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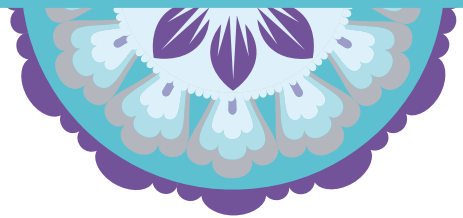
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issue 125, March 2019



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Dear Readers...

I write this hot off the 2019 Window Wanderland trail (as you can probably tell by the front cover!). Congratulations to the organisers and all those who took part - your creativity is an inspiration. I didn't make it around the whole trail but you can share in some of my favourite spectacles on the centre pages and you will find many more online.

This month we celebrate Mother's Day; do a take a trip to Gloucester Road and pick up something special for the ladies in your life - whether it be Mothering Buns from Joe's Bakery, jewellery from Artemis, Hair or Beauty vouchers, or an always welcome traditional bouquet from The Flower Shop - we have ideas for treats throughout the magazine. As always, a huge Thank You! to the mums in my life - you are the best!

The first Gloucester Road International Festival of Food & Drink is set to take place on Saturday 9 March, celebrating the diversity of international food and drink available on our doorstep. Do support this local event and enjoy all the delicious food on offer!

The Bishopston Society is organising an event to Celebrate Bishopston Culture! The local group has issued a public call for nominations for the organisations, individuals, events or activities that YOU think make up Bishopston's lively social and cultural scene. Read more inside.

We have news from numerous other local groups and societies that make the place we live so special, I hope you enjoy this issue.

Take care until next time,

Kerry x

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The History of Morley Square, Bishopston

by Chris and Julia Wallace

Morley Square is one of about half a dozen private squares in Bristol and the only one in Bishopston. Relieving the density of the surrounding streets, it is a tranquil and intimate oasis of green in the midst of the buzz of the city, just off Gloucester Road.

Julia and Chris Wallace have lived in Morley Square for the past 20 years, and the idea for researching its history evolved from the years spent gazing out across it on waking every morning. Their interest was sparked more specifically during a kitchen renovation project, when a servant's bell mechanism was revealed, prompting a more active curiosity about the people who have lived here over the years.

During 2017 they researched the history of the square and its inhabitants since its inception in 1888/90. It was a fascinating project with a very steep learning curve, expanding as the more they unearthed the more they realised they didn't know. They constantly discovered new resources and were thrilled to unearth so much – though also frustrated by gaps in information which couldn't be filled. The research also revealed numerous intriguing side alleys tempting them off the main track.

The project could not have been completed without a great deal of help – starting with the contributions and encouragement of the residents of the square, together with local historians, the staff at Bristol Records Office and the National Archives.

The square is a Victorian development by Mervyn Herbert Nevil Story-Maskelyne, the landowner of the then Russell Fields. Story-Maskelyne also developed the surrounding streets – Nevil Road, Cricklade Road (he was MP for Cricklade in Wiltshire), Mervyn Road, Salthrop Road (named



Looking down the east side of Morley Square from Salthrop Road c1910

after his country property) and Morley Square itself (named after Samuel Morley, his friend and fellow Liberal MP).

The first mention we could find of Morley Square was in October 1887 in the minutes of the Horfield Local Board: Reading through these meticulously hand-written minutes, for the 10 years or so starting in 1885, conjures up a graphic impression of the hectic activity of myriad teams of builders working away in conditions – ranging from a muddy quagmire – to dry dust blowing off the unmade roads, surrounded by heaps of building materials and rubbish and horses pulling laden carts.



Builders in Radnor Road

The population of the square has changed considerably over the 130 years since the houses were built; the 1891 census shows 153 people lived in the square, 70 of them children! The square itself has had a chequered history and was narrowly saved from being taken into council ownership after the Second World War by the efforts of the residents.

The product of this research is a book written by Julia, and a website created by Chris which gives background data on houses and inhabitants and also includes the book: <http://morleysq.org.uk>

Copies of the book have been deposited with Bristol Records Office, and Bishopston Library.

Good News from the Living Room Project

First of all, we welcome the installation of a new community notice board outside the Co-op on Ashley Down Road. Thanks to Acorn Developments and WRW Construction (the firms working on Brunel

House) who paid for and installed it. It has taken a few years! The board is for local community groups to advertise what is happening; for the moment contact Daniella (daniellaradice@hotmail.com) if you'd like to put up a notice.

The other bit of good news is that GCCC have finally paid the money towards the Living Room project, and so the empty planters in the cricket club grounds can now be filled with plants. This year, the gardening club at Brunel Field School will be busy!

Bristol School Streets

A new campaign has started in Bristol to ask the council to enable streets outside schools to be shut



to traffic at drop-off and pick-up times every day. (Residents and parents of children with SEND are allowed to enter the streets). This has successfully been implemented in Hackney using number-plate recognition cameras. It would increase safety for children, encourage walking and cycling to school and reduce air pollution at the school gates.

Residents and parents on Arthur Milton street, with Brunel Field School, have been organising temporary closures, and it has been very successful. A national day of school street closures is going to happen on 25 March, supported by Sustrans and Playing Out.

Go to the School Streets Bristol Facebook page and group to stay informed or to join the campaign; the campaign is aiming to find parents in many schools, and to ask local councillors to pledge their support. A public meeting is planned in April.



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News from the Friends of Horfield Common



Junior Parkrun – FoHC is continuing to raise funds to buy the pack required to enable volunteers to run Junior Parkrun on Horfield Common. We are now approaching £800 of the £3000 needed to get things started. Volunteers have written a range of funding applications which we are waiting to hear back from. If you would like to make a donation to support this fundraiser – please visit www.friendsofhorfieldcommon.com and thank you very much to all who have donated so far – we are well on the way to the target.

Priorities for 2019/20 – We are working on plans for Horfield Seedlings children and families gardening group running again in late spring/summer, and also thinking about priorities for 2019/20. We will be launching a survey later this month to gather local residents' thoughts on how FoHC should develop its work and, whether there are new volunteers who would like to come along and get involved in the group. All of FoHC's work is undertaken by volunteers and several key people have recently moved on out of the area, so we are looking to grow our regular volunteering numbers to ensure that any projects are achievable with the resources we have available. We invite everyone with an interest in the common to take part in this (more details to follow). Horfield Common is a fantastic asset for everyone in the local area so we really hope that as many people as possible will take part and let us know how they think that the group should develop its work over the next 5–10 years.

Additional catering concession – We are really disappointed that Bristol City Council (BCC) has approved an ice-cream concession on the common almost immediately adjacent to the Café on the Common. This is now out to tender and we are currently waiting for the outcome of that process. We still think that a better location for an additional facility on the common would be at the top end, near to the other children's play area,

where this would provide an additional facility rather than a competitor, but unfortunately this suggestion was not supported.

While we understand that BCC is now looking to increase the revenue it generates from the city's parks, it is frustrating that the local authority has such a short-term memory. The café initially opened as the result of significant work undertaken by local volunteers in partnership with BCC to increase community engagement in the park, encourage increased numbers of people to use and enjoy it, and find ways to provide facilities that BCC could not afford to. FoHC spent more than 5 years asking BCC to open a Café on the Common to provide a facility for local people; we were repeatedly told that there was no demand for this and so if we wanted a facility, we would have to do it ourselves. While we have now passed the running of the café formally on to Ardagh Community Trust, it was initially established through the hard work and efforts of large numbers of FoHC volunteers (many of whom continue to volunteer in the café gardens and on projects across the wider common).

The facility provided a focus for increased amounts of volunteering activity which aimed to support BCC Parks in enhancing and maintaining the common for the benefit of all local people. We are concerned not to see that work undermined. Please do continue to support the café – your support matters!

FoHC Annual Dog Show & Fundraiser

– FoHC's 2019 Annual Dog Show & Fundraiser will take place on Saturday 20 July, once again sponsored by *Bishopston Matters*. This is always a fantastic and fun event. Please do get the date in to your diaries – and we look forward to seeing you there!

Facebook: Friends of Horfield Common
Twitter: @FOHC_Bristol
friendsofhorfieldcommon.weebly.com



How the Other Kids Live

Local school girl Isis Stubbs recently appeared in the popular Channel 4 programme 'How the Other Kids Live'. The programme was a docuseries about children from the same neighbourhood, but who have different cultural, ethnic and economic backgrounds, meeting for playdates for the first time. Isis' mum Sarah Thorp, met the producer of the show when she came into her Gloucester Road shop, Room 212, on the search for 7–11 year olds for the programme. After chatting to Isis, the producer thought that she'd be great for the show. They then had to check that Isis' dad Tim Stubbs was happy to have 18 cameras set up around the house for the filming of the playdate!

Isis really enjoyed the making of How the Other Kids Live. She says, "It was really fun and I was especially pleased to make new friends with Lily and Piper (who appeared on the episode with her). I found it really interesting to learn about all the different people who worked on the show. Now I know what it feels like to be on a TV show, wearing a microphone. It's pretty weird seeing myself on TV and everyone at school has been teasing me, but in a fun way."



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Football Focus at Fairfield



Fairfield High School (FHS) is delighted that Bristol City Football Club has snapped up the talents of Year 11 student Jemar South Thomas to join the club on its flourishing journey.

Although Jemar has enjoyed playing football

nearly all his life, this recent 'rise to the top' started at age 12, when he played for Bristol Central. It was during his time there, at one of the matches, when he was scouted; the outcome being the fantastic opportunity of a six-week trial and two-year scholarship. In simple terms, a dream come true!

Jemar comments: "I am so happy to have been awarded this scholarship where I will be getting paid for doing something that I love. My aspiration for the next two years is to work as hard as I possibly

can to get a pro-contract with Bristol City. Bobby Reid is my idol... he grew up in Easton, played for Bristol City and now plays for the Premier league! I'd definitely like to follow in his footsteps. I'd like to thank my family, friends and school for being there and always being such an amazing support."

Jordan Goodchild, Director of PE adds: "Jemar's talents are exceptional and we have always encouraged him to pursue a football career. We are so proud that he has already been scouted and wish him every success as he shines in the future."

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Bristol North Swimming Club is a friendly and inclusive competitive swimming club. We run a children's Learn-to-Swim programme through to professionally coached squads with teams competing at regional and national level. We also have the largest 'Masters' squad in Bristol, with competitive swimmers of all ages.

The club was formed in 1922 at the Bristol North Baths on Gloucester Road. We now train at Filton Leisure Centre and three other pools including Horfield Leisure Centre.

We currently have spaces in our **Learn-to-Swim and Swim Development lessons**. These are held at **Filton on Sundays between 4pm and 5pm**.

Learn to Swim lessons are ideal for children from around 4 years old; they take place in a warm, shallow pool with a focus on fun to develop water confidence. There is one teacher for every four swimmers and the curriculum follows the standards set out by Swim England.

As our learners increase in confidence and skill in the water, they enter our Swim Development programme where they will be swimming in deeper water. By the time they have completed lessons in the top group they will have a good standard of front crawl, backstroke and breaststroke. They will also

start to develop their butterfly, diving, and tumble turns. From there swimmers can progress to Bristol North's professionally coached squads.

We arrange a full programme of competitive events to suit all levels of ability and everyone is encouraged to take part. Our most important measure of success is that our members enjoy their swimming and build a life-long love of the sport.

Swimming is a terrific sport, offering children an environment where they can build water confidence, improve their fitness, meet new friends and learn to associate practise with results. At Bristol North we focus on each child so that they develop their full potential.

If you are interested in swimming with Bristol North or would like further details on lessons, please contact **Amy** at learn@bristolnorthsc.org.uk with details of your child's age and swimming ability.





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News from the Ardagh Community Trust



Window Wanderland

As we are writing this, we have just taken part for the first time in the fabulous Window Wanderland. It was brilliant to be involved, fantastic to see so many local people enjoying this lovely community arts event. We really enjoyed working with the WW team, to deliver a series

of weekly workshops which supported the creation of a wide range of displays for this year's event. Thank you to everyone who came along to the workshops, which were enjoyed by local people of all ages with a range of previous arts experience. Well done to the WW team – it was a great event and we look forward to working with you again in the future!



Asset Transfer lease that ACT needs to be able to spend the funding we have secured from a wide range of sources (thank you, all!), and report that this is progressing well.

Community Business Weekend 2019

We will be opening the doors at the café for this year's 'Community Business Weekend' on Saturday 16 March 2019, 11am–2pm. As well as this being a great opportunity for you to come and find out how you can get involved, we will also be able to share the latest news, timelines and confirmed plans for the next year. Do come along – we look forward to seeing you – ALL WELCOME!

Horfield Common Repair Café

Horfield Common Repair Café is running throughout 2019 on the first Saturday of the month, 10am–12.30pm. We have a great group of volunteer repairers, but would like to grow the range of skills we have available to help people repair more items. If you would like to get involved and volunteer your time and skills to this brilliant project – please do get in touch. You can send us a message via the website at www.theardagh.com. Our repair café volunteers are a friendly and 'can-do' bunch – come along and join them!

To keep up with all of the latest news and updates, please see: www.theardagh.com, join our Facebook page 'The Ardagh' and follow us on Twitter @TheArdagh.



