

*Continued on next page ►*



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## Redland ward news

**The Future of Volunteer-Led Groups –** We were saddened and concerned to hear the news that vital local groups like Redland Green's MayFair steering group and the neighbourhood's Street scene group said they'd be ending their work. A thriving voluntary sector, supported by the council and local businesses, is vital to the strength of our area, and underpins our quality of life.

The decision of these two local groups (and others where the teams running them are stepping back and seeking new committees) to announce their closure was worrying and very disappointing news. It's also a strong warning of issues we've previously talked about (e.g. in points raised at Cabinet and a blog Martin wrote last year) that there has to be some council support to enable and complement their work. In the case of the MayFair committee the increasing costs and requirements and reducing help from the council undermined the viability of this popular charitable event. There is still room for a fresh committee to revisit their work and take on a similar event for the future – if you are interested do let Redland Green Community Association or RCAS know. The social and community benefits of such events are enormous and we'd like to offer our thanks to the hard work of the committee over many years.

In the case of the street scene group a small number of people have delivered daily work across the area clearing tagging, reporting flytipping, and painting anti-graffiti coatings on street furniture and other surfaces, adding up to thousands of pounds of unpaid work through the whole year. A decision by Bristol Waste Company (BWC) on behalf of the council to start charging for professional services which had previously been free had caused the group to believe their work alone would no longer be enough to maintain standards in the area; fortunately, discussing the issues at the highest levels with BWC and BCC has brought hope a solution will be found. As always more volunteers being involved will help secure their work along with the reinstatement of practical support from the council's contractor. Everyone who enjoys the street scene along Gloucester Road and other local roads will appreciate their hard work and dedication to our local quality of life.

**Funding for projects in our Area –** Our neighbourhood is now part of a larger Area that the council has created to allocate the 15% of Community Infrastructure Levy (CIL) – i.e. the funds developers have to provide to deal with impacts of their project on the locality. The council keeps 85% for major city spending, leaving 15% to the locality. This is now to be shared among six wards. There is no longer a local small grants fund. The Area committee is made up of the 12 councillors from Bishopston & Ashley Down, Cotham, Redland, Horfield, Southmead, and Henbury & Brentry. The new arrangement from

the council sets a single meeting of the councillors which will be held in September when the available funds are allocated to local projects. The actual funds available are not precisely known at present, but what is clear is that there won't be enough to fulfil all the proposals made from the six wards in the area.

Some readers may remember that there used to be a local highway budget too and we had a process for shortlisting what was requested in the neighbourhood. This is now no longer available and although some highways projects have been suggested by highway officers, these don't all come from our ward requests. Councillors have therefore proposed some projects that we know residents want, e.g. safety schemes, which may be subject to negotiation with officers. The one in Redland is the Cranbrook Road crossing, for which costs and options are not yet clear, but which is bound to exceed this year's funds available in the area. There are also some proposed tree replacements and these need to be checked against separate tree replacement funds that might be available from developments where trees were cut down and have to be replaced within 1 mile of the site. So, at the time of writing, you can see we are not yet sure what will likely be agreed in September. We are hoping that as the process settled down a more participatory approach can be reinstated next year involving stakeholder groups and local ideas for the modest funds anticipated.

**Our new roles on committees –** At May's Full Council AGM the Labour majority administration agreed to a new way of allocating committee places. This means the only chair positions now available to opposition groups are scrutiny committees. Once places on committees were allocated we now have places as follows: Fi is on Public Safety and Protection, Public Rights of Way committee, Human Resources, Licensing and Development Control, and Martin is on the scrutiny of Communities and of Growth and Regeneration.

**Bristol North Baths fiasco –** Fi and Martin have asked for further details behind the decision to sell the old Bristol North Baths Building. Without further information it is hard to justify the current administration's wish to sell this much-loved and iconic building on Gloucester Road which comes as such a blow to our community. We'll keep you posted.

