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issue 111, Oct 2017



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Dear Readers...

As I write this it certainly feels like there is a shift in the seasons - but, do not be disheartened, there are plenty of community events to look forward to, to brighten the weeks ahead.

On Saturday 7 October, the Ardagh will be opening the doors at their café for people to pop in and find out more about this brilliant community business, as they take part in the Community Business Weekend.

The Horfield Organic Community Orchard invite you to take part in their Apple Day, a fruit-filled community celebration on Sunday 22 October, 2-4pm.

Horfield Baptist Church welcome families to join them at their light beacon at the back of the church on Brynland Avenue from 5-7pm on Halloween evening, Tuesday 31 October.

Looking ahead to November, do mark the weekend of 25/26 in your diaries for the much-loved North Bristol Art Trail; you can read what is in store and get in the creative spirit!

I recently enjoyed a fabulous, family day at Party in the Park, brimming with live entertainment, stalls, refreshments and good old community spirit. Bishopston Matters is always pleased to sponsor the Horsey Hopperz game, which is much fun to watch from the side lines! I hope you enjoyed sharing in the day.

Another wonderful event to be a part of recently, was the launch evening for Bishop Road School's new Storytelling Garden; read all about the magic of this wonderland.

Take care until next time, **Kerry X**

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk Bishopston Matters
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News from The Friends of St Andrews Park

Not for the first time, or probably the last, the inevitable cuts in Council funding for parks dominated discussion at the recent meeting of The Friends of St Andrews Park. Although the full effect of the cuts is still less than clear, one area that members are most concerned about is the condition of the play area and the state of the equipment, which is in desperate need of repair and maintenance just to maintain the status quo. Although it is clearly the council's responsibility to maintain the equipment in a safe condition, other options are being considered including the possibility of raising money from trusts to maintain the existing equipment and, if possible, to improve and develop the facilities for children.

The good news of the summer has been the popularity of the wonderful and unique paddling pool which attracted such strong local support back in the spring. The Friends are determined to see this very special facility open to younger children again next year and in the years to come.

Antisocial behaviour is thankfully relatively rare in this wonderful park but unfortunately there have been worrying incidents in the area behind the park depot. At a recent meeting involving The Friends, the local police and a representative of the council, it was agreed to do some careful pruning of the boundary shrubs around the depot to make the area more visible. As worrying is the regular vandalism of the toilets, which not only makes them even less attractive, but also uses the valuable time of our wonderful park worker, Micky, on additional cleaning and removing graffiti. The police have agreed to 'keep an eye' on this area of the park but a more radical solution may be required. Let's hope this will not mean closure of another essential facility!

As well as visiting our popular web site, users and supporters of the park increasingly use our Facebook page to keep informed about activities and events and to express their views and opinions. Although not owned or controlled by The Friends, the Facebook page does need a consistent and considered approach; at the meeting members agreed an outline policy to guide the two moderators who have volunteered to oversee the social media side of our activity.

One of the good news stories from the meeting was feedback from the very popular performance of 'A Midsummer Night's Dream' by The Pantaloons theatre company on 25 June. The social and arts



Friends of St Andrews Park, Bristol

convenor reported that 325 people attended and that all the feedback was very positive. The final reckoning shows a surplus after costs of more than £500, which will be used to support The Friends' work in the park. Members expressed their support for another performance by The Pantaloons in late June 2018 so, 'watch this space!'

The next meeting of The Friends is on Tuesday 11 October at 7.30 pm at The Bristol St Andrews Bowling Club on Derby Road.

Meetings are open to all so if you have an interest in any aspect of this beautiful public space do come along.

Paul Bullivant, Secretary to FoSAP

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My Wild Child – unleash your child into the urban wild!

Avon Wildlife Trust have re-started their FREE regular wild-play sessions for families with under-fives on Horfield Common.

The sessions give children and their parents and carers a chance to learn about nature and have fun together outdoors. Enjoy an array of wild activities such as wild art, mini-beast hunts, songs, storytelling and maybe a fire for the autumn term! The sessions give children a chance to explore the nature in the city and learn more about wildlife. They also give parents and carers an opportunity to spend time with their children in their local green spaces and to connect with other families and the surrounding community.