Reopening of the Café on the Common

We are working hard at the moment on plans for summer 2019 and getting ready for the Café on the Common to reopen on Friday 29 March. We are currently confirming a programme of community activities for the summer and will share this in next month's BM, along with an update on the latest progress on Project Ardagh and creation of a year-round, fully accessible community facility at the site. Trustees are continuing to negotiate with Bristol City Council to secure the Community

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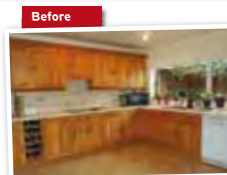
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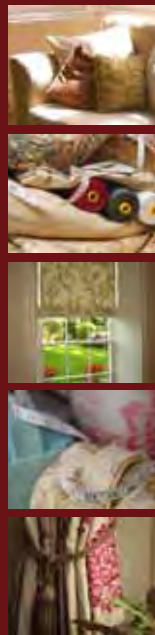
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wonderful local spaces such as the open kitchen at Alchemy198, Gloucester Rd and also in 'The Kitchen Man' showroom, Waterloo Street, Clifton Village.

• • •

If you would like to get a feel for what Red Dog Glass Designs can offer you, view the complete gallery and download a brochure at <https://www.reddogglassdesign.com>.

You can also reach Sally on 07827 525 450 or email enquiries@reddogglassdesign.com.

The Professional Dog Walkers Guidelines

It seems that here in Bristol we have an increasing number of walking services and plenty of dog owners reliant on these to help with doggy day care while they are out at work. They provide an invaluable service.

However, it is perhaps not widely known that this 'profession' is entirely unregulated and hence no checks are required on a professional dog walker. Recently a document was produced by the RSPCA, Dogs Trust and Pet Industry Federation to give guidelines for both the dog walkers themselves and dog owners, and most importantly to ensure the welfare of dogs being walked. The guidelines cover important matters and make vital reading for any dog walker as well as any owners employing their services. Dogs are protected under The Animal Welfare Act 2006 and the guidelines refer to this as well as reminding us that the law states that a dog walker is responsible for a dog while walking it and hence has legal responsibilities and can be held criminally liable under the act.

It is recommended that a dog walker meets a potential dog prior to walking it to assess its character and behaviour and to discuss its individual needs with its owner. Walks should be planned with consideration to the dog's age, health, behaviour and fitness.

Transport of the dogs must comply with the Animal Welfare Act, with dogs being transported in suitable vehicles with temperature and ventilation control, and water provided. Suitable containment and caging should be used.

Exercising dogs off lead should only be done with prior written permission of the owner, and dogs should be able to be called back to the walker immediately. It is recommended that a maximum of four dogs are walked at a time (or the maximum allowed under the walker's insurance). When walking in a group the walker should ensure that dogs are vaccinated and up to date with treatment for fleas and worms. Walkers should be familiar with recognising signs of illness.

It is recommended that lone dog walkers always carry a mobile phone with speed dial for emergency numbers. In case of an emergency they should have instant access to the owner and vet details of their charges as well as prior written agreement from the owner to detail who to contact in an emergency.

Dog walkers need adequate third party insurance and where possible insurance that covers the dog while in their care. They also need to consider if they need cover for any veterinary fees which may be necessary while responsible for the dog. Legally no person under 16 years can be in charge of a dog.

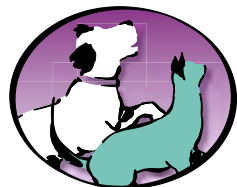
A written contract between the owner and the dog walker is recommended to ensure that all this is clearly covered in writing before the dog walking begins.

Training exists for dog walkers; there is a City and Guilds level 2 Certificate of Competence in Dog Walking and it is much recommended that they hold a Canine First Aid Certificate.

Without our local dog walkers, many of our canine friends would be stuck – as would their owners – and so they are very much appreciated, my aim for this article is to ensure that owners and walkers are aware of their responsibilities and to ensure the welfare of dogs in their care.

Further information can be obtained from the Professional Dog Walkers Guidelines at www.rspca.org.uk/webContent/staticimages/Downloads/DogWalkingGuide.pdf

Nicky Bromhall, MRCVS
Animal Health Centre

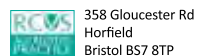


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Roxfords is pleased to introduce a range of three True Hemp functional treats and dental sticks, supporting– Hip+Joint, Calming and Skin+Coat.

Hemp Leaf has many healing properties and

these new dental sticks are low glycaemic, grain-free and with over 70% fresh poultry, a natural and beneficial product for your dog.

New Catnip Stalks – Not forgetting our beloved feline friends, you can now pick up some King Cat, Catnip Stalks. The highly attractive scent encourages playful behaviour, while chewing on the stalks promotes dental health by naturally flossing the teeth, helping to remove the build-up of plaque and tartar.

Paw Licking Cakes! You can now treat your much-loved pooch to a doggylicious Iced Woofin cake. Handmade in the UK, with dog-friendly carob, these special cup-cakes are already proving to be a hit! There will soon be some larger, doggy birthday cakes in store too.



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BS7 GYM JUST GOT BETTER!

BS7 Gym, located at Gloucestershire County Cricket Club are delighted to announce the opening of our brand-new state of the art facility. The indoor cricket nets that were located towards the back of the gym have now been refurbished and developed into our new 'Performance Zone'.

The 'Performance Zone' blends the best of traditional training, functional approaches and strength and conditioning to create a unique fitness area serving all training requirements. Come and check out our refurbished and redeveloped training facility with 8 squat racks, extensive cardio equipment, modern resistance machines, two large free weights areas and much more.

Additionally, we have our inclusive facilities such as individual training zones, saunas, squash court, fitness studio and a whole host of other training areas that are provided at BS7 Gym.

The addition of our brand-new spin studio is also a huge positive for those spin fanatics who enjoy utilising our inclusive studio timetable.

As a member of BS7 Gym, you will receive the extra benefits associated with a BS7 Gym Membership. These are:

- 10% off food and soft drinks at Boston Tea Party (Nevil Road)
- Complimentary personal trainer session for all joiners
- Discounted swimming – £2 at Filton leisure centre
- 10% off treatments with JR Healthcare (located within BS7 Gym)
- 50% discount on room hire at the Bristol Pavillion
- Free entry to Gloucestershire Cricket home group matches
- Free Parking

Visit www.bs7gym.co.uk or call 0117 910 8016 to arrange your tour of our new facility.



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The Cedar Shed

The Cedar Shed is a new Shiatsu treatment space opened in the garden of a house in Horfield. It is a beautiful, quiet room that is modern but cosy and an oasis within an urban setting.

It is the creation of Tasha, a Zen Shiatsu practitioner, qigong teacher and a soul midwife (a non-religious, non-medical companion to those living with life-limiting illnesses). She is passionate about Shiatsu and its capacity to empower people by bearing witness to them and by giving space and support to help them reconnect with themselves and find their inner balance.

She completed her training at the Bristol School of Shiatsu in 2012. Shiatsu is a Japanese word for finger pressure and refers to the acupressure used on specific points as well as a combination of holding and stretching to bring a person's ki (life force) back in to balance. It not only works on a physical level, being particularly good for localised pain, shoulders, neck stiffness, or joint pain; it also works on an emotional level helping issues such as stress, headaches, insomnia, digestive issues, anxiety or depression.

Tasha offers Shiatsu treatments which last for one hour and are followed with a cup of herbal tea.



She also offers mini retreats.

During the mini retreat you receive a Shiatsu treatment then you are left to rest, sleep, read or simply stare out at the garden while she cooks a delicious lunch for you, after which you have more time just to soak up the peace and quiet and take time for yourself. These mini retreats are a truly relaxing and magical way to spend a day.

For more information and to find out how to book the time for yourself, look at –

www.thecedarshed.com or email thecedarshed1@gmail.com

I recently had the pleasure of a relaxing Shiatsu treatment with Tasha. She could not have done more to put me at my ease. The Cedar Shed offers a tranquil setting and my aches and worries melted away over the course of the session, I will be back again soon.

Kerry M, Ashely Down

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Where: Kings Lawn Tennis Club
Bishopston, BS7 8JG

When: Tuesdays
09.15 beginners
10.30 Improvers

Max 10 persons / class
Equipment provided

Pilates with Dr Hazel Walkin is suitable for all age groups and will help to improve core strength, balance, and posture. It involves mat based exercises with the use of additional equipment.

For more information or sign up to your first lesson email pilathaze@gmail.com or contact 07749 436 739



Bringing Beauty to the Prom

This month we were delighted to catch up with **Becky Summers of Urban Beauty Treatment Room, set with Illusions Hair salon on the Prom, Gloucester Road.**

With over 15 years in the beauty industry, working in professional salons both in Bristol and Australia, Becky has built a loyal following of clients. The

recent opportunity to have her own beauty rooms on the popular Gloucester Road, an area she loves and knows well, was too good to be missed and she is excited to now be her own boss.

Treatments offered – Becky specialises in Facial and Massage Therapy, using the professional brand Comfort Zone. The treatments she offers are: facials, massage, Shellac, OPI manicure/pedicure, LVL lash lifting, waxing and St Tropez spray tanning.

Always putting the client first – Although an expert in delivering these treatments, for Becky her relationship with her clients is just as important; she told us, “My main aim for any client visiting, is that they feel welcome, comfortable and most importantly satisfied that they have received a treatment which has exceeded their expectations.” The string of positive reviews on her Facebook page is testament to her achieving this. Becky goes on to say, “The knowledge and experience I have been fortunate to obtain has enabled me to be to create an inviting and relaxing hub in one of the most bustling areas of Bristol.”

Book in now! There has never been a better time to book in for a treatment, simply quote *Bishopston Matters* on booking and you will receive a generous **20% Discount!***

Tel: 0117 907 7447 to book in (via Illusions)

Instagram [Urban_beautybristol](https://www.instagram.com/urbanbeautybristol) ▪ **Facebook** [Urban Beauty Treatment Room](https://www.facebook.com/UrbanBeautyTreatmentRoom)

*Valid until 31/05/19. Not redeemable against any current salon offers or existing available packages.



Becky Summers



20% off any treatment with this advert*

Please quote Bishopston Matters when booking

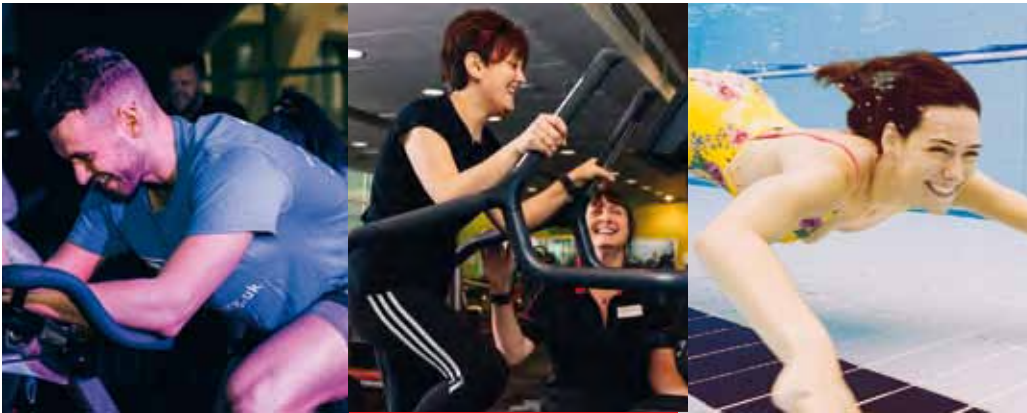
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LVL lash lifting, facials, massage ▪ Waxing ▪ St Tropez spray tanning

Urban Beauty, based within Illusions Hairdressers, 22 Gloucester Rd, BS7 8AE. **Tel: 0117 907 7447 to book in** (via Illusions).

Opening hours: Tues 10–6, Wed & Thurs 10–8, Fri 10–6 and Sat 9–4

*Valid until 31/05/19. Not redeemable against any current salon offers or existing available package





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Positive changes for the Spring



As we enter into spring your New Year's resolutions should be in full swing; the trick to making them stick is to

have a realistic achievable plan – here are my top five tips for a great positive start.

- 1. Move more** – One of the best things you can improve very quickly is your activity or NEAT (non-exercise activity thermogenesis); this is simply the number of calories you burn by being more active in your day. Track your steps with a watch phone or any other device and challenge yourself to hit your target or beat your score.
- 2. The 30/60 approach** – For every 30 minutes you spend being inactive, you need to spend 60 seconds being active: walking, squats, push ups – anything that gets you moving and increases your activity and heart rate.
- 3. Planning for exercise** – Exercise can be difficult to adhere to so planning your activity is a must. Get yourself a training partner, book a class to help motivate and keep you on track; get your gym bag ready the night before; jot down your workout routine (including weight and cardio) to make best use of your time in the gym.
- 4. Exercise early in the morning** – exercising in the morning – if possible – comes with a host of benefits including increased metabolism, more energy and focus, a much better chance of getting it done, and you will sleep better at night. But the first stage is getting up! Adjust your heating timers so your house is warmer in the morning, making it easier to get up.
- 5. Seek advice from the professionals** – There are a variety of fitness professionals out there who have a wealth of knowledge and experience; booking some time with a personal trainer can help in many ways, e.g. session planning, motivation, accountability and results. Do a bit of research on your selected trainer and book a consultation.