**Please sign up so we can keep in touch!** We'd like to keep residents in touch with an occasional newsletter about our work in the ward, no more than six per year, but can only do this if you tell us you agree by following this link and registering. <http://eepurl.com/cms9Pr>

### Please do get in touch

**Fi Hance, Green Party**  
[Cllr.fi.hance@bristol.gov.uk](mailto:Cllr.fi.hance@bristol.gov.uk) / 07833 484346

**Martin Fodor, Green Party -**  
[Cllr.martin.fodor@bristol.gov.uk](mailto:Cllr.martin.fodor@bristol.gov.uk) / 07884 726101

## Good news about the Bishopston Cotham and Redland Street Scene Volunteer Group

Recently, you may have seen in the local press that the Bishopston Cotham and Redland Street Scene Volunteer Group (BCR Street Scene) gave notice that they would cease to operate at the end of June. This was in response to Bristol Waste Company (BWC) graffiti removal service planning to charge commercial property owners for graffiti removal from their premises and to charge Bristol residents for removal of graffiti from their brick walls.

The good news is that at a productive and cordial meeting with Cllr Kye Dudd, Cabinet Member for Energy, Waste and Regulatory Services, and Tony Lawless, the new Managing Director BWC, it was clear they appreciated and understood the scale of the BCR SSG voluntary contribution.

Tony Lawless stated that residents, charities and small independent business should not be charged for graffiti removal. "Let's hope we can work together to give you the support your group deserves".

It is well documented that a well-cared for street is less likely to experience crime and disorder. Littering and graffiti tagging are noticeably reduced. Keeping Gloucester Rd, Cheltenham Rd and adjoining streets clean is a challenge but one that

is achievable if we all, including traders, Bristol City Council and BWC, play our parts, so it remains a pleasant shopping and residential area.



### What is the future of the BCR Street Scene Group?

The group thinks that if BCR SSG is to go forward then this is an opportune time to look at how the group is organised, not least because both Rob Umphray and Liz Kew plan to step down. Liz has been an SSG volunteer for 10 years but now lives in Portishead and Rob because of his business commitments. Liz and Rob both say that they will miss the camaraderie, fun and satisfaction of working within a team of volunteers.



**So, have your say as to the future of BCR SSG!** The group always welcomes more volunteers who want to make a difference in their area. **Please email: [Streetscene@bcrcp.org.uk](mailto:Streetscene@bcrcp.org.uk)**

## PARTY IN THE PARK 2018!



**Saturday 15 September**

Party in the park is now in its twelfth year and each year we try and bring a fresh and different look to the event. It is very much a community day out where we seek to provide entertainment, games and refreshments to suit all.

**Attractions include:** *Tethered Hot Air Balloon ride (weather permitting)* ▪ *Firework display (due to start at 8pm)* ▪ *Gryoscope* ▪ *Tractor Rides* ▪ *Demolition Zone – Bash the Car!* ▪ *Inflatable village* ▪ *Crazy Golf* ▪ *Zombie Shootout* ▪ *Pirate Bouncy and Slide Sports Zone* ▪ *Flight Simulator* ▪ *Live music stage – great live local acts* ▪ *Live displays – Japanese Drummers, Tae Kwon-do, marching band and many, many more* ▪ *Shopping village* ▪ *Food Village with Pizza, Falafel, BBQ, Chicken and Vegetarian Curries* ▪ *Licensed bar and much, much more!*

PITP's original purpose was to repay the ground purchase loan and this will be achieved at this PITP.

The funds from all future events will now be put towards the next project – the renovation and re-development of the pavilion.

Everyone at Golden Hill Sports would like to say a big thank to all those people that have come along and supported PITP over the years and made it such a success, and we would like to invite them all back again this year along with anyone who has never been before.

Our slogan for PITP is **'Bringing the community together'** and we truly believe that this event does just that.

We are so grateful for our PITP organising team, many of which have been with us since the start and give up countless hours to make this event the success it is. All funds from PITP go to the registered charity 'Golden Hill Sports' whose charitable objectives are the protection and wellbeing of the sports field and provision of sport for the membership which is open to everyone.