Join in the fun, awe and wonder at the wildlife found in your local green space and experience the positive benefits of playing outdoors and being in nature.

"My favourite part is watching Beth encounter new situations and then grow each week as the situations become the norm. Beth's favourite part of My Wild Child has to be exploring the stream!"
Doug, My Wild Child Dad

The sessions are now running every Thursday afternoon from 1-2.30pm, during term time, on Horfield Common (meeting near the café).



Term-time sessions are aimed at toddlers aged 2, 3 and 4 but younger siblings are welcome.

Thanks to Friends of Horfield Common, for taking care of this green space for the local families and communities. Thanks to players of People's Postcode Lottery for supporting our My Wild Child sessions.

For more information visit: www.avonwildlifetrust.org.uk/mywildchild or contact Sara Turrill: Sara.Turrill@avonwildlifetrust.org.uk

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SEN DaWelcome - To All



Inclusive family events are few and far between in our corner of Bristol, as they are, sadly, in most cities across the UK. SENDaWelcome is trying to change this, with an aim to make BS7 an inclusive community,

where children with special educational needs and disabilities (SEND) can access the same activities and groups as other kids their own age.

Bishopston Matters first met with this fantastic local group a year ago, at the Golden Hill Community Garden, on one of their inclusive Summer Adventure Days. Since then the group have been successful in organising winter and summer socials that have been well supported by local activity providers including – Circomedia, OpenUp Music, The Adventure Team, Musii, Sparks, Baby Bites and Annette Adams School of Dancing. The team is working in partnership with these providers to develop new projects.

If you run an activity class or group and would like to discuss with SendaWelcome ways to make them inclusive, please e-mail: sendawelcome@gmail.com.

The successful partnership continues with Golden Hill Community Garden, with further inclusive Adventure sessions running this Autumn (see pg 40).

SEN DaWelcome has a regular monthly meet-up at Boston Tea Party on the last Friday of every month between 3.30pm and 6pm, open to all to attend.

I was pleased to be invited by the group to a meeting to catch up on the progress they have made over the year. MP Thangam Debbonaire was also in attendance to learn how she could do more to support this important group.

Thangam listened intently to both the concerns of the local parents of children with SEND and their hopes for what might be achieved – both in our local area and Bristol-wide – to support children with SEND, from infancy into adulthood. Links with local businesses for work experience etc is something the group hopes will be achievable.

Thangam told me, "I had a fantastic time meeting SENDaWelcome. The work they are doing to encourage businesses and the wider community



to create an inclusive environment for those with special educational needs and disabilities is so valuable. I want Bristol to be a truly autism and SEND friendly city and will do everything I can to help with this, so that everyone can fully participate in our city's life and make the most of its opportunities."

For more info go @SEN DaWelcome Bristol on Facebook & @SEN DaWelcome on Twitter

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North Bristol is getting its First Forest-based Pre-School!

“Where Nurture Meets Nature”

It was a pleasure to take time out this month to meet Lizzie Staite and Janie Ankers – local mums and two of the co-founders of North Bristol's first forest-based Pre-School opening in January 2018.

Little Foxes' ethos is simple: they believe that there is no better place for children to learn, grow and thrive than in nature. With more and more opportunities for children to be in front of screens and indoors these days, they took it upon themselves to try to offer the young children of Bristol a chance to connect with the great outdoors.

Little Foxes Forest Pre-School will be open for 3 and 4 year olds on Mondays, Tuesdays and Wednesdays, 9:30am–2:30pm term time only.

Parents can sign up for one, two or three days. Every day the children's learning will take place in the beautiful surroundings of Stoke Park Estate in BS7. From spotting shapes during nature walks, to sparking imagination on gruffalo hunts, the Pre-school will harness the diversity of the forest surrounding to develop curious and creative little minds.

Lizzie, Janie and Julie (the three co-founders of Little Foxes) have over 25 years of combined experience as qualified teachers in the primary school sector and as registered child-minders. They have been successfully running an oversubscribed playgroup for years and felt it was time to expand as the demand for outdoor learning is growing all the time. Janie went on to explain:

“From our time teaching and at the playgroup, we are constantly amazed at just what an impact being in nature has on children. Children really do become more resilient, happy learners. They challenge themselves further; it's incredibly rewarding to watch the natural connection children have with the forest, especially when we live in such a big city.”