Kurtis Walters | Contract Fitness Manager

Can't sleep?

Try Sleep Therapy with Christabel Majendie,

MSc, PGDip, MBSPsS

You don't have to live with insomnia. I provide an evidence-based treatment, proven by

numerous studies to overcome insomnia and long-term sleep problems. It's called CBT for insomnia (CBTi) and evidence shows it gives better results than sleeping pills. CBTi targets the behaviours and thoughts that maintain the vicious cycle of insomnia. Studies show that on average 70% of people with long-term sleep problems obtain lasting benefits from the treatment.

I have a postgraduate diploma in Sleep Medicine from Oxford University. I have worked both in the public and private sector working to overcome insomnia and I am passionate about sleep.

I offer appointments at the Family Practice, Bishopston, BS7 8NL. Contact me on 07881 651091, christabelmajendie@hotmail.com or visit www.christabelmajendie.co.uk for more information.



TrueBalance Pilates

New Year, new group Pilates classes for all ages and abilities

Tuesday 6-7pm - Trinity Henleaze
Tuesday 7.30-8.30pm - Filton Community Centre
Wednesday 9.30am - Filton Community Centre
Thursday 9.30am - Westbury of Trym Village Hall

Nicola creates an informal lighthearted class environment to make you feel at ease while building core strength and increasing flexibility.

Private 1:1 classes are also available

To book and for more information
Nicola Fry T: 07500 962 821
E: truebalancepilates@gmail.com
W: www.truebalancepilates.co.uk

New Year, new body, new you!

We are offering a personalised 30 minute workout for all women!

Trainhers is a ladies-only gym on Kellaway Avenue; our members are all shapes, sizes and ages – starting at 14 through to their 80s.

We offer a 30-minute circuit which works all parts of the body; our programmes are put together by the team of personal trainers who are always on hand to support and advise members.

Included in your membership, which is from £30 per month, you can book 1:1 sessions with any of the trainers for boxing, dancing, abs or cardio workouts. We also cater for ante and post-natal and a range of medical issues including joint replacements, back problems, obesity and diabetes.

Trainhers is a very friendly gym where women are given a personalised programme to suit their needs. We recommend coming to the gym two to four times a week to make a difference to your body shape and achieve your individual goals.

Trainhers opened in 2015 and has become popular within the locality; it is also a very sociable gym where we organise nights out, have a curry club and a book club. If you would like to come and join this unique gym, contact us to book a free trial. You too could have a new body and new friends for 2019.

Nicky Tiley

22 Kellaway Avenue • Tel: 0117 944 6650 • trainhers.co.uk



Trainhers owner
Nicky Tiley

Ray-Ban Spring Collection – has arrived at our award-winning opticians!

It's all happening here at our Gloucester Road Opticians. It's only February and we've already won a national award, been shortlisted for another (more about this below) and our new Ray-Ban Spring Collection is now in-store!

National awards – Thanks to our lovely customers and team we've won 'Best use of Social Media in your Marketing Strategy' award at the recent Essilor (World leaders for prescription lenses) Awards. The judges were impressed at how we listen to our customers' needs, connect and engage with customers in a way they want via our EyeTalk e-news and EyeStyle membership club. And, we're finalists in the national Optician Awards for 'Independent Practice of the Year.' The judges are looking for an opticians that offers real product choice, an outstanding customer experience and clinical excellence. We're up against stiff competition but we're feeling confident. The winner will be announced at the end of March.



Lynne receiving the 'marketing award'



The Gloucester Road team!

A fresh look for spring – Our new Ray-Ban eyewear collection is amazing and features the classic styles we know and love including, Wayfarer and Clubmaster and some exciting new styles too. And, for a limited time only, we're offering you free lenses* when you buy a Ray-Ban frame. Ray-Ban styles are classic and timeless and we can fit a lens to suit your lifestyle and give you the best vision possible.

Book your appointment today and our frame styling specialists will help you find your perfect Ray-Ban.

**Terms and conditions apply. Ask in-store for details.*



The Gert Lush – Bristol and The South West's First Annual Vintage Bike Festival

The Gert Lush is the one bike ride Tour De France winner Geraint Thomas can't enter – his carbon bike is too modern!

On Sunday 19 May The Gert Lush celebrates all things vintage in terms of bicycling, through a day of rides and a festival, and does it in true 'Bristol Fashion'. The event encourages everyone to dust off their old bikes – be they commuters, vintage aficionados, shoppers or weekend warriors, and take part – the only rule is to leave any full carbon bikes at home.



Steve Page left, Patrick Collerton on right

They're launching the ride now so people can get fit for May and have time to fix up an old bike.

An early bird discount is encouraging people to get on board. Entries and further information are via the website www.thegertlush.com.

Co-founded by Emmy and Bafta award-winning film-maker and Bishopston resident Patrick Collerton with Americana musician Steve Page, the cycle-mad duo will bring their experiences to bear to make the day filled with music, surprises, old fashioned refreshments and a warm, friendly atmosphere. Bristolians already know that Gert Lush means 'really good', which is how the festival got its name.

There's a free accompanied kids' ride, plus a 30-mile and 65-mile ride to cater for all. If you don't fancy riding then meet up in the afternoon with everyone else for The Gert Lush Vintage Fete – a post ride shindig at Long Ashton Community Centre, Long Ashton where you can eat, drink, and be merry, in true vintage style.

www.thegertlush.com

Ray-Ban Spring Collection has arrived!

*Now with free lenses**

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Clifton Revolution

Bristol's most innovative indoor cycle class which features a high intensity cardio workout and is suitable for all abilities and confidence levels.

Vinyasa Flow Yoga

Designed to generate heat, it includes strength and flexibility exercises for the entire body that will leave you feeling amazing.

Iyengar Yoga

This class helps focus on correct alignment of the body in poses, ensuring you're working safely, with maximum benefit to your flexibility, strength and wellbeing.

Power Yoga

A challenging class, you'll feel like you've had a workout with all the right ingredients; balance, agility, strength and core.

Hatha Yoga

For those who just wish to practice at a meditative pace with frequent pauses between the yoga postures and lots of emphasis on correct breathing.

Pad fit

These classes involve shadow-boxing, plyometrics, and hitting pads. It is a full-body workout that delivers a high calorie burn.

Full Body Circuits

This class is the ultimate total body workout and is a great way to enhance your stamina, endurance, and strength all in one session.

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Pilates

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This Year be Good to You

With 2018 behind us, now is a good time to reflect and put in the diary some 'you time'. Part of that hopefully includes your health and well being. The Parker Clinic is a local chiropractic practice (on Gloucester Road; established for over 50 years) made up of five chiropractors who bring with them a wealth of experience and qualifications.

When I catch up with owner Katriona Heaslip, she shares with me some of the most common aches and pains that they treat and can help you with. These include everything from sport injuries, back pain – including general acute, chronic and the dreaded sciatica, neck pain resulting from injury, joint pain, minor sport injuries, migraines and headaches. If you suffer from any of these conditions they can have a debilitating impact on your daily life.

Thankfully, with the right treatment the outcomes can be life enhancing – resulting in you getting about again, sleeping better, being pain free – in the end pain management treatment can massively improve our well being, mental and physical. To complement their chiropractic treatments, they also provide **massage and acupuncture**. You don't have to struggle in pain!

New Year Offer to assist you, to a New You!

The team at the clinic are offering a **£10.00 voucher** on your first visit for chiropractic treatment. Just take this article to your appointment.

It's simple to book. You can be referred to them by your GP or if you would like to be seen without delay give them a call directly to make an appointment on **0117 924 5842**. They would be delighted to welcome you. There is also a patient car park which is handy, especially on Gloucester Road.

132 Gloucester Road, BS7 8NL • www.parkerclinic.co.uk



"My 13 year old son fell foul to a groin injury whilst playing football. He was really miserable not being able to play for the team, so I took him here as it was so local. The result was incredible after just a few sessions, and some exercises to do at home he was quickly pain free, could kick for England and was back playing for his local team – definitely recommend"

Bishopston Mum

Rehab & Unknot Remedial & Sports Massage Specialist



Specialising in treating soft tissues – muscles, tendons and ligaments. This is achieved through massage, which helps to identify overuse and underuse of muscles. If not treated, this can cause imbalances within the body which can cause one to suffer with aches and pains of back, neck, shoulders, etc and even wear and tear within joints.

Along with massage, stretches and rehabilitation exercises are given to clients, which will help to prevent the return of symptoms.

This treatment is for everyone, of any age.

Sessions available at Bristol Natural Health Service, 407 Gloucester Rd, BS7 8TS

For more info and to book contact Keon:

T: 07796578793 • E: keonwilliams20@gmail.com

www.bristol-natural-health-service.co.uk

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Make Pilates your New Year's resolution

**New Pilates class starting Jan 2019
Wed 19:40, Redland Parish Church Halls**

- Alleviate aches and pains
- Improve sporting/gym performance
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Horfield Dental Care, 525 Gloucester Road, Bristol, BS7 8UG



Horfield Dental Care – the friendly, independent, local practice that has it all!

As always, there was a positive, warm welcome for me when I revisited Horfield Dental Care recently, largely thanks to owner Phillip Chan.

It's good news too that Phillip and his team are firmly focused on establishing themselves to be one of Bristol's leading independent dentists focusing on cosmetic and implant dentistry.

"Exceptional dental practice. All staff are friendly and professional – receptionists, hygienist and dentist. Dr Chan is also wonderful with my 19 month old son, he loves going to see him for a checkup! 5 stars." Hannah

"Service with a smile. I had my teeth whitened, quick and easy appointments. Would definitely recommend." David

What is making this practice stand out? Phillip told me it's carefully selecting his team – they need to be not only excellent practitioners but to also possess exceptional people skills. Creating an environment that is modern, tasteful and comfortable is also a key factor – enabling people to feel at ease as soon as they walk in. With those strategies set and the knowledge that there can be a fear of the dentist, Phillip assures me "We will do everything necessary to make a patient's visit a positive one".

So, what are the newest developments? In addition to the ever popular and well established dentist, Andy Curran and hygienist, Bea, Phillip is pleased to tell me there are some new additions to the team, including new dentist Simon Cottell. Simon was ranked in the top 5% of new dentists in the UK and recently shortlisted for a Future of Dentistry award for his abilities in restorative and cosmetic dentistry! His passion is minimally invasive dentistry. With his combined ambition and knowledge Simon is able to provide his patients with the latest advances in the world of dentistry. This includes Invisalign (almost invisible braces) which is the state-of-the-art choice for straightening teeth.

Phil's other latest recruit is none other than Victoria Worth, who is one of the few hygienists in Bristol

with a Master's degree and a published author in the *British Dental Journal*. Victoria shares her time working between Horfield Dental Care and as the clinical lead for one of Bristol's leading Specialist Consultant Periodontists. Through her work alongside a specialist, she brings to Horfield Dental Care a wealth of experience in dealing with the most complex cases of gum disease and is up to date on the latest techniques and treatments.

What if you just need a filling or a check-up?

Don't worry, the surgery offers all the general dental services alongside the additional complementary cosmetic treatments, dental implants, cosmetic braces (several choices), cosmetic bonding (a less invasive option to veneers) general cosmetic treatments and teeth whitening.

And finally – how is the Chan family? Well with Chan number three on the way and due in April 2019, plus two young boys, life is busy. He loves living in St Andrews and is proud to be part of the community. His wife and two children enjoy strolling on the vibrant Gloucester Road and discovering new places. And of course, the family adores spending time in St Andrews Park. "It is simply a great place to live, work and bring up a family," enthuses Phillip.

Making an appointment couldn't be easier

To assist with the pressures of modern day living, Horfield Dental Care offers an easy online registration and booking system via their fab website. This is a service that has already been met with great positivity from their clients. If you would like to make an appointment or you have any enquiries, do get in touch by calling **0117 951 3026**, or via their website www.horfielddentalcare.co.uk

State of the art Dentistry on your doorstep

Horfield Dental Care, 525 Gloucester Road, BS7 8UG sits opposite The Wellington pub. In addition to ample on street parking it is easy to walk to, cycle to (there is a bike stand to lock up to) or catch a bus, the bus stop is literally outside the practice on Gloucester Road.



New community partnership addresses underage drinking & purchasing of alcohol

In spite of welcome evidence that fewer young people are drinking alcohol, British children are still more

likely to binge drink and get drunk than children in most other European countries. Regular or excessive drinking can be seriously damaging to their health and development while increasing the risk of excessive consumption in later life. In the Bishopston area I have seen some emerging issues created by young people and alcohol.

I have two teenage boys and I have been surprised at how easily cheap alcohol is available to them and their friends, primarily through some of our local convenience stores. I have felt helpless seeing emerging mental health problems in some young people locally too. It is not my view that young people should not drink, though it is my belief that the choices they make today will form the basis of their choices when they get older. That is why I am working with the Bishopston and Redland community to set up the first **Community Alcohol Partnerships (CAP)** in Bristol.