**For more details on the event and up to date news please visit our website – [www.goldenhillsports.com](http://www.goldenhillsports.com) or our Facebook page.**

**Bishopston Matters is delighted to once again sponsor this community event this year.**





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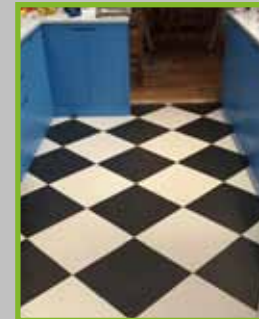


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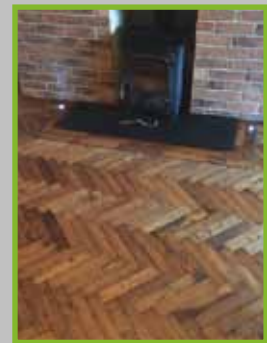
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## Community Noticeboard

For free listings contact  
kerry@bishopstonmatters.co.uk

For the new online  
'What's on' diary of events visit  
[www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)

Call 07881 924059

## Bishopston, Horfield & Ashley Down Local History Society

All meetings are on Tuesday and start at 7.30pm at  
Horfield Quaker Meeting, Gloucester Rd, BS7 8PD

17 July Sisters of the Somme – Penny Starns

17 Sept Members evening –  
Personal memories of our area and beyond.

[bishopstonhistorysociety.wordpress.com](http://bishopstonhistorysociety.wordpress.com)

Redland Green School  
1pm – 4pm

Saturday 21 July 2018

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RGS PTA

At Redland Green School, Redland Court Road,  
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## Circle Dance Evenings

At The Old Library on the last Tuesday evening  
of the month, led by Susannah Temple

July 31 & Aug 28,  
7.30–9.30pm

Enjoy music from different countries. No need to have  
a partner and it's OK to be a beginner.

Great variety of dances, from peaceful to lively  
Join in as much or as little as you want.

It's a whole new take on "going round in circles"!  
calming and relaxing.

*This summer the evenings will be enlivened  
whenever possible with 'live music'  
for the dancing!*

Susannah teaches as we go along, so you can pick  
it up gradually. Wear soft shoes or bare feet – floor is  
carpeted. Light refreshments provided

Five pounds or so donation for The Old Library  
gratefully received

Welcome to all!

Warm, informal community dance evenings for all  
abilities. Helping to raise funds for The Old Library

For more details, get in touch  
with Susannah: 0117 979 1519  
Information also at [www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)

## Horfield Families Group

We are a group of women (and sometimes  
men) who meet every second Wednesday  
of the month from 7.45pm in the Horfield  
Parish Church Hall, Wellington Hill, Horfield.  
Our meetings include speakers who inform  
and encourage us to join in different  
activities. We also enjoy a variety of outside  
visits. We raise money for a different charity  
each year. All this gives us a sense of support  
and companionship.

New members are very welcome. If you are  
interested please visit our website  
[www.horfieldfamiliesgroup.co.uk](http://www.horfieldfamiliesgroup.co.uk)  
You can get in touch with us via the  
Contact section.

ASHLEY DOWN SCHOOL  
FEDERATION PSA

# Summer Fair

SAT 30<sup>th</sup> JUNE  
12:00 - 2:30PM  
BRUNEL FIELD

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www.facebook.com/HalCamplinart/

## Illness and Anarchy Cafe

Invites you to share experiences of  
illness and creativity. Tea /coffee  
provided in an open garage,

179 Bishop Rd, Bishopston BS7 8NA  
every 2 weeks for rest of 2018.

Next meetings July 7/21

[www.facebook.com/HalCamplinart/](http://www.facebook.com/HalCamplinart/)

## Events at Bishopston Methodist Church

245 Gloucester Road, BS7 8NY

### New Friends Group

Meeting on Wednesdays at 2.30pm.

11 July – Going on an outing!

### Light lunches

The date is **Wednesday 11 July**  
from 12–1.30pm. Varied menu and good  
company if you would like it.

## St. Bonaventure's Feast Day 2018

SUNDAY 15<sup>TH</sup> JULY 11AM-3PM

ST. BON'S SCHOOL PLAYGROUND, EGERTON RD, BS7 8HP  
PLEASE RESPECT OUR NEIGHBOURS BY USING THE CHURCH CARPARK TO PARK

BBQ BOUNCY CASTLE  
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FACEPAINTING CAKES

11AM MASS  
12PM BBQ STARTS  
JAZZ BAND LAZY RIVER

PLEASE JOIN US CELEBRATING THIS DAY!