Little Foxes pride themselves on having a high adult to child ratio of 1:5 (government



“Studies have shown that children who learn outdoors all day have fewer allergies and move twice as much as those in traditional settings.”

guidelines are 1:13 at this age) to get to know children really well and to keep them safe. The Pre-School also has a strong emphasis on fresh, healthy and wholesome food. Lizzie says: *“Children will be encouraged to be a part of the mealtime process, often helping to cook their lunches over the fire.”*

They also have exclusive access to a children's play café to retreat back to in the case of extreme adverse weather. Most of the time though, it'll be *“Hood up and keep on playing!”* says Janie, who reiterated that most of the children actually seem to prefer playing in the rain.

Naturally, the Pre-School that only launched in September is gathering plenty of interest. There are just 16 places available on each day in January and these are filling up fast. **An Open afternoon is taking place on Wednesday 18 October 2–4pm.** To reserve a place on this afternoon, email info@littlefoxesforest.co.uk with your name your child's name and a contact phone number.

To find out more about their open days or to register interest for the Pre-School visit their website –

Web: www.littlefoxesforestschool.com

Tel: 0117 332 3683

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Talented, local dancer joins the Royal Ballet School

We like nothing more than to celebrate the success of local residents. This month it was fantastic to meet with young Felix and learn how he has taken some large (elegant) steps to fulfilling his dancing dreams.

Congratulations on being accepted into the Junior Associates of The Royal Ballet School. How long have you been dancing? And why ballet?

www.suzibird.co.uk

I've been dancing since I was four years old. I started with modern dance. My sister Polly did it and I used to love copying her when she practised. Then when I was five I saw The Nutcracker ballet at The Bristol Hippodrome and I knew I wanted to dance like that too so I started ballet lessons with Annette Adams School of Dancing. I like the way ballet can tell a story and make you feel happy or sad without using words and I like the shapes and patterns the dancers make on stage when they dance together.

How often do you train? And where? *At the moment, I have a lesson of ballet a week with Annette Adams and a tap lesson, a modern lesson and a modern performance group lesson. From September, I'll train with the Junior Associates of the Royal Ballet School every other Saturday but I'll continue to do all my dance lessons with Annette Adams during the week and take my dance exams with them.*

What did you have to do for the audition?

The audition was like a ballet class, except the teachers from the Royal Ballet School moved in between each line of dancers with their clipboards and wrote down notes. They were all really kind and encouraging. Every time someone passed by me I thought 'you can do this' and I hoped that I was showing them how happy I was to be dancing. I thought of Miss Sam in lessons telling us all 'strong arms, shoulders down, tummy in, point your toes and smile!'. I knew only a handful of us had a chance of getting a place, but I had to let that thought go and just concentrate on what I had to do; I really enjoyed the experience.

Were you nervous? If so, what do you do to calm the nerves?

I was nervous but I was excited at the same time thinking of this amazing opportunity I had. I think feeling nervous is good for me because when I'm nervous I become very focused, so I would say I get over my nerves by focusing exactly on what I have to do.

What advice would you give to any young aspiring dancer? *I would say to anyone believe in yourself and don't let anything negative anyone says or does get in the way of what you want to do. My Tae Kwon-Do instructor always says 'believe and achieve', it's a good thing to remember on difficult days.*

What do you want to be when you grow up?

When I grow up I would like to be a dancer or an artist.

What's your favourite dance performance you've been in and why?

The Annette Adams School does a show every two years at the Olympus Theatre in Filton. It's really good fun, like a real show, we all work together as a team, you get excited waiting in the wings to go on stage and give each other confidence, it's such a great experience. This year we performed The Wind in the Willows and my ballet class were Scottish hares in their school playtime. The dance was set to Celtic music which is like nothing I've ever danced to before. Miss Sam adapted what we knew from our lessons to make a ballet style highland jig. I loved that dance! It was dramatic, fast paced and cheerful.

Is there someone who has inspired you to do ballet and get you to where you are today?