CAPs are run nationally and encourage local partnership working to tackle underage alcohol misuse and associated anti-social behaviour. CAPs are unique in that they recognise that retail is part of the solution and they have been shown to be more effective than enforcement alone. In December a small group of parents, retailers, Trading Standards and Police came together with Redland Green School to devise an action plan which is locally determined to encourage and include a focus on education, enforcement, public perception, communication, diversionary activity and evaluation.

We discussed how retailers and licensees are generally aware that it is against the law to sell alcohol to someone who is under 18, but it is sometimes difficult for them to know when someone is underage. Information and education will be provided to off-licensed premises through the CAP to help avoid incidents of underage sales. Additionally, training materials can be provided to premises for training new staff and point of sale materials are available to educate the public. Premises are going to be encouraged to use the Challenge 25 scheme so that anyone over 18 but looking under 25 is encouraged to carry acceptable ID.

There is an emerging body of evidence, from five independent national evaluations commissioned by CAP, and self-evaluation reports that all schemes are required to produce, that CAPs help to reduce alcohol-related crime and disorder and the acquisition of alcohol by under-18s.

Typical improvements in the key measures are:

- **60% reductions in weekly drinking among Years 9–11**
- **40% reductions in youth alcohol related antisocial behaviour**
- **85% reductions in seizures of alcohol from under 18s drinking in public**
- **Pass rates of 90–100% in Challenge 25 compliance following CAP training**
- **41–65% reductions in attempted proxy purchase**

National evaluation data shows the significant positive difference CAPs are making in reducing underage drinking and the associated harms in local communities around the UK. New evidence from participating schools taking part in CAPs show an average 60% reduction in the number of Year 9–11 pupils who are drinking alcohol each week as a result of the CAP.

CAPs have a clear mission and vision to reduce alcohol harm in local communities from drinking by young people under 25, with a particular emphasis on preventing underage drinking, and to help shape a society in which communities work in partnership to ensure that young children do not drink alcohol, and where young adults display responsible attitudes towards alcohol. I hope I can go some way to helping my children make sensible decisions by raising awareness through Bristol's Community Alcohol Partnership.

Further information about CAPs nationally can be found at –

www.communityalcoholpartnerships.co.uk

If you are a retailer, community group or individual who is interested in being part of the partnership please get in contact at BristolCAP@mail.com.

Helen Rosenthal



Health & Well-being

Would you like to join a free training in Tai Chi to become an instructor of Tai Chi Shibashi? Are you interested in learning this basic sequence of Shibashi Tai Chi to then take into your community and teach to others, particularly older people?

Age UK Bristol (www.ageuk.org.uk/bristol) is offering this opportunity through the 'Friends Ageing Better' Project, an initiative to provide older people with opportunities to get out and about and maintain contact with friends and neighbours. The training involves six 2-hour sessions over 6 weeks, plus a one-day workshop and a written assignment. The training starts Tuesday 5 March (4.30–6.30pm) 2019 at a Bristol central venue, and south Bristol venue.

What it is:

Tai Chi Qigong Shibashi is designed to help to improve mental health and physical well-being. Qigong means 'energy exercise' and Shibashi means 18 movements. This form of exercise is found to improve health and well-being and is a discipline that involves the mind, breath and movement to create a calm, natural balance of energy.

It helps people in many ways and for older people is known to reduce the risk of falls.

The programme can provide both standing and seated versions of Tai Chi.

To find out more please contact fab@ageukbristol.org.uk

Age UK Bristol, Friends Ageing Better (FAB)

T: 0117 929 75 37

www.ageukbristol.org.uk

The Bowen Technique

Jane Hird

BA (Hons) ECBS, BTPA, CNHC



The Bowen Technique is a soft tissue therapy for treating musculo-skeletal conditions such as neck and shoulder pain, back ache, knee pain, tendonitis and sports injury. The therapist uses fingers and thumbs to make precise rolling moves at key points of the body, interspersed with short breaks.

Developed in Australia during the 1950s, Bowen has become increasingly popular as a means for reducing tension and imbalance in the body which can cause pain and dysfunction. As a bonus, many people find they sleep better, feel calmer and have an enhanced sense of wellbeing after a course of Bowen.

If you would like to find out more please call me on 07999 711846, Email: jane.hird@blueyonder.co.uk or visit: www.bishopstonbowen.com.

Appointments available at The Bristol Natural Health Service in Horfield and Carpe Diem Therapy Centre in Staple Hill.



Sakya Buddhist Centre
121 Sommerville Road,
St Andrews BS6 5BX
0117 924 4424
bristol@dechen.org

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Wednesdays 10.30am

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Tuesdays 8.00pm & Saturdays 10.30am
All above sessions at Sakya Buddhist Centre

Discover Buddhism in Clifton
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Suggested donation £4; £2 for Wednesdays

Bristol Buddhist Meditation Practice  

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Natural Beauty with Nuala

Extended Opening

From March the salon will be open three late nights – Tuesday, Wednesday and Thursday, until 8pm.

From April they will be opening every other Sunday. Please see the website for more details.

March Mother's Day discounts!

To celebrate all the wonderful mothers out there, Nuala is offering a fantastic **15% off any beauty treatment** during the month of March 2019.

Running for charity –

Nuala will be running the Bristol 10k in May, to raise money for the Jessie May Foundation. Please go to the website if you would like to donate to Nuala's just giving page.

Curly hair specialists –

As you can see from the fabulous head of hair opposite, Nuala is a curly hair specialist. You can trust the salon to keep your curls looking healthy, frizz-free and full of bounce.

Aveda salon – In need of some pampering? Why not try one of the salon's wonderful Aveda back, neck and shoulder, or full body massages?

Or if you are in need of some waxing, the team use an organic, vegan wax. Outback organic waxing treatments ensure that the skin is properly cared for both

before and after hair removal.

Their beauty therapists will consult with you to determine the skin and body care products to best cleanse, exfoliate and hydrate your skin, for fantastic results, with the highest level of comfort.

Outback organic wax, fuses the latest cosmetic ingredients with innovative natural extracts from the coastline, forests and bush lands of Australia.

The Gel Bottle –

You may have heard and seen over social media recently the team's excitement over the innovative Gel Bottle product.

This fantastic new gel product is taking the nail industry by storm and it is already a firm favourite at the salon. Stunning, long-lasting results in every colour you could ever dream of.

- 100% safe
- Vegan and cruelty free
- Easy soak-off
- Extreme long-lasting shine
- 5-free (formaldehyde/dibutyl phthalate/toluene/formaldehyde resin/camphor)
- Highly pigmented
- Does not damage the nails
- 'Builder in a Bottle' soak off builder gel system for added strength to natural nails and enhancements



Above is one of Nuala's gorgeous clients, who completely trusts the talented stylist to maintain her curls, ensuring they are healthy, with stunning results!

Launch of Natural

Beauty range – Nuala's beauty menu has changed, so please see the website to view their range of cruelty free, natural treatments, including their very exciting, natural facial – launching at the end of March, using products designed by the team. 100% natural, gentle and kind to the skin.

Nuala Morey

**178 Gloucester Road,
Bishopston, BS7 8NU**

Tel: 0117 924 0940

nualahairdressing.com

News from Gloucester Road Enterprise & Trade

The Gloucester Road International Festival of Food & Drink, on 9 March 2019, celebrates the diversity of international food and drink available on Gloucester Road.

Restaurants and bars, butchers and bakers, lounges and pubs, greengrocers and corner stores are all invited to do or offer something special to showcase their country's culture – food, drink, flags, costumes, music or art.

Food and drink outlets are now the mainstay of the high street, as busy people spend less time cooking at home and more time shopping for non-food items on the internet. The festival pays tribute not only to the variety of types of food and drink business but also to range of nations represented on our Gloucester Road – including Asia, Bangladesh, Brazil, China, England, Greece, India, Iran, Ireland, Japan, Italy, Kerala, Korea, Lebanon, Persia, Poland, Scotland, Thailand, Turkey and Wales.

The festival runs all day on 9 March, organised by Gloucester Road Enterprise & Trade (GRE&T) on a shoestring budget. GRE&T is providing the theme and the advertising, but relying on the enterprise and imagination of the individual businesses taking part

GLOUCESTER ROAD FESTIVAL OF Food & Drink

A day celebrating the International Food and Drink of the Gloucester Road

SATURDAY 9TH MARCH - ALL DAY



to make it a special day for high street locals and visitors from further away.

GRE&T is the voluntary membership association for businesses and other organisations operating in the Gloucester Road 'Mile' area. The Gloucester Road Mile, dubbed the 'Last Great British High Street', runs from its junction Road to its junction with Filton Avenue. [Visit www.great-bristol.uk](http://www.great-bristol.uk).



News from Joe's



Mothering Buns – For one day only you can purchase Mothering Buns to celebrate Mothering Sunday. Joe's is pleased to still carry out the much-loved tradition, which is unique to Bristol. Get your orders in for these sweet buns adorned in hundreds and thousands that will be ready for collection on Saturday 30 March.

Gloucester Road International Festival of Food & Drink – On Saturday 9 March Joe's is pleased to be taking part in the local food festival celebrating the diverse range of different foods we have on our doorstep. Outside Joe's Express you will be able to learn more about, sample and buy their delicious vegan range of baked goods (I can highly recommend the vegan sausage roll!). As you would expect from Joe's their vegan bakes do not compromise on taste and do not come with a premium price tag. Outside of the bakery itself you will be treated to a showcase of their Easter goodies and be tempted by a selection of delightful cakes, perfect to take home for afternoon tea!

All your Easter favourites – It's almost that time of year again when the irresistible packs of Easter biscuits will be on display, along with hot cross buns, Simnel Cake, Easter bread and if you fancy something a bit different this year, why not take home a Tsoureki? This

Greek Easter sweet bread not only tastes divine but looks impressive too. All of these Easter specialities will be available at both of Joe's stores – enjoy!



Joe's Bakery at The Bread Store, 45 Glos Rd, BS7 8AD

Joe's Bakery, 240-242 Glos Rd, BS7 8NZ

■ 0117 975 5551 ■ www.joesbakery.co.uk

Wanted!

Homestay accommodation for overseas students

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

0117 970 7060

accom@elcbristol.co.uk
www.elcbristol.co.uk

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News from Friends of St Andrews Park

by Chair David Cemlyn

Chair Farewell! This is my last report as chairperson of FOSAP. My term of office has ended.

Prepare to paddle! There has been some very positive news. The Parks Department has said that, unless there are any last-minute hitches, the paddling pool will be repainted and opened for business on 1 May.

Theatre in the park returns this summer – The Pantaloons theatre company has been booked for a 23 June 7pm kick off. Let's hope that yet again the weather is warm and dry. It will be a sell out so book early. If you can spare some time on the day to help organise the event please contact organiser Paul Bullivant on paul.f.bullivant@gmail.com.

Play equipment refurbishment – A massive amount of work by committee member Sarah Cemlyn has gone in to working with council officers, contractors and local people to design and secure funding for refurbishing the children's and young people's play equipment. The first phase will concentrate on the equipment for younger children. Applications are in; by the next Bishopston Matters we hope to have yet more good news!

Toilet update – Sadly the toilets continue to be a problem, with more vandalism and some evidence of drug dealing. The council is going to refurbish but we do not know when. On the drugs front our local police officer said that there has been a number of teenagers picked up in the park and taken home to parents. From what I can determine there is no evidence of substantial hard drug use and dealing, but if you see anything suspicious please ring 111.

Budget update – Our park has escaped the worst of the cuts forced on the budgets of the city council and fingers crossed this will continue for the financial year 2019/20. However, the following year looks grim, which could mean we will have to seek



Above Image of park thanks to Air Ambulance

ways of taking over certain functions. Meanwhile perhaps we can relax and enjoy another hot dry summer.

Popular park for all – One of the factors as to why our park needs a lot of maintenance is that it is now a destination park. People now come from all over Bristol (and indeed, it seems, the world) to use the park. Also, there have been lots of new builds with little or no outdoor space.

Tree to be replaced – Sadly the silver birch tree near the paddling pool was felled by the gales. A crowd funding has started and the latest news is that enough has been raised to replace the tree.

Future of the Tea Garden – At the time of writing we wait with bated breath about the future of our much-loved café, with a final announcement due shortly. FOSAP plans to have a celebration event when Fay and her wonderful Tea Garden are hopefully awarded the tender. If it goes wrong it will be a wake and I suspect a lot of protest.

Please join us! FOSAP has over a hundred members and over 500 supporters and we are delighted to be seeing new faces at meetings. Find out about meetings, join up and hear the news on our web site www.friendsofstandrewspark.com



Image thanks to Paul Bullivant

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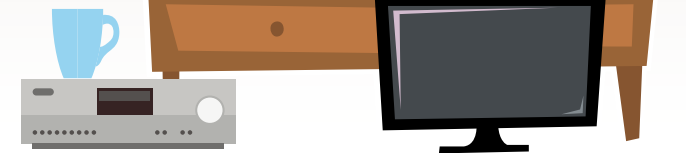
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www.emmausbristol.org.uk



The House Clearance team have all faced homelessness. Working in our House Clearance, Collections & Delivery team is one step to their moving on with their lives too. Re-saleable items collected are sold in Emmaus Bristol's shops: visit Emmaus Vintage BS7 8TJ, Stokes Croft BS2 8QJ and Bedminster BS3 4HL.