BRISTOL  
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CHOIR

Saturday 7 July, 7.30pm

St Peters Church, 17 The Drive,  
Henleaze, BS9 4LD

Entry: £15/£5 (NUS/under 18s)  
including post concert refreshments and a glass  
of wine or soft drink.

## Summertime!

### Bristol Cabot Choir Concert

Music from across the Atlantic including Gershwin  
and Cole Porter plus newly commissioned pieces  
from Danish composer Jonas Hunt.

Booking: [www.opus13.co.uk](http://www.opus13.co.uk)  
[www.bristolcabotchoir.org](http://www.bristolcabotchoir.org)







# Community News/Events...

**BS7 Road Safety.** The consultation on 20 mph in Bristol opens 20 of June and runs for 8 weeks. Please take part and show your support for the 20mph limit on Ashley Down Road. It is so important for all the children that attend the three primary schools in the area that this route remains at 20 and is earmarked for 20 mph enforcement. We'll post details on our FB page when they become available: <https://www.facebook.com/BS7RoadSafety/>

**North Bristol Community Project,** 160 Gloucester Road, BS7 8NT. For more information on any of the below, Tel: 07742 377 799 or 0117 9246 228.

**Personal Development:** Free. Tuesdays mornings 9.30–12.30am. Explore a variety of ways in which to change, grow and achieve your potential. Make plans and set personal goals. Explore future careers, educations and volunteering options.

**Arts for Wellbeing Drop In:** Thursday mornings 10–12am. A contribution towards cost is welcome. Relax and unwind, as you enjoy exploring your creativity. Learn new skills, make new friends, gain confidence as you learn to collage, paint, draw, print and create an art journal about your life or interests. No previous experience necessary, all abilities welcome, refreshments provided.

**Sewing:** Monday mornings 9.30–12.30am. Free for those on means-tested benefits. Learn to use a sewing machine and hand stitch. Repair, recycle, embellish and customise your clothing. Explore the possibility of self-employment.

**Redland Green Choir** will combine with the Burnham and Highbridge Choral Society and the Long Ashton Orchestra to perform Beethoven's 9th symphony and choral works by Brahms at Clifton Cathedral at 7.45pm on 14 July. Tickets are £12 (£10 concessions) from [www.redlandgreenchoir.org.uk](http://www.redlandgreenchoir.org.uk) or at the door.

**Vote for your favourite Tree!** Bristol's trees form the green framework to our lives. They bring beauty and character to the city's green spaces and to its streets. They also deliver many other important benefits that improve the quality of our lives, making us happier and healthier and giving us a sense of place and of our history. Trees encourage plant and animal diversity and help mitigate climate change by absorbing pollution, capturing carbon and reducing rainwater runoff. To celebrate this, Bristol Tree Forum is hosting its first Bristol Tree of the Year Competition, aimed at increasing public awareness of our arboreal heritage and the many benefits that trees bring us. To find out more, visit their

website at <https://bristoltreeforum.org> and search for #BristolFavouriteTree on twitter.

**Lockleaze & Horfield Strollers** – This local group walks fortnightly on a Tuesday morning with numbers of around 15. If you would like more information on this or any of the Bristol Walking for Health groups or to complete the short health questionnaire, please contact – [healthwalks@bristol.gov.uk](mailto:healthwalks@bristol.gov.uk) or Saliha Ahmed, Engagement Worker, call: 0117 914 1129 (Tuesday–Friday). [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk).

**Tuesday 3 July, Hanham Nature Reserve.** Meet at The Horsefair (back of Primark) 9.00 (bus 44 @10:09). Exploring this nature reserve and finding the Avon Valley Woodland viewing point.

**Tuesday 17 July, Pier to Pier at Weston Super Mare.** Meet at the Bus Station 10.00 (bus X2 @ 10:10). Enjoy some sea air on a walk from the Grand Pier to the historic Birnbeck pier. Coffee at Knightstone.

**Tuesday 31 July, Portbury Wharf Nature Reserve and Marina walk.** Meet at the Bus Station 09:50 (bus X4 @10.00). Enjoy some countryside and who knows what we might see at this Nature Reserve.