There are two people who have inspired me: Miss Sam's husband, Mr Kemp, who used to be a dancer, and Wayne Sleep. Mr Kemp because before I took my grade 1 ballet exam I felt like I wanted to give up. But Mr Kemp chatted with me one day and told me that it might be tough now at school but I could do it and get through it. It made such a difference to me to hear a male dancer talk about his experience of being a boy who wanted to dance. And Wayne Sleep because I did a dance workshop with him and I was in awe of his strength as a dancer; even though he's old now, his jumps and feet were awesome! He was so passionate about dance, and it was very inspiring to dance with someone who had danced with The Royal Ballet.

Can you relate to the film Billy Elliott? *Everyone asks me about Billy Elliott but I haven't seen it yet, I have to wait until I'm older. I know a bit about the story line and I think I experienced similar things. When I was really young I used to find it hard being a boy who liked to dance, people used to ask me why I didn't want to do 'boys things' like play football, it made me feel like I was doing the wrong thing. There is a lot to overcome in your head when you are a boy and you want to dance. Now I'm a bit older those things don't bother me at all and it's really great to see more boys are joining the dance lessons at Annette Adams each term, and they love the lessons too!*



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Two of her favourite pleasures in life are cooking and eating great food. She has always loved being in the kitchen, feeding friends and family and seeing the pleasure that making and sharing food gives.

Growing up in Barcelona, her love affair with food and cooking started early, and she still loves making the recipes that she learned as a girl.

Cooking it! Runs fantastic culinary classes to cater for ages, cooking skills and tastes. Why not enjoy one of the following: Saturday children's workshops; After school and Holiday Cooking clubs; Cooking for teenagers and young people who are about to go to university; Mini chefs club for 3–5-year-old children; Cooking parties for children; Tapas and Spanish food workshops; Cooking parties for children and hens; Cookery workshops for adults; Thermomix demonstrations. Maximum of six people per class.

Monica looks forward to welcoming you into her kitchen soon!

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Bomboloni – a truly family affair

Opening its doors in June, it has been non-stop at Bomboloni ever since. A new Italian inspired restaurant on Gloucester Road, Bomboloni aims to achieve the atmosphere of a relaxed Italian family kitchen, at the same time providing excellent value for money and great quality.

Andrew Griffin, a veteran Bristol chef, formally of *Markwicks*, *Tart Café and Foodstore* and *Prego*, has opened Bomboloni with his wife Sara, also an experienced chef. Sara is responsible for the wonderful array of cakes, pastries and bread, all handmade daily in the Bomboloni kitchen. Not least of which – and the restaurant's name-sake – are the bomboloni – a delicious Italian doughnut, filled with cream, salted caramel or chocolate ganache, and more.

Molly Griffin, Andrew and Sara's daughter is also a chef, formally of *Tart* and *The Stock Exchange Bakery* and now part of the Bomboloni family venture. Other family members such as Molly's younger sisters Lily and Nancy, her older brother Tom and her grandad Raymond can also be spotted in supporting roles in and around Bomboloni. This truly is a family affair that particularly welcomes other families at Bomboloni.

Opening at 10am (Mon–Sat), mornings offer great coffee and breakfast pastries, or if you fancy



something savoury you could try a freshly made roasted mushroom, pecorino and pesto toasted sourdough sandwich. But equally it is never too early for a delicious bomboloni fresh from the kitchen.

Lunch is a traditional Italian menu, with a lighter touch, that swings into action from 12 noon. Choose from freshly made pasta dishes, risotto and pizza. If you are looking for something lighter, you will always find a healthy, freshly made salad such as – roasted cauliflower and butternut squash. As autumn approaches you may prefer a tasty soup served with sourdough bread.



Dinner is served from 6pm and is a slightly different affair at Bomboloni, as the lights dim and the candles are lit, there is a more varied menu to choose from. Such as: lovely fresh fish from Brixham, Devon; whole Dover sole, pan-fried and served simply with basil, parsley, pinenut and butter; slow-cooked lamb shoulder with cannellini beans; wild mushroom tortellini; seafood linguini or an exceptional slow-cooked beef ragu.

We hope that this has titillated your taste buds and we look forward to seeing you very soon at Bomboloni.



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

New Management – New Look – Since June 2017 the GRBID has been under new management. It's exciting times for everyone involved as we now strive to address the initial goals of the BID. Working together we aim to deliver schemes to the area that keep the neighbourhood safe, attractive and bustling with people. There are plans afoot to bring events this Christmas on Gloucester Road, more Christmas lights, more cycle racks, new banners lining the streets, street murals and a brand-new website that works for traders and the locals – a 'go to' place for information. Oh, and a lovely new free map, which is coming very soon. And that's just this side of Christmas!