Charity Reg. No. 1071538

How Does The Area Benefit from Having a Business Improvement District?



INTRODUCTION FROM THE BID CHAIR

Dear Reader,

What is a BID?

A Business Improvement District (BID) is a business-led partnership – in our case about 250 – voted in democratically for a five-year term. Businesses (levy payers) in the BID defined area (from Bomboloni on Gloucester Road down to Cox & Baloney on Cheltenham Road, Zetland Road and Denmark Place) pay a levy which is a percentage of their rateable value; a typical independent business will pay on average of £4–6 per week. The percentage proposed for a New BID term 2019–2024 has been reduced to 1.5%.

Why does the area need a BID?

With the growing impact of the internet, the growth of out-of-town retailing, wider economic uncertainty and the changing expectations of the consumer, it is clear the challenges for traditional high streets in the near future are serious indeed. This vital funding resource has enabled and would continue to permit the BID Board of Directors (volunteer traders), on behalf of the BID levy payers, to support and cultivate an image of diversity, community, independence, authenticity and choice, thereby creating a welcoming, interesting retail, leisure and social destination for the community and visitors from further afield.

My Gloucester Road BID highlights

- Christmas lights to the area
- Christmas celebrations and events
- Cleaner streets in partnership with BCR Street Scene
- Having a BID Manager to administer and implement our ideas
- Bringing savings, offers and opportunities to BID businesses
- A branding of the area Bristol's Independent District
- Widely distributed map
- Trails – Window Wanderland, Elf on a Shelf, Kittens and Puppies, Easter Bunnies
- Food, drink and retail tours
- Partnerships with schools, charities, community groups, trader groups and festivals



- Reaching a wider audience with the support of Visit Bristol
- National and local awards recognition
- The broad choices of new businesses (our vacancy rate is one of the lowest in Bristol)
- Street Art
- A voice and representation for local businesses



A yes vote for a New BID would ensure the continuation of our work so far and facilitate further projects to make this neighbourhood even greener, more attractive and welcoming for our local community – who know and love the area – and to visitors from further afield, who have yet to discover and explore the delights of Bristol's Independent District.

And if a New BID is not voted in? Well, all our past and future plans, partnerships, events would come to an end in spring 2019.

To read our full New BID Proposal & Business Plan and for further information please visit

www.bristolsindependentdistrict.co.uk

Erika Peto

**Erika Peto, Owner of Flo-Jo Fabrics
Chair of The Board of Directors GRBID Ltd**



PAUL CARPENTER - TOTALLY TOYS

"Our wonderful loyal customers deserve a great high street. I believe the BID helps to deliver improvements."



Investment in BID Funds the Area's first Contactless Donation Point

Just before Christmas we funded, installed and launched the first contactless donation point in the area, in partnership with local business Ocean and St Mungo's Charity. The pioneering idea enables shoppers to make a contactless donation of £2 direct to the #SOSBristol fundraising campaign using their bank card with proceeds going direct to the city's four emergency night shelters: St Mungo's, Caring in Bristol, Crisis Centre Ministries and The Julian Trust. And in just 6 weeks, people's donations have facilitated 31 emergency beds for rough sleepers. Please keep giving – it's a simple 'tap and go' that could not only save a life but turn it around with support and hope.

"We are also acutely aware of the issues facing those who are far less fortunate and potentially sleeping rough on our city streets. We are very happy to provide window space for these brilliant contact points, and we hope it will make it easy for our neighbours and all members of the community to help out a little when passing by. All of these charities are doing an amazing job, we are very proud to support them."

Andy Norris – Brand Manager Ocean.

Welcome!

Some great new businesses have arrived.

A&E Hair and Make-Up Studio – 7 Gloucester Road

Pho Lounge – 209 Gloucester Road

St Mary's Kitchen – Flava from Jamaica – 212 Cheltenham Road

The Coconut Tree – 239 Cheltenham Road

Fox & Feather (expansion) – 41 Gloucester Road

Farewell

Katze, Bamba Beads and Pink Lemons



ANDY MINTER - REPYSCHO

"Footfall cannot be taken for granted - in my view the BID has proved the best way to both strengthen links with the local community, and raise the profile of Gloucester Road further afield."

What's coming?

- Crime Prevention Forum – Levy Payers
- Parking Stickers
- Cycle Breakfast – funded by Travelwest
- Award Winning Charity Shop Tours with a Personal Stylist

For updates on our local events, jobs and news please follow us

T @GloucesterRoad

FB BristolIndieDistrict

I @LoveGloucesterRoad

Current BID Membership Update – It's easier than ever

Since the new articles were passed by special resolution in January 2019 an important change to membership has been put in place – it's much simpler now. If you are a levy payer and would like to become a BID member please email your request to grbidoffice@gmail.com.

LEVY PAYERS

Those who are responsible for paying the BID Levy

BID MEMBERS

BID Levy Payers who have confirmed to the Company that they wish to be formally appointed as Members
Right to nominate a Director and vote on nominations, otherwise Non-Voting

VOTING MEMBER

Means those BID Members who have been appointed as Directors of the Company and who have provided confirmation to the Company that they wish to be formally admitted as Voting Members and who have been nominated by the Directors as Voting Members

The ROYAL OAK

CELEBRATING 10 YEARS

2009-2019

Celebrating 10 Years of The Royal Oak Join in the celebrations!

yard sale

Yard Sale & 'Pie Party'

Saturday 27th April
12-2pm table top sale
Delicious Home made pies -
pie competition for
'Bake Off' enthusiasts!

PORK & CIDER Festival

Saturday 6th July, 12 til late
Live music, massive bar of local ciders,
all day BBQ with some delicious tasty
treats, magician and kids entertainment.



Outdoor Theatre Day

Saturday 22nd June
2pm Kids show / 7pm Theatre show
In association with The Kelvin Players -
Full line up to be confirmed.
Tickets £5 on sale from behind the bar
from March - family tickets available.
All proceeds to charity.

All events taking place at
The Royal Oak
385 GLOUCESTER RD, BS7 8TN
0117 989 2522
WWW.THEROYALOAKBRISTOL.CO.UK

From small acorns great oaks can grow...

It's amazing to think that 10 years ago Neil and Olivia Greenwood took over, the then closed John Cabot pub, and returned it to its original name, The Royal Oak. They both had backgrounds in hospitality but had never run a pub before - let alone a well-known football pub, which had experienced a degree of trouble over the preceding years! They were sold instantly by the huge unloved back garden, a feature that has grown with them over the years and is now home to their beloved pizza oven and been host to many a good party!! People told them 'it will never work'; luckily, they stuck with their gut instincts, winning Pub of the Year in their first year, and I guess you could say the rest is history!

They both saw the untapped potential; knowing and loving Gloucester Road well and having just started a family, they sought to transform the John Cabot into a family-friendly local. As stated in their early marketing literature "from small acorns great oaks can grow" - and after 10 fun-filled years it's fair to say their little acorn has grown into a lovely tree.

Back when The Royal Oak first opened its doors the only other venue close by which gave people a relaxed place to eat, drink and socialise was the Tinto Lounge. The landscape today is very different - there has been a huge surge in the café culture, with the choice of venues constantly changing and expanding. Businesses need to thrive on the ever-changing competition as it keeps everyone on their toes. The pub has always tried to keep their food and drink offering in line with changing tastes and trends. Gloucester Road is now such an incredibly diverse destination for people going out, anyone living in the area has everything they could want and so much more right on their doorstep.

Gloucester Road is somewhat like a living, breathing entity in itself. The people - diverse, eccentric and



never dull, the ever changing shops and cafes that pop up and then disappear, but most importantly the sense of community that seems to beat through the streets. People are what make a place special; not posh shops and fancy restaurants. This is what draws people to the area and has helped to create the pubs welcoming atmosphere. As owners, Neil and Olivia, feel very lucky to have been involved in helping to make the top end of Gloucester road as vibrant and 'happening' as the Arches end.

As always there are many highs and lows in business; they have seen some great successes over the years, with their summer Pork & Cider festival not to be missed, along with some very memorable moments - having a garden full of school kids singing 'we will rock you' at the top of their voices certainly stands out!

They have some fun events planned to celebrate their 10th anniversary, and are hoping to see lots of faces of those who've supported them over the years.

They will kick things off in **March** with an amazing **40% off food, 5-7pm from Tuesday to Thursday.**

On **27 April** there will be a 'Yard Sale' & Pie Party - a perfect way to recycle some unwanted bits around the house, catch up with neighbours and sample some delicious home-made pies!

On **22 June** they have a **theatre day** planned; a kids' show in the afternoon and a play for grown-ups in the evening (supported by The Kelvin Players).

The now infamous **Pork & Cider festival** will be held on **6 July** and they've already got some incredible home-grown acts lined up, along with the usual array of local ciders and scrumptious tasty treats, with a few extra surprises to make this year a bit special.



News from Glos Rd Central

We've had an exciting February here on Gloucester Road, from snow to Valentine's Day and another spectacular Window Wanderland trail – we hope you enjoyed all the fabulous window displays.

Window Wanderland – Many of us traders really appreciate all the hard work that Lucy Reeves and her team put into Window Wanderland and are happy to sponsor the trail. Boston Tea Party launched the event with Pig Sty Morris dancers and the Stepford Sisters singing well known tunes. Then Alchemy hosted an after-trail party with 12 ukulele players from Ukelifts playing popular songs, poet Edson Burton reading his poems, and local musician Andy Leggatt and his pianist son playing some jazz in the Downstairs event space. This gave the Window Wanderland organisers a chance to relax and hear about everyone's favourite windows display. We're really looking forward to next year and encourage you to volunteer to help put together this amazing event in our neighbourhood.

International Festival of Food & Drink – March is set to be another fun and diverse month. Saturday 9 March is the first Gloucester Road International Festival of Food & Drink. Nearly every food or drink business on Glos Rd Central is taking part. The festival is designed as a day celebrating the diversity and vibrancy of our 'great British high street' and is a way for businesses to show off their wares. Some places are working together, for instance Joe's Bakery are promoting their afternoon tea range of scones and pastries, and Alchemy 198 will be serving them up with Cox & Baloney teas, or a cocktail! Of course, Joe's, Pawsons and Giles already supply most of their neighbouring traders with fruit and veg year-round. Another good reason to stay local and support your high street.



Shop news – Nola Interiors has expanded, giving them more space to present their eco-friendly paints and homewares. Relative newcomers Art & Chocolate and Preserve are also flourishing. Rollquick is now offering bike hire for all disciplines, all year round. Xpress printing are offering Large format printing for banners, posters, vehicle graphic... do ask in store for more info.

New café bar gallery Alchemy 198 has been putting on a whole host of live music, comedy, movie nights and social events. Funny Women comedy nights, led by local comedian Louise Leigh (on 20 March) have already

proved to be a real hit! Room 212 is running a weekly drop in Creative Club at Alchemy every Friday 10.30–12.30 led by Debby Bird, an art teacher at Bishop Road School (£5



This year, North Bristol Artist Toni Burrows, created a display using vintage Ladybird books at Room 212 for Window Wanderland

per session with 10% discount on drinks & toasts). Throughout March popular local artist Jenny Urquhart (image below) will be exhibiting her work at Alchemy 198, with a launch party on 6 March from 6pm. Sign up to the Alchemy 198 Facebook page to keep abreast of all the events or check out pages on the Room 212 website. See opposite for all the exciting March events at the local venue.

International World Book Day takes place on 7 March and local book group Page 53 are arranging book stalls and authors' readings at Alchemy 198 from 3pm and on into the evening. Book Island, the local publisher of beautiful children's picture books will be there offering activities for children in the Downstairs Gallery and there will also be appearances by J.M. Monaco, local novelist and author of How We Remember, and Emily Koch, whose debut novel If I Die Before I Wake has been enjoyed by so many.



And finally, don't forget Mothering Sunday on 31 March. We have so many art and gift shops in our section of Gloucester Road, all full of wonderfully inspiring cards and presents for you to treat your mum, made by Bristol artist and makers.

For more info follow Glos Rd Central on Facebook and Twitter.

ALCHEMY 198 March Events

Tues 5th	Mardi Gras Party Live music & dancing	8-11pm
Weds 6th	Exhibition Launch Party Original paintings by Room 212 artist Jenny Urquhart	7-10pm
Thurs 7th	World Book Day Book readings by authors, stalls, kids' activities	3-10pm
Tues 12th	Zendium Moon play live Eclectic Indie, Bluesy, Folky, Dream Pop	8-11pm
Sat 16th	Weave a Willow Hare Create a lifesize hare. Book via Room 212	10-4pm
Mon 18th	Cajun Swamp Club Live music & dance	7.30-10.30pm
Weds 20th	Funny Women Comedy Open Mic Preceded by comedy workshop, £5	8-10pm 6pm-7.30pm
Thurs 21st	Old Malt House Jazz Band	8-11pm
Tues 26th	Open Mic Night Sign up to play or just come & listen	8-11pm
Weds 27th	Silent Movies with Live Piano Buster Keaton 'The General' + shorts, £7.50/£5	6pm for 6.30pm
Fri 29th/ Sat 30th	Mothers' Day Treats Flowers, afternoon teas, cocktails & craft	all day

Creative Club drop in every Friday £5 10.30am-12.30pm

www.alchemy198.co.uk

For info & updates on all events follow us on Facebook

Alchemy 198 is your perfect 'local'. A place to meet friends and enjoy cocktails, wines, Bristol beers and gins or speciality teas. Or just come on your own, we're very friendly and will happily introduce you to others. As well as putting on events and exhibitions, Alchemy 198 can be hired for parties, launches and other occasions.