**Tuesday 14 August, Stoke Park Sculpture Trail.** Meet at Horfield Leisure Centre 9.50 (bus 24 @ 10.00). A walk to find the hidden wood carvings in Stoke Park. Return to Gainsborough Square for coffee.

**Tuesday 28 August, Munday playing field Thornbury.** Meet at Horfield Leisure Centre 10.20 (bus T2 @ 10.33). Walk from playing field to church and castle grounds and hear about some of the past history connecting Henry V111 and Thornbury.

**Tuesday 11 September, Poets Walk Clevedon.** Meet at the Bus Station 10.30 (bus X6 @ 10.40). Enjoy sea views and fresh air on this walk which has become a favourite over the years.

**Tuesday 25 September, Bath Botanic Gardens.** Meet at the Bus Station 9.50 (bus X39 @ 10:00). Explore autumn colours in the gardens, walk along Royal Parade to view Royal Crescent and enjoy coffee in the park.

**Bristol Community Gamelan** play the music of Java, and is looking for new members. Playing gamelan is a communal activity that only needs a sense of rhythm, numeracy up to 6 and the ability to sit on the floor. They meet every Monday evening at Cotham School from 6.30–8.30pm, to play traditional and modern pieces. If interested email: [keithripley27@gmail.com](mailto:keithripley27@gmail.com) or call: 0117 9444241.



**Westbury Park Art Fair** takes place on Saturday 30 June 2018, 10.30am–5pm at the Methodist Church Hall, North View, Westbury Park, BS6 7QB.

The Westbury Park Fair returns again as part of the Westbury Park Festival 2018. There will be 18 artists showing and selling their Arts and Crafts. Also, there will be live music throughout the day, including the Gaswork Singers and Ian Lord, a talented folk guitarist. Tea and homemade cakes will be served and the proceeds will be given to local charities. So please do go along for an enjoyable day out.

**Westbury Park Orchestra** is a friendly non-auditioned, orchestra under the baton of Ben England with a repertoire of classical and modern pieces with an emphasis on having fun. You will ideally be of a good standard (string and brass players particularly welcome). They meet at Westbury-on-Trym Methodist Church, Westbury Hill on Monday evenings between 8.00 and 9.30pm (term-time only). Free taster session for newcomers. [www.westburyparkorchestra.com](http://www.westburyparkorchestra.com).

**The Bristol and District Lymphoedema Support Group** will be holding a Lymphoedema Awareness and Information Day on Monday 9 July. The event will be at the Spire Conference Centre in Aztec West, BS32 4SY and will run from 11am to 3pm as a drop-in event.

Garment suppliers, healthcare professionals and support services have been invited along to create an exhibition of everything lymphoedema. Each exhibitor will have a 'stall', so you can browse and quiz to find out about what's out there locally for people with lymphoedema.

The event is free to attend, everyone is welcome, and light refreshments will be provided. Registration is not required, but would be welcome. Please email [BristolAndDistrictLymph@gmail.com](mailto:BristolAndDistrictLymph@gmail.com).

There is ample free parking immediately outside the building:= as you enter the business park, you must turn left at the first junction and the Spire centre is on your left shortly after that. Park behind the building, following directions to the conference centre. The conference centre is on the first floor with lift access. If you are arriving by bus, there is a bus stop directly outside the centre for buses 3A, 3B and 3C. In addition, buses 78, 79 and 62 stop just outside the Aztec West business park itself.

For further information, please see the support group web page. <https://sites.google.com/site/bristollymph/> This event is kindly supported by Spire Healthcare and the BNSSG Lymphoedema Team.



## The Bishopston Society joins the 21st century!

We've joined the social media era at last! The Bishopston Society is trying to champion its work more widely, extend its reach, and broaden its demographic. We're also trying to catch up with what most community organisations do online these days (and have done for most of this century!).

We're also looking for more two-way engagement, so want TBS members and the wider public to share with each other, and with us, news and views on Bishopston's heritage, assets & amenities, community culture and its future.

So, the Bishopston Society finally has Facebook and Twitter accounts. These don't duplicate what we are doing with our own website but sit alongside them to help us work towards the above goals.