We hope you like the new branding for the area. We wanted to design something that could represent the entire community – traders, residents and visitors – a name that would appeal to a wider audience. We came up with Bristol's Independent District. And with Susan Taylor's expertise we have two designs that we'll be using. We'll also be dishing out window stickers to our members.

Places to park your bike – With the grant funding that we were awarded, we plan to install lots more bike racks to park and lock up your bikes. With parking a hot potato on Gloucester Road, we hope with extra spaces to keep your bikes safe it will encourage people to cycle here.

Free Parking – Did you know that where there are parking meters on Cheltenham Road/ Zetland Road, you are allowed 30 minutes of free parking – although you still need to print a ticket. We don't think it's very clear, so we'll be sorting some signs to rectify this. But do share that little fact!

New to the Street – Big welcome to Wild Leaf, located on Overton Road – a lovely indoor plant shop. Owner Tya Shannon is delighted to now be in the area and we hope you'll visit her soon.

Save the Prince of Wales! – This local pub is fighting hard to remain independent and thereby keep its lovely unique character. Anna and her team have rented this pub from Enterprise Inns for the past 15 years. She has run The POW with an ethos of supporting fellow independent traders, in the way they source their food and frequently use a local brewery. The POW is now at risk, as Enterprise Inns threaten to take the keys from them and turn their pub into a generic chain. Local suppliers would no longer be supported and a company-managed house would stand in its place. Please support The POW in raising funds which will allow them to challenge this. Visit www.powbristol.co.uk to donate and support the cause!



Community – We are always happy to support initiatives from the community. This is a great example – Tim Foster is a local artist who has put together a wonderful print of the lower end of Gloucester Road, in the heart of the Bristol Independent District. Tim is selling this artwork to raise money for a number of charities (detailed below). You can get hold of a limited edition signed A1 print from the following venues: Harvest – for Green Peace Shelter, La Ruca – for the Chilean Earthquake Relief Fund, Shelter – for their Homeless Charity and Room 212 – for Aid Box Community. 60% of what you'll pay will be heading towards these worthwhile causes.

Instagram Take Over – We're taking over Visit Bristol's instagram account between 20 and 22 October. If you have any fab photos of the area, from foodie shots, arty skies, friendly traders, bargain buys, or pets enjoying a stroll, please email them to grbidoffice@gmail.com and you never know they may get used!

GRBID – Call Out – Would you like to get involved with the BID? The Board of Directors has some openings. It involves donating a bit of your time, about 1–2 evenings per month when we meet up. It's an opportunity to work as a team delivering projects for the area. **Email the bid:** grbidoffice@gmail.com if you would like to find out more.



A 2020 Vision for Clean Air in Bishopston

The Bishopston Society's forthcoming public meeting is aiming high in aspiring towards a vision for clean air in Bishopston and beyond by the year 2020.

The group is pushing forward a major initiative on self-help and community responses to local air quality with the help of a high-powered expert panel of guest speakers.

Councillor Fi Hance will tell us what the council is doing to clean up our air, and in her position as local Green Councillor, Bristol City Council cabinet member and chair of its Air Quality Management Group, Cllr Hance is well qualified to provide this vital update.

Following on from the theme recently initiated by the Society on citizen-led solutions, UWE Research Fellow Dr Caroline Bartle will also discuss what WE can do to clean up our air, based on international research findings on travel behaviours and sustainable transport.

And you'll hear from Alan Morris of Bristol Walking Alliance about walking alternatives and his organisation's goal of making Bristol the best city for walking in the world.

This exciting meeting takes place on Tuesday 3 October 2017, 7-9pm at Friends Meeting House, 300 Gloucester Road, Bristol BS7 8PD, and is organised in conjunction with Sustainable Bishopston.

Opportunities for 'open forum' updates, informal networking over free organic refreshments, and group discussions, will also be repeated at this event along the lines of recent successful meetings.

Finally, participants will get a special sneak preview of the forthcoming 'Clean Air Bishopston', a new project to take this work forward currently poised



for an autumn launch set up in partnership between Bishopston Society, Sustainable Bishopston, Bristol Walking Alliance, Bristol City Councillors and UWE.