Email: alchemygloucesterroad@gmail.com with your request.



So, we think it's time to celebrate Bishopston's cultural amenities and social life! And the contributions that local talent and innovation make beyond Bishopston, to Bristol, the UK, and the world!"

"Furthermore, we want our members and other local residents to set the agenda for this celebration, rather than setting it for you."

Call for nominations – Which Bishopston cultural groups do you love, and why? What social events or organisations do you want to tell others about? Which cultural icons in our midst should we boast about beyond our boundaries? What unique, intriguing and world-class contributions do Bishopston-born people and ideas make?

The Society is moving away from the norm of pre-arranged guest talks. Please nominate the individuals or organisations YOU would like others to know about and celebrate. Just email culture@bishopstonsociety.org.uk. Self-nominations are encouraged – put yourself or your organisation forward!

Save the date! The celebration takes place on Tuesday 2 April 2019 at 7.15pm for a 7.30pm start, finishing at 9.30 pm, at Gloucester County Cricket Club, Brightside Ground, Nevil Road, BS7 9EJ.

More details via www.bishopstonsociety.org.uk or the above email address.



bcrcp.org.uk

A packed audience at the Redland Green Bowling Club heard from many local groups and organisations

about their activities for the year ahead and their achievements over the previous year.

The meeting opened with an update from the local police beats; Warren Rodgers and Chris Vence introduced themselves and confirmed that they were carrying out regular foot patrols in the area, particularly in the green and allotments at night. The force is also tackling the spate of burglaries in the nearby area.

The meeting heard from an impressive list of local groups including the local parks groups, residents' groups and local issue groups. School Streets campaign introduced a new idea, trialled in Hackney, where temporary closures of roads serving local schools at drop-off and pick-up times have improved conditions for the children. Follow them on their Facebook page to find out more. Parking and highways issues were a focus of many residents; Bishopston and St Andrews Parking Group –BOSA – wanted works to improve safety in the area, where there have been issues with emergency vehicles being unable to access streets because of poor parking, especially at junctions.

The process of bringing in new residents' parking schemes and additional yellow lines is onerous but residents and councillors continue to press for officer input to assess the options. Good news from Ardagh Community Trust where difficulties seem to have been overcome with a lease to be signed shortly and a programme for the first phase of improvements to the café and toilets planned.

The meeting attendees showed their appreciation of the work of the BCR Street Scene group, who continue to tackle the issues of tagging and flyposting in the area. It was good to hear that the GRBID and RCAS had made donations to help them keep up the work. Action Hours are to be reinstated on the fourth weekend of the summer months, starting in March. All volunteers welcome. The Friends of Bishopston and Redland libraries

reported on their exciting programme of events, which are proving very popular, as are the libraries. The consultation on the future of libraries is still open on the Bristol Citizenspace website and meetings are being held by BCC, so people were encouraged to put their ideas in.

Clean air, the climate emergency and the council pledge to become carbon neutral by 2013 were topics being addressed by groups and councillors including the Bishopston Society. There is information on their website about relevant meetings and reports. Friends of Ashley Down reported that the notice boards have finally been installed and Redland Green Community Group (RGCG) that they had held work parties laying the overgrown hedges funded by Redland & Cotham Amenities Society (RCAS). RGCG are also planning a Community Fete on the green in April now the RCAS Redland May Fair will no longer take place. GREAT and GR BID are working to support traders on Gloucester Road, and the vote for traders to decide whether the Business Improvement District (BID) would be renewed will take place shortly. Local residents spoke of their appreciation of the BID events and projects. For a full report from the groups and on the CIL funding programme see the BCR CP website pages.

bcrcp.org.uk

Society throws its doors open for celebration of Bishopston's world-class social life.

The Bishopston Society has issued a public call for nominations for the organisations, individuals, events or activities that YOU think make up Bishopston's lively social and cultural scene.

We all know that Bishopston is a handsome area, with streets of attractive houses. It boasts the best high street in the country in the shape of Gloucester Road. It's by no means rural, but enjoys access to parks, allotments and green spaces.

But as Nick Plant, Chair of the Society, said "As well as the built, economic and natural environments, we love Bishopston's social environment too.



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News from Bristol St Andrews Bowling Club

Following a very successful year both on and off the bowling green, Bristol St Andrews Bowling Club have again been busy preparing for the new outdoor season, which starts in early April.

Members of the club have worked hard carrying out further improvements to the clubhouse during the winter months, and in particular to the skittle alley bar area. As a result of these improvements, the club can now offer two venues for private hire – a clubhouse room with full bar facilities and the skittle alley room.

The clubhouse bar (which is located on the first floor) now also boasts a stair lift to help those with limited mobility. Vice Chairman Pete Jones says, "Whilst we remain very much a Bowls club, it is important for the club's future too make our

facilities available for use by the local community. And whilst there is still a lot of work to be done, the improvements made to date have proved to be very popular by those using it."

Lawn Green Bowls takes place on the green during the summer months (April – October) by players of all abilities. A full programme of both friendly and competitive games is offered throughout the season, with games being played on both weekdays and weekends.

Due to demand, Bristol St Andrews has entered an additional side into the Bristol & District league for the coming season, and there are already plans to enter a side into the Bristol Ladies league for the 2020 season. The club also has a very busy social side; this year sees the club touring North Devon where they will be playing four games during the annual four-day tour.

New members (male/female/juniors) are always welcome – and 'Bowls Taster Days' for anyone who would like to know more about playing are already planned for the May Bank Holidays – Monday 6 and 27, 12–4pm.

The Bristol St Andrews Bowling Club can be found in Derby Road, Bishopston (BS7 9AQ), near its junction with Sommerville Road.

www.bristolstandrewsbowlingclub.co.uk

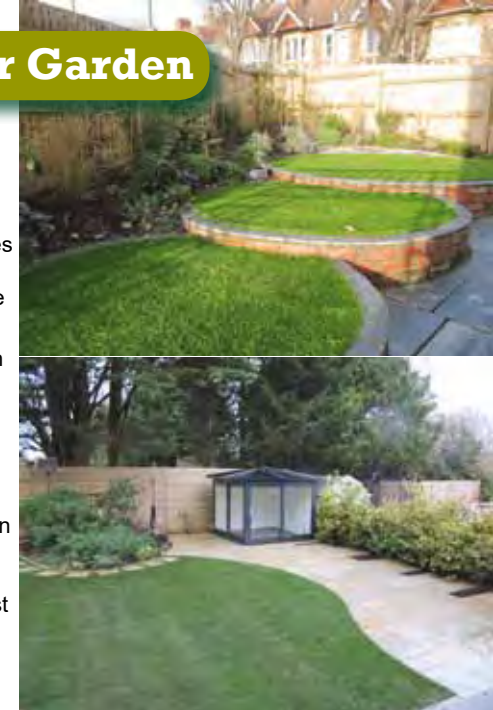
Curves and Circles in Your Garden

The use of circles and curves in garden design create a strong statement, and give significant visual interest by adding structure so that the eye can follow around the garden, connecting with other forms. They can be used to fit unusual or difficult areas in a garden, with the possibilities being endless. At Secret Garden we enjoy creating garden designs that use a variety of shapes and forms, with simple circles and curves always being a winner.

When utilising curves; bold, sweeping arcs work better with the eye than that of too many wiggling lines. These work well in large spaces, and within smaller gardens the use of semi circles can trick the eye into thinking that the space is larger than it is.

Horseshoe and semi circles can be used effectively in seating areas to create a community feel, where people can sit together, converse and see each other easily. Or you could use a perspectives cheat with circles to make your garden look longer than it is. Have the largest circle nearest to your window, with an overlapping smaller circle furthest away. This is a great trick to use in smaller urban gardens, and creates a good vantage point.

Circular paving looks super smart, and is great for creating separate, differing sized patio areas within a garden. This can be useful for capturing early morning, afternoon or early evening sun, which hits in different parts of the garden.



Sharp angles in the garden can sometimes appear awkward and can also create tiny, unusable spaces in borders and beds, and in lawns can create tight spots that are difficult to mow. Circles and curves on the other hand work easily, and can be used around specimen trees to create more of a focal point, as well as giving them the necessary space that they need to grow.

With our dedicated and passionate team we can help you find the magic in your garden!

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News from Friends of Bishopston Library

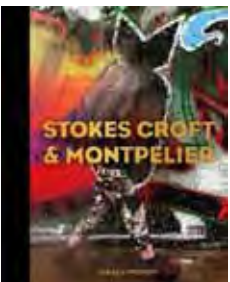


We started the year with a sell-out **wine and cheese tasting evening** offering a selection of cheeses from **Murray's Deli** chosen to complement wines from **Grape and Grind**. Guests blind tasted three white and three red wines, including a Loire Valley Sauvignon Blanc, a Spanish Chardonnay and a South African Cabernet

Sauvignon. The object was to enjoy and learn along the way, and maybe identify the wine; some pretty good guesses were made – along with some wildly inaccurate ones.

By contrast, all the cheeses — served by Claire Finbow from Murray's Deli, were from the south of England, and were paired with accompaniments such as quince jelly, almonds, grapes and dark chocolate – the last with Oxford Blue – delicious!

Huge thanks from Friends of the Library and everyone at the event to local shops Grape & Grind, Murrays and Gardener's Patch for their support for a very enjoyable evening.



For our next event on **Friday 1 March**, we welcome photojournalist **Colin Moody** talking about his new book **Stokes Croft and Montpelier**. Colin's photographs take you under the skin of the people, culture, and place in this unique area of Bristol with its world-renowned street art, thriving local scene and diverse cultural

history. Colin will be sharing some of the fascinating stories behind his work.

You can discover more about **The Making of Victorian Bristol** on **Thursday 21 March**. Peter Malpass, Emeritus Professor of Housing and Urban Studies at UWE, will describe the transformation of Bristol over the course of the nineteenth century by influences such as a growing population, industrial change, technological innovation and urban expansion. He will also share some more recent research on the development of our local area. Peter's new book on the subject will be published in March, and will be available at a reduced price on the night.

Can you identify and date the building above? – come along and find out if you are right.

Tickets for both these events are £3.00 online or at the library. Doors open at 7.00 for 7.30pm, and

there will be a cash bar for soft and hot drinks.

And on **Thursday 25 April** we will celebrate **World Book Night** with an 'A Good Read' style event. Details of the panel and their chosen books will be available soon, so that you can enjoy a good read beforehand, and share your thoughts on the selections. You can also bring along your own 'good read', plus a book to donate to Park Bench, a charity that makes books available to homeless people in Bristol.

Finally, we are pleased to accept Bristol pounds (cash only) on the door and the bar. 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, or email friends@bishopstonlibrary.org.uk

Library Opening Hours: Mon: 1–7pm ▪ Wed–Sat: 11am – 5pm ▪ Sun & Tues: closed.

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I recently visited the friendly team at their new Brookfield Mobility Solutions showroom, on Filton Road. I was impressed by the diverse range of mobility equipment and aids on offer. As well as an extensive range of car adaptations available, they can also organise for a stairlift to be installed in to your home, and talk you through the latest range of mobility scooters and domestic aids on offer – from a simple yet effective gadget to assist with putting on your socks – to bath seats, all available from the showroom.

Their expertise lies with the bespoke car adaptations that enable people with compromised mobility their driving freedom. My family have had personal experience with the Motability Scheme; my dad was severely disabled with MS. I was amazed how the technology has come on over the years; had the steering wheel controls that action not only indicators and lights from the touch of a button but also brakes and accelerator been around in my dad's time, he would have been able to continue driving for years longer than he did.

When my father moved to an electric wheelchair, we were delighted to be able to have an adapted car on the mobility scheme that enabled him to drive his chair up a ramp into the back of the vehicle. Brookfield Mobility Solutions can enable all of this to happen too – for wheelchair or mobility scooter.

The great thing about having a spacious showroom is that if you wish, you can come in, have a drink and talk through your individual needs with a member of the BMS team. It is their aim to provide a bespoke solution to all their customers in conjunction with their high-class suppliers of adaptations.

The team offer a mobile fitting and repair service at



the supplying dealer or customer's home address.



They can also arrange for fitments and repairs at their fully equipped workshops; they collect the vehicle and transport it to their workshops.

BMS is proud to be a **Mobility Adaption Partner** and installer of adaptations available on the Motability Scheme as well as a **Motability Recognised Repairer** and installer of Wheelchair Accessible Vehicles (WAV).

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For full details of BMS's services and product range, please book a visit to their showroom.

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Local History Matters

The Southmead Workhouse

BHA local history research – Andy Buchan ©.

Not many people living in north Bristol or visiting Southmead Hospital today will know that until the First World War, it was the site of the Barton Regis Union, Southmead workhouse.