**Please take a look at our social media story so far via [www.facebook.com/bishopstonsociety](http://www.facebook.com/bishopstonsociety) and [twitter.com/BishSoc](https://twitter.com/BishSoc).**

Oh yes, and we're already on another social media channel. We're using Flickr, for our photo library: [www.flickr.com/photos/thebishopstonsociety/](http://www.flickr.com/photos/thebishopstonsociety/) albums. 'Latest photo albums' highlights this near the foot of the front page.

[www.bishopstonsociety.org.uk](http://www.bishopstonsociety.org.uk)

### FREE Local Bike Checks!



People living in Bristol are being urged to fall in love with their bikes again as part of a national drive by the cycling charity, Cycling UK.

Cycling UK has pledged to get at least 25,000 people back into cycling nationwide by the end of the summer as part of its Big Bike Revival project.

Local charity Life Cycle UK is lending a hand by putting on events at The Life Cycle Hub (located in the carpark of Horfield Prison, Cambridge Road, Bristol, BS7 8PS). Anyone can turn up and receive a free bike check-up or purchase one of Life Cycle's professionally refurbished, second-hand bikes at an affordable price.

The service is open for adults and children so the whole family can get involved. **The Hub will be open, 9:30am – 1:30pm on the following Saturdays: 30 June; 14, 21 & 28 July.**

You can find full details on the website [www.cyclinguk.org/bigbikerevival](http://www.cyclinguk.org/bigbikerevival)