You'll also get the chance to hear short annual and financial reports, and elect committee members, in a very short initial Annual General Meeting preceding the guest talks.

This follows hard on the heels of the group's recent appeal for additional nominations to serve on the committee, and/or just help keep the Society going. It's encouraging more women and younger people to come forward in particular.

Much more information is available about air quality, the core planning and advocacy work of Bishopston Society, how to join, and lots more, via

www.bishopstonsociety.org.uk

Marc White & Co are a local, independent firm of solicitors who assist people and businesses with their legal needs.

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by Arthur Miller
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Enquiries: enquiries@kelvinplayers.co.uk/07873 238097
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Write stating which day & how many tickets and send with SAE & cheque payable to: Kelvin Players, c/o Garden Flat, 102 Reedley Rd, Bristol BS9 1BE
  
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The Future of the Memorial Ground

Bristol Rovers to stay at the site

Plans to build Bristol Rovers' new 21,000 capacity stadium at UWE have apparently failed and the club's owners now intend to revamp their current home, the Memorial Stadium. Wael al-Qadi proposes to improve facilities for fans and players at the Mem, 'creating a stadium that's very cosy, where fans can create a good atmosphere'. Improving facilities could mean anything up to a complete rebuild.

Revitalisation of Bristol's war memorial sports ground will herald its centenary in 2021, granting a new lease of sporting life for the coming decades. Dwane Sports Limited have the opportunity to enhance the site's huge potential, and its Bristol Rugby heritage, and make it Rovers' own – for football.

The Memorial Stadium is embedded in the local community: around it are people's homes and gardens; nearby pubs, cafes and food outlets sustain visiting football fans. Previous redevelopment proposals have foundered for not respecting the war memorial status of the site and for ignoring the valid concerns of local people. Avoiding these mistakes is possible through genuine consultation/dialogue with nearby residents, as well as with Rovers fans, community groups (including The Bishopston Society), local councillors, and the council.

The Chairman of Bristol Rovers FC has assured Friends of the Memorial Ground (FOMG) that "whatever is presented as an option to improve facilities at the present Stadium will be ventilated fully and discussed with all those concerned and connected with the close vicinity and surrounding areas".

What a "fitting and proportionate" redevelopment would be, is a moot point. How far is the site suitable for a stadium with an enlarged capacity along with non-sport income generating businesses? Also on the agenda for discussion: consideration of creative solutions to match day transport and parking issues. Bristol Rugby Former Players and FOMG would support landscaping improvements around the listed entrance gates and their professional restoration.

The revamped sports ground could once again proudly be Bristol's great war memorial, actively honouring the war dead through sport, as intended by its founders.



Exciting times ahead for Bristol St Andrews Bowling Club

The Bristol St Andrews Bowling Club Open Fours Tournament (a Bowls England 2 Star event) is being held this year on Sunday 1 October and is now a complete sell out!

Tournament co-ordinator Pete Jones says, "Teams will be travelling from as far as Shaftsbury (Dorset), Cheltenham, Gloucester and Callicott to compete in this year's tournament, which is being sponsored by Mogford Prescott of Westbury on Trym. And a total of 24 teams will contest over four games for the £300 prize money and the Derek Sharpe Memorial Trophy".

Following the club's successful application to Cory Environmental (CETB) for a £50k refurbishment grant, there also be dignitaries from local businesses in attendance during the day. With the building programme due to commence the day after the tournament, it will give many of the club's sponsors and supporters the chance to look around prior to the alterations.

Membership to this historic club is open to the general public, and new players of all standards are always welcome. Taster sessions are offered from April each year. Further details can be found on the clubs website: www.bristolstandrewsbowlingclub.co.uk or email: bristolstandrewsbowlingclub@hotmail.co.uk

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We have a growing Junior Section and a thriving Ladies Section and the Club supports teams at all levels. The Club also hosts lots of competitions throughout the year.



Filton Golf Club is looking for new members to share the delights of golf. We're offering very tempting deals for new members so check us out – we think you'll like what you see!

Our Winter Warmer offer, 5 months unlimited golf for £250, running from November 2017 to March 2018.

Get in touch!