To many workhouses were places of fear and shame, but for some they were venues to stay when you needed a roof over your head. There are many examples in their records of people, usually men, staying at a workhouse for short periods, while maybe they were out of work, while others who had work would have stayed because they had nowhere else to live. Others laboured at a workhouse, for example breaking rocks, in order to qualify for 'family support' payments. The workhouse charged the parish in which you were born for the cost of your accommodation.

The building at Southmead was built between 1900 and 1902, the foundation stone having been laid on 18 September 1900 by the Dowager Duchess of Beaufort. The foundation stone may still be seen today on one of the few buildings from the original workhouse that survives within the new hospital complex. Today the main surviving buildings are the main building and the original men's and women's wings.

It was built in large grounds and comprised of separate blocks with walk ways between them. The central block contained the master's dwelling with dining hall, kitchens and a boiler house at the back. To one side was the male block and on the other side was the female block. Unlike some early workhouses in which married couples were split up, there was a small block for married couples to the north of the male block.

Near the female block there was a small hospital for women and children. The site also had its own laundry on the female side and a carpentry workshop on the male side.

Entrance to the site was off Southmead Road; near the entrance were offices and receiving wards. The workhouse also had a small stable and a mortuary block.

When first built, there were walkways linking the main building, later called Beaufort house, the men's wing and the married quarters. Later a link was built between the main building and the female wing. At this time, c 1912, a hospital for men was built in the opposite corner of the site to the female hospital.

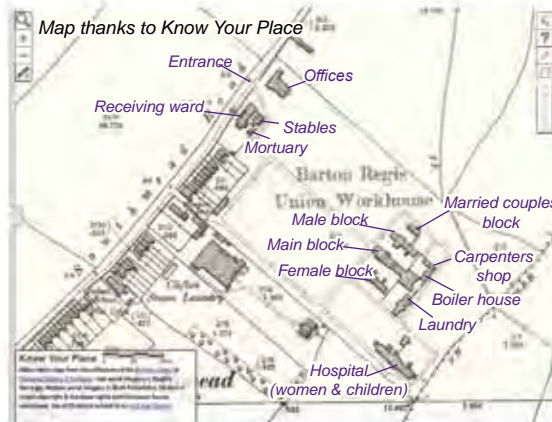
The Southmead workhouse was much smaller than the workhouse in Eastville, which could house up to 1180 inmates. At the time it was built, the workhouse, which was mainly intended for sick poor people, had 64 beds, but over the next few years it was greatly expanded and by 1911, there were 520 beds. In 1915 it was taken over by the military as a military hospital and pictures from this time show how much it had expanded. It remained a military hospital until the early 1920s. In 1924 an infirmary was built and later the name was changed to Southmead Hospital.



Beaufort House c 1915, thanks to Know Your Place



Beaufort house – southside today. Andy Buchan ©



Bristol U3A

Did you know the University of the Third Age, (U3A) in Bristol offers a programme of educational and social activities for people with leisure time?

The U3A is open to anybody who is no longer in full time employment; there is no age restriction. Groups meet during the day in each other's homes or in various meeting halls, etc. No educational qualifications are required and none are given.

Members contribute their own experiences and knowledge and all learn from each other. There are over 150 special interest groups and some meet in your area. For example, there is a Biography Group who meet at Kings Drive Bishopston; a Calligraphy Group who meet in Bishopston; a Cinema Group who meet in Horfield; a Computer group in Redland; many language groups meeting in your area; Bowls, Poetry, Politics, Reading and Social groups all meet near you.

There really is something for everyone. Membership costs just £20 per year, and most of the meetings are completely free. If you would like more information, do have a look at the website www.u3asites.org.uk/bristol or email judyeparker@hotmail.com.

Active Retirement workshop

Aged 55+ and approaching retirement, recently retired, or facing redundancy? Come along to our Active Retirement workshop on **Thursday 21 March!**

This FREE workshop will focus on keeping fit and healthy in retirement, with guest speakers, information stalls, free refreshments, and the opportunity to try out some activities.

The event will be hosted by LinkAge Network in partnership with Wesport and Active Ageing Bristol.

Thursday 21 March, 6–8pm, Lockleaze Sports Centre, BS7 9XF.

Booking essential – book online at www.linkagenetwork.org.uk/pro or call 0117 353 3042.

Healthy Ageing and Safety Event at Lifeskills on 13 March – stay healthy and active for longer!

Following the success of last year's event, Lifeskills Interactive Safety Education Centre is holding a Healthy Ageing & Safety Event on Wednesday 13 March. The event is open to everybody, but it is particularly relevant to those over 55. There is no cost and no need to book. People are invited to drop in any time between 10:00am and 3:00pm on the day. Lifeskills is based on the 4th Floor of the Create Centre, Smeaton Road, Bristol BS1 6XN; Tel: 0117 9224511.

The event is aimed at helping people to keep active and maintain independence. Recent statistics show a rise in the percentage of the population who are over 65, leading to concerns as to how the already overburdened NHS will cope. Encouraging people to look after their safety and adopt healthier lifestyles should help keep them fit and out of hospital.

Louise Salter, Deputy Manager, said, "Last year's event was very popular and, again, we are aiming to provide invaluable safety advice as well as an enjoyable social event."

For more information about the event, contact Louise Salter on 0117 9224511 or email louise@lifeskills-bristol.org.uk

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Image: Jamie Carstairs

Well Wassailed Orchard to Get Growing fruit tree courses

Horfield Organic Community Orchard (HOCO) was well Wassailed by more than 300 people raising the orchard spirits with a collective holler. The event was also a ceremonial conclusion for participants who completed Orchard Learning Programme 2018. A tough growing season created memorable conditions for active learning, and the lean harvest provided food for thought.

Orchard Learning Programme 2019 begins in March. This year there's also a new crop of short courses to pick from. Do you grow apple, pear or plum trees in your garden or allotment? Are you puzzled by pruning or pests?

Get Growing Fruit Trees – an introduction, is a four-month guide to the basics of fruit tree care, using real trees in relationship with seasonal and local conditions. Also coming up in March is a hands-on Winter Pruning weekend on Saturday 16 and Sunday 17 March. Are you new to fruit trees, and not sure what to grow? Planning and caring for fruit grown in small spaces is a one-day introductory course on Saturday 27 April.

Courses take place in HOCO's wonderful outdoor learning environment. Learners will work with real trees, and learn by doing. They're led by Shannon Smith, a knowledgeable and down-to-earth tutor. Group sizes are small, and early booking is advised.

More information on the HOCO website:
<https://tinyurl.com/OLcourses2019>

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News from the green room

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New client discount with Summer – There are still a few discounted appointments available with fabulous, junior stylist Summer. The talented stylist is offering **20% off an adult cut and blow dry** for new clients, for a limited time only, so call **01179 427575** and get booked in soon!

Don't forget Mother's Day! Green Room Vouchers make the perfect gift for the lovely lady in your life.



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News from Ardagh Bowling Club

Ardagh Bowling and Sports Club invite you to come and try **Lawn Green Bowls** on **Sunday 21 April, 11am-3pm.**

We will provide coaching and equipment, please bring flat-soled footwear to go onto the green. Refreshments will be available. Come along and have fun!

If you would like any further information, please call 01179 426 580.

The Ardagh lunch club celebrated its first birthday recently. The group has grown in popularity. It was set up to offer a hot meal at a reasonable price and encourage people to help combat loneliness. Making new friends encourages a feeling of belonging, people are welcome to just pop in on a **Wednesday, 12-1pm.** Two courses for just £3.50.

Ardagh Toddlers Group for 0-3 year olds runs on **Mondays, 10-11.30am.** They have lots of new toys and equipment; families can just drop in.

Easter Egg Hunt 2019! The Ardagh toddlers welcome you to join in their fun trail on **Saturday 13 April, 10am-12 noon.** All ages are welcome, £2.50 per person, find the Easter chicks and claim a prize.

All events take place at Ardagh Bowling and Sports Club, Kellaway Avenue, Horfield, BS6 7YL.

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Sing with Wecil

WECIL (The West of England Centre for Inclusive Living) is a charity run by and for disabled people in Bristol and the surrounding areas. We offer a range of services which support over 4,000 people every year – in all different areas of their lives.

WECIL's Peer Support Community has been running since 2011 and is entering into its final year of Big Lottery funding. The community aims to tackle isolation by bringing people together – to try something new and get to know each other while you do!

There's a range of activities run across Bristol and the surrounding areas, from regular meet-ups in pubs, activities such as craft, music and exercise, day trips and training sessions.

Tucked away in the Elmgrove Centre in Redland is the fun informal singing group and where you can boost your endorphins, immunity and lower your stress!

Accessibility is the main focus; the peer support groups are much the same as any other but with a slight difference. They are inclusive groups that allow you to enjoy yourself, take your time and feel comfortable – there's no expectations on you. If for



any reason you don't enjoy attending mainstream activities, going along to one of WECIL's groups can give you the confidence to give things a try!

Although you can make new friends by coming along, feel free to bring someone with you – family member, friend, carer or support worker.

The peer support community is very informal, they hope to appeal to what you want to do and can encourage you to come along because it's fun, relaxing and most of all friendly!

"It has made me feel more confident in myself; I now do things that I would never have tried beforehand" Erica

"It gives me something to look forward to." Chris

The Singing Group meets fortnightly on Wednesdays at The Elmgrove Centre 2.00-3.00pm. For more information contact peersupport@wecil.co.uk / 0117 947 9942.

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Capstone Foster Care needs carers for children of all ages but are particularly interested in hearing from people able to look after sibling groups or children over the age of 11.

Foster for Capstone

The number of children in care has reached a record high, with 90 young people entering the care system each day, figures show.

Call 01454 423 820 or visit
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News from our Bishopston & Redland Councillors

Bishopston ward news

Contactless Homelessness Donation Point

– If you've walked past Ocean estate agents on Gloucester Road recently you may have noticed a great new initiative in the window – a contactless donation point that lets you donate to homelessness charities in Bristol. There are already some similar points in the city centre, and this new point works in the same way. By tapping your card or smartphone to the window you can make a £2 donation to St Mungo's, Caring in Bristol, Crisis Centre Ministries and The Julian Trust. Thanks to Ocean and the Gloucester Road Business Improvement District for making this happen!

If you're worried about anyone who's sleeping rough you can let the council and its partner organisations know through StreetLink at streetlink.force.com or 0300 500 0914. They'll ensure that the person has the right support and access to services, during cold weather.

Fracking Letter – Late last year we joined over 850 councillors and other elected representatives in signing an open letter opposing government proposals to allow fracking companies to undertake exploratory drilling without local planning applications. Usually for a large development a planning application would be required allowing local people and councils to have their say. But the government wants to remove this right, using 'permitted development' rules, which are usually intended for smaller developments like fences and garden sheds. You can read more here: gofossilfree.org/uk/let-communities-decide-letter

Lidl – Double Yellow Lines – As part of the planning permission for the new Lidl store on Muller Road, the council is about to start consulting on waiting restrictions (i.e. double yellow lines) in nearby streets to improve safety on street corners and traffic flows on Muller Road. This is in addition to the double yellow lines which are still promised (though sadly not yet painted) around the Cricket Ground. Residents will be able to view and comment on the new proposals when they go live on the council's website here: bristol.gov.uk/streets-travel/traffic-regulation-orders-tros

Planning Applications – Recent months have seen some questionable planning applications come forward for new developments in our ward. While having a variety of homes, businesses and otherwise within our area is welcome, we are clear that developments should not be to the detriment of everyone else.

One especially troublesome area seems to be the Merton Road estate, where there have been multiple applications and buildings awfully close to residential neighbours and with no regard for the wider community. In these instances, we did not hesitate to call the applications in to a Development Control committee to have them heard by a meeting of elected councillors.

We will continue to argue against unsuitable developments in the ward, and if there are any applications locally which you're concerned about then please let us know – we'd be happy to help.

Recycling Rates – Bristol leading the country

– New figures have been announced showing that Bristol is the leading large city in the country for recycling, with a recycling rate of 45% compared with 21-38% for other large cities. The figures also show a significant drop in the amount of waste sent to landfill, which fell to by a whopping 8%, from 28% to 20%, in the past year. These figures are a testament to the hard work of residents across the city in ensuring they recycle, and of course the Bristol Waste company staff.

While these figures are great news, we do occasionally receive word of missed connections, street litter or other waste issues. You can report these here to get them resolved: bristol.gov.uk/bins-recycling

Sims Hill – The local councils in the West of England are looking at sites for a new Park & Ride on the M32. The current possible location for this is on a prime agricultural site currently used for the Sims Hill Shared Harvest, which we know some residents are part of. Siting the Park & Ride here goes against Bristol City Council's aims of preserving agricultural land and green spaces and having the most strategically located site for the Park & Ride (the council would prefer a more northerly location, nearer the M4). Councillors (ourselves included) and MPs believe that Sims Hill is not the right location for the Park & Ride, and Mayor Marvin Rees agrees. Unfortunately, the site is outside of Bristol City Council's boundary and so cross-border negotiations will be needed to get the location moved, something which Mayor Rees has undertaken to do.

Please let us know if you have any comments or questions!