# Index of Local Advertisers

<b>Accounts / Book-keeping</b>		<b>Events/Activities</b>		Lynne Fernandes	37
Tax Assist	53	Clifton Arts Club exhibition	12	<b>Painting &amp; Decorating Services/Shop</b>	
<b>Aerials</b>		Scrapstore – children's holiday activities	6	Advanced Decorators	66
Dan Grace Aerials	44,66	<b>Flowers</b>		Alan Anstey	66
MD Aerials	65	The Flower Shop	10	Carter Decorating	66
<b>Architects</b>		<b>Foot Health Practitioner</b>		Sam Williams	67
Fit Architects	18	Treat Your Feet	39	<b>Pets</b>	
<b>Bakeries</b>		<b>Framing</b>		Animal Health Centre	46
Hobbs House Bakery	8	Mockingbird Press	48	Rosie Posie Pet Pop-ins	40
<b>Bathroom Design/Products</b>		<b>Garden Design/Maintenance</b>		Roxford's Pet Shop	47
Kellaway Bathrooms	17	Afresh Gardens	65	<b>Pilates</b>	
<b>Buddhist Centre</b>		All Gardens	54	The Body Workshop Pilates	25
Sakya	44	Alpine Landscaping	59	<b>Plasterer</b>	
<b>Building Maintenance/Construction</b>		Bristol Landscaping Services	52	A&P Plastering	66
Bristol Building Company	67	Catherine Dixon (Organic)	67	McCall Plastering	64
Denise Howard Brickwork	73	Collins Tree Services	73	<b>Plumber</b>	
Expand Building	70	Secret Garden	45	JPK Plumbing	65
Halldor	72	Wild About Gardens	72	Matt Pederick	66
Homefix	72	<b>Glazing &amp; Doors</b>		Roost Plumbing & Heating	70
Mr Builders Bristol	65	1st Aztec Ltd	16	<b>Printing Services/Ink</b>	
Pear Tree Building	64	Price Glass	68	Mockingbird Press	48
Prime Properties	71	<b>Gloucester Road Improvement District</b>		Xpress Printing	3
Renovate	73	GRBID	34,35	<b>Properties to Rent</b>	13
<b>Carpentry/Bespoke Items</b>		<b>Hair &amp; Beauty</b>		<b>Property Services</b>	
BS7 Building & Carpentry	72	Hair Mechanics	24	HAL Maintenance ( <i>previously Prime</i> )	79
Orchard Carpentry	67	Love Your Hair & Be Beautiful	27	Homefix	72
<b>Carpets/Flooring</b>		The Green Room – Hair	36	Jamie Eriksson	70
Lee's Carpets	57	<b>Health, Diet, Fitness &amp; Sport</b>		Mr Builders Bristol	65
Natural Born Flooring	69	BS7 Gym	2	Paull Property Services	67
<b>Cars</b>		Clifton College Sports Centre	26	<b>Restaurants/Cafes/Pubs/Takeaways</b>	
Brookfield Garage	30	Horfield Leisure Centre	38,39	Bomboloni	20
CC Garage	61	The Soulful Nutritionist – Ruth Raymond	27	Hobbs House Bakery	8
Windsor Road Garage	47	Trainhairs	27	The Royal Oak	22
<b>Childcare</b>		<b>Heating - Gas/Elec</b>		Tincan Coffee Co Ltd	21
Archfield House Nursery	50	All Works Plumbing & Heating	71	Voodoo-Q	11
Clyde Day Nursery	4	Heating Engineer – <i>John Presland</i>	71	<b>Roofing</b>	
Little Foxes Forest School	7	Roost Plumbing & Heating	73	Rooftech	73
<b>Choirs/Musical Groups</b>		<b>Holiday Clubs for kids</b>		The Roofing Company	71
RiffRaff Choir	13	Clifton College Holiday Clubs	12	<b>Room Hire</b>	
The Minor Setbacks	13	<b>Home Interior Shops/Services</b>		Horfield Methodist Church	33
<b>Complementary/Holistic</b>		Bathroom Installation – <i>All Works</i>	71	<b>Sash windows</b>	
Blue Skies Hypnotherapy	39	Nola Interiors	16	Carpenter John Clements	65
Jane Hird Bowen	27	Marialina Fabric & Soft Furnishings	59	<b>Schooling/Tuition/Courses</b>	
Remedial and Sports Massage Therapist – Keon Williams	39	<b>Homestay Accommodation required</b>		Bristol Grammar School	7
<b>Computers</b>		English Language Centre	4	Fairfield High School	32,33
I love my PC	55	<b>Jewellery</b>		<b>Self Storage</b>	
Xpress Computers	3	Catherine Amesbury – Artemis Shop	49	Stashed Away	15
<b>Dental Care</b>		Kemps	36	<b>Slimming Clubs</b>	
Horfield Dental Care	1,28	<b>Kitchen Installation / Refurbishment</b>		Slimming World	24
<b>Editorial Services</b>		Dream Doors	9	<b>Solicitors</b>	
Rebecca Ramsden	52	Platinum Granite	16	Henriques Griffith	43
<b>Electric Bike Shop</b>		<b>Music – Tuition/Performance services</b>		Scrase Employment Solicitors	51
Electricians/Electrical Shops	19	Graham Sothcott – Guitar/Ukulele	39	<b>Theatre</b>	
Leroy Charnick Electrical Services	72	RiffRaff Choir	13	Kelvin Players	21
Matt Pederick	66	Stuart Oliver – Guitar	13	<b>Transport</b>	
Redland Electrical Services	64	The Minor Setbacks	13	First Bus Group Bristol	80
<b>Estate Agents</b>		<b>Nutritionist</b>		<b>Vets</b>	
Ocean (Loft House in Bishopston)	14,15	The Soulful Nutritionist – Ruth Raymond	27	Animal Health Centre	46
		<b>Optometrists</b>		<b>Yoga</b>	
		Lunar Optical	29	YogaWest	1

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www.halgroup.co.uk  
info@halgroup.co.uk  
0117 2 591 591

Redland Office  
23 Chandos Rd, Redland  
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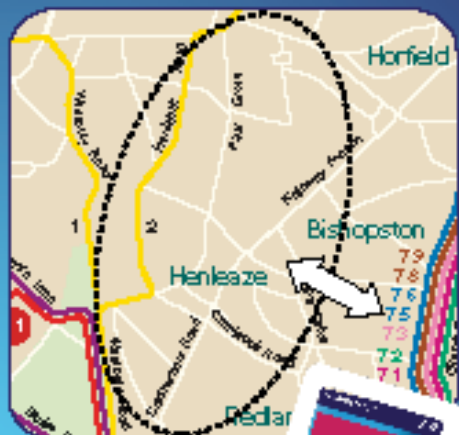
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