Tom Brook, Labour Party
Cllr.Tom.Brook@bristol.gov.uk

Eleanor Combley, Green Party
Cllr.Eleanor.Combley@bristol.gov.uk

Redland ward news

Air Quality – We're disappointed to have to report that progress on measures to improve air quality in the city have failed to progress. This is not only of concern to us but also to central government who have so far provided over half a million pounds to allow Bristol to conduct in-depth research into which measures will lower levels of NO2 to legal levels. It's approaching three years since we debated action to improve air quality in the council.

Gloucester Road is one of the most polluted areas of the city and we fear that with the 2020 elections looming, the Mayor is nervous about taking action that would restrict the movement of the most polluting vehicles. We do not feel, however, that this is acceptable – with around 300 Bristol residents a year dying early due to our dirty air – and we will continue to press for action.

Parking – We continue to receive reports of dangerous and inconsiderate parking from several corners of our ward. We, along with others, have long been requesting support from the highways department to look at potential solutions before someone is seriously hurt. Promises made in the summer by the then cabinet member for transport have unfortunately failed to materialise. We have supported residents and are continuing to carry out door-to-door surveys in Redland to gauge the scale of the problem. If you'd like us to look at your street please let us know.

New enforcement contractor – You may have read reports that controversial private enforcement firm Kingdom are no longer working for the council. A new contractor was recently appointed and they are called 3GS. It's claimed they have a more ethical approach, and will supplement the enforcement work by the council with powers to fine people for dropping litter, allowing dogs to foul parks, or fine people and businesses fly-tipping. They are likely to be working in our area some of the time.

We've always pressed for liaison with the enforcement team and the contractor to ensure local priorities are taken account of. There's been renewed activity from the council staff working with local businesses to end poor waste storage and unlawful waste practices, with several companies challenged for not having waste contracts. We are also working with officers to try and improve the presentation of bins from shared houses.

Waste collection – While the winter weather doubtless played a part in disrupting collections, many residents have been contacting us regarding non-collection of their waste, recycling and garden waste over the past few months. This is down to an unreliable, ageing fleet of trucks, which was due to have been replaced by now. We have asked the new



cabinet member for waste (reshuffled in February) to let us know when the new trucks might appear and requested that the waste company website is updated with missed roads and rescheduled collections. Do report missed collections on the council website so the service can be monitored.

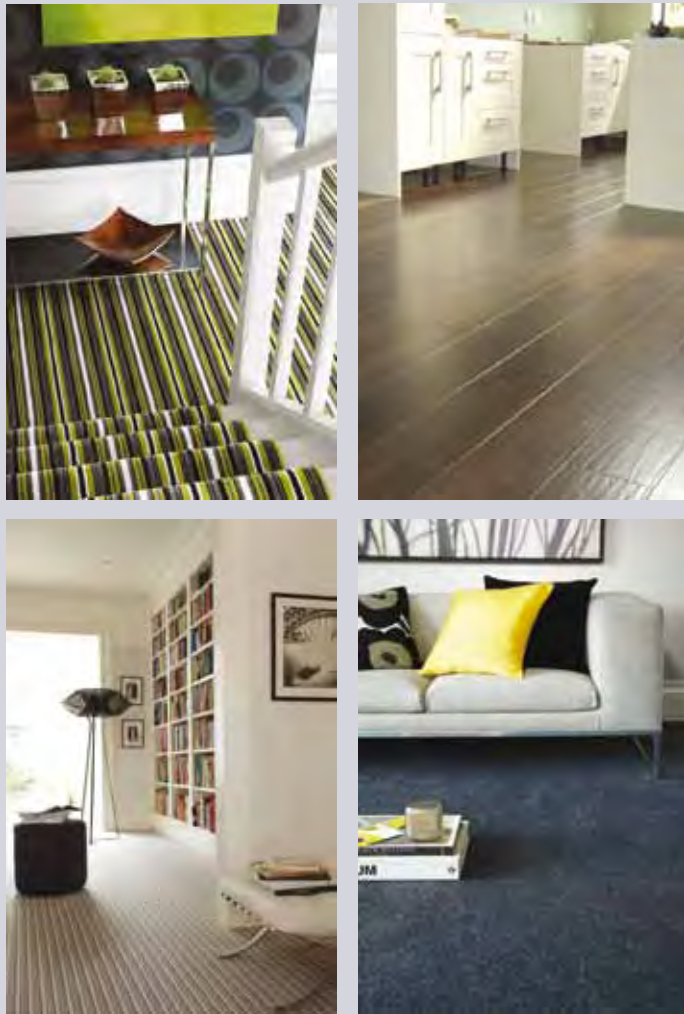
There are also frustrations for households who have paid for the garden waste service (green bins) as several weeks have gone by with no green bin collections.

Community Infrastructure Levy – A year ago area committees were created by the council. Locally, Area 2 covers six wards of the city, comprising Henbury & Brentry, Southmead, Horfield, Bishopston & Ashley Down, Cotham and Redland. These have a limited budget from funds provided by developers in the area, called community infrastructure levy (CIL). A portion of the CIL (15%) is available for local priorities agreed in the area; projects to tackle these will be agreed by six wards. There can also be specific funds devolved from developers for agreed works (called s106 funds), which tackle a specific issue, like tree planting or traffic. Sadly, we no longer have a small grants fund or a dedicated local highways budget. CIL is only available for physical projects, not to fund people or running costs.

Last year's process had many teething problems but a new timetable is now in place, agreeing when projects can be assessed and shortlisted. We are promised some advice from officers for local highway project proposals and an informal meeting of the 12 councillors involved before the projects are finalised for a decision-making committee in autumn. The bad news is that it is estimated only £84,000 may be available once developer funds are allocated to Area 2, so few projects are possible. In this neighbourhood we are working across the three wards of the BCR Community Partnership to develop projects. The deadline for project proposals is 15 March. Please email us with proposals for Redland or use the area committee address at: areacommitee2@bristol.gov.uk

Fi Hance, Green Party
Cllr.fi.hance@bristol.gov.uk

Martin Fodor, Green Party
Cllr.martin.fodor@bristol.gov.uk



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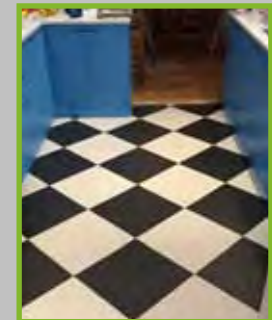


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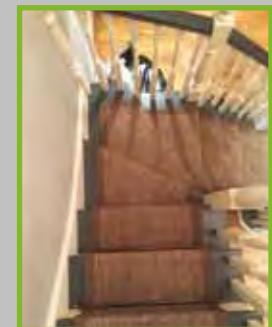
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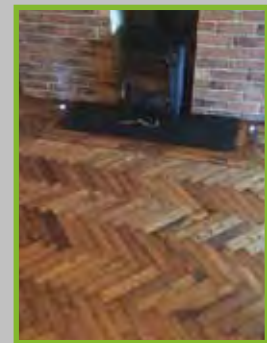
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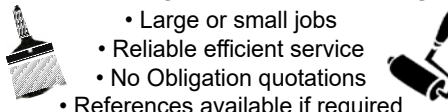
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0783 460 8780 - sprogs@yahoo.com
£3 adult admission
(Donation goes to the charity. Children's helper seats free!)



Community News/Events...

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 call: 0117 914 1129 or visit: www.walkingforhealth.org.uk.

5 March, Greville Smyth Park – Meet at Horfield Leisure Centre 9.50am (bus 505 at 10.00). From Cumberland Basin walk across the new Metrobus road bridge to the Park to see the changes and look for signs of spring. Leader: Sheila.

19 March, Monks Park Open Space – Meet at Horfield Leisure Centre 10.00am. Walk from Monks Park Open Space to Millennium Park and Filton Park for coffee at Filton Church. Leader: Joan.

North Bristol Community Project promotes well-being through access to education, leisure and volunteer opportunities, regardless of background or abilities. The venue offers a supportive, friendly environment for local residents to meet and flourish. They run a selection of courses; below is a summary:

Sewing Classes: Mondays 10am–12 noon.

Makers Meet-ups: Wednesdays 7–9pm.

Arts for Wellbeing: Thursday 10am–12pm.

Computer skills for over 50s: Thursdays 2–3.30pm.

Spanish Conversation Classes: Thursdays 7–9pm

Supper Club: Once a month, usually on the last Friday.

For more information and to book email: nbcpr84@gmail.com or look at their website www.northbristolcommunityproject.org.uk.



CLIC Sargent is the UK's leading cancer charity for children and young people, and their families. They provide clinical, practical, financial and emotional support to help them cope with cancer and get the most out of life. They are there from diagnosis onwards and aim to help the whole family deal with the impact of cancer and its treatment, life after treatment and, in some cases, bereavement.

The charity is looking for volunteers to help raise vital funds for their work at their flagship vintage fashion

and homewares store at 97 Gloucester Road, BS7 8AT. Volunteering is a great way to meet new people, learn new skills, get back into employment and give back something of real value to the local community. The store is open 9.30am–5.00pm Monday to Saturday. Whether you have a few hours to give or a few days – they would love to hear from you! To find out more just pop into the shop or email Natalie. stephens@clicsargent.org.uk. Or you can call Natalie on 0117 923 2967.



Volunteers Wanted – Bristol Child Contact Centre, based in Trinity Henleaze United Reform Church, needs volunteers for the contact sessions held on the second and fourth Saturday of every month.

Work as part of a team of four providing a safe space for children to see the parent they no longer live with. There are two sessions from 10am–1pm and from 2–5pm and volunteers would be on duty once a month on average.

DBS check will be done. Training will be given in all aspects of issues which may arise in a contact centre.

Call Vanessa on 07511 290505 or email info@bristolchildcontactcentre.org.uk



Ladies hit the right notes for the Julian Trust!

Members of Henleaze Ladies' Choir, conducted by Jane English, were delighted to collect over £300 at their December concert for Bristol's Julian Trust, a charity which provides food and nightshelter for the homeless. This year, the choir linked their charity concert to a Facebook fundraising appeal and are thrilled that a combined total of £1,094 has been raised for the Julian Trust.

Henleaze Ladies' Choir, which meets on a Thursday afternoon at St Peter's Church Hall, Henleaze, performs two charity concerts each year, in December and May, with the charities chosen by the members. There are no auditions to join the choir and the aim is to enjoy singing a wide repertoire of music together

and to give pleasure to audiences. New members are always assured of a warm and friendly welcome.

The Choir are holding an afternoon of singing, tea and cakes at 1.45pm on 11 April at St Peter's Church Hall, Henleaze. Entrance is £3, which includes tea, cake and a raffle ticket. The Choir's next charity concert is on 16 May at 2pm in St Peter's Church Hall and will be in aid of Home Start – Bristol and their work with families with young children.



Tearfund Big Quiz – Saturday 16 March at Horfield Baptist Church.

Horfield Baptist Church on Gloucester Road is hosting a quiz to raise money for Tearfund on 16 March. Come and test your knowledge of sport, food and drink, countries of the world and more. The proceeds will go towards Tearfund's work to help restore lives broken by war, particularly Syrian child refugees now living in Lebanon.

Bearing in mind it's Super Saturday in the Six Nations rugby championship, the start time has been set at 7.30pm to allow people to both watch all three matches and have a good evening out (celebrating or taking their mind off disappointment, depending on which team they support!).

Tickets cost £5 per person to include tea/coffee and homemade cake, and teams can be up to six people. Anyone who wants to take part but doesn't have a team to bring can still sign up – they'll be put in a team on the night, with a chance to make new friends, perhaps.

Tickets are available in advance by ringing 0117 9624 185 or 07725 881 518 by Sunday 10 March. N.B. Tickets will not be available on the door.



Glos Rd. WI meets on the third Tuesday of every month. Doors open at 7.30pm for 8pm start at St Andrews Bowling Club, Derby Road, BS7 9AQ.

Membership is £42 for the year or you can go as a guest for £5 to try the group out. Forthcoming meetings – 19 March 'Music therapy talk', 16 April 'Craft workshop' with Jemima Lumley and 21 May 'A talk from Unseen UK'.



The Dolphin School receives special St Paul's Carnival Pride Award

Pupils from The Dolphin School in Bristol were excited to welcome Police and Crime Commissioner (PCC) for Avon and Somerset, Sue Mountstevens, who presented them with a special PCC Pride Award on Tuesday 15 January for their extensive contribution and support to the St Paul's 50th Anniversary Carnival celebrations last summer.

During her visit, Sue Mountstevens led an assembly and thanked the children for their hard work which helped contribute to a successful and memorable carnival for the community, describing their efforts as 'outstanding'. She particularly commented on their wonderful costumes and expressive dance and drumming routines, which she acknowledged must have taken a great deal of preparation and organisation. During the visit, the Head Pupils gave her a tour of the academy and pupils from the School Learning Council had prepared a number of interesting questions to ask the PCC, covering topics from policing and crime in and around the city to the roles and responsibilities of various jobs in the police force. Fern and Harry (Year 6) described their academy's values to the PCC and then asked what her values for Bristol were?

PCC Sue Mountstevens said: "I am delighted to have come to The Dolphin School to meet all of the fantastic children involved in such a spectacular celebration. Thanks to their hard work and commitment, the children and teachers ensured the 50th anniversary of the St Paul's Carnival was the best yet and a celebration of the city's culture, diversity and creativity."



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