For more details about becoming a member of Filton Golf Club, visit www.filtongolfclub.co.uk, phone us on **0117 9696968** (option 3 to speak to the Office) or take the drive down Golf Course Lane and say hello.



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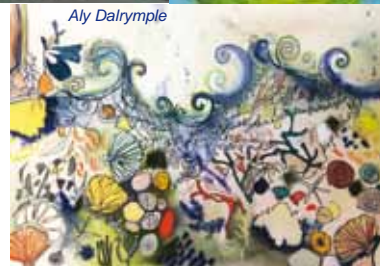
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The ever-popular North Bristol Art Trail takes place over the weekend of 25–26 November this year, with a preview night on Friday 24, when you can relax with a mulled wine and chat to artists and friends.

This long-established trail offers an unhurried opportunity to buy original artwork – from paintings and prints to stone sculptures and jewellery – with a myriad of objects between. North Bristol Artists look forward to this weekend as an opportunity to show off the artwork they have been creating throughout the year. It’s a perfect time of year to inspire people to buy original artwork and craft for loved ones. Trail-goers can enjoy visiting artists in their own homes and studios, while bumping into friends and soaking up the atmosphere of streets bustling with art lovers. Some of our artists are recognised at regional and national levels for their art, craft or design work, others are working on international commissions. For some of these ambitious, full-time artists, the trail offers a network of like-minded people and also keeps them in contact with a public. The skills of North Bristol Artists are wide and varied – from curating exhibitions, publishing books and starting new arts projects in education – to community support and public works. The North Bristol Art Trail is a time for every member to connect with the local community and share the wonderful wealth of art in the area.



Once you fall in love with a piece of art you can pay with cash, Bristol Pounds or old-fashioned cheques. Many artists are also set up to take card payments. There are even specially created NBA vouchers which can be purchased at Room 212. These beautiful vouchers are a great present to give to a friend or loved one to encourage them to buy from North Bristol Artists. They can be used all year round at Room 212 or by contacting artists directly.



The NBA website offers full details on every artist member, year-round, while the Artists Profiles, facebook and twitter will give you lots more exciting news of our projects and achievements.

www.northbristolartists.org.uk



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The North Bristol Artists PHOTO PORTRAIT PROJECT

For most enthusiastic supporters, or even for casual visitors, the annual North Bristol Art Trail is just a 'once a year' event that brightens those sometimes gloomy week-ends in late November. Only the participating artists and their friends and family know just how much work goes on throughout the year to make this magical and now legendary week-end happen and what other interesting projects are taking place that involve this diverse range of talented creatives.

In his latest project, photographer and long time North Bristol Artist (NBA), Paul Bullivant, is aiming to meet and photograph in portrait style all of the now more than 100 members. After 12 months he has met nearly one third of his target, photographing his fellow artists at home, in their studios, in their gardens and sometimes on the street. With an ever changing membership, this project is unlikely to be fully completed but Paul hopes that this archive, recording the work and personalities of his fellow artists, may one day become an exhibition and a book, perhaps celebrating the fast approaching 20th anniversary of the founding of 'the trail'.

Paul's first subject, NBA's Chair Mary Collett (pictured), is enthusiastic about the project:

"Paul's project is a unique record of an unusual and diverse range of talented people who contribute so much to the local community and to Bristol. Our trail, along with the many others that now take place across the city, is a part of what makes Bristol a great city, buzzing with creative ideas, interesting events and exciting opportunities."



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Autumn Offer at Hair Mechanics

Salon Manager Vickie returns! After very much enjoying her recent days covering, whilst Jon enjoyed a well-deserved holiday, Vickie is pleased to announce she will return to Hair Mechanics from the start of October. When we spoke recently she shared how happy she was to be returning to the Ashley Down Salon for three days a week – Wednesdays, Thursdays and Saturdays. Whilst still loving being a mum to young Jenson, she admitted what a pleasure it will be to return to work, she has missed her clients and the great team.

Blondes have the most fun! Talented stylist Sara has enjoyed creating some fabulous blonde colours for their clients recently. The happy customers are delighted with their new blonde locks. If you would like to have a fresh, new colour to brighten up these Autumn days, do get in touch with the salon.



Beautiful blondes!

October Conditioning – READER OFFER!

After the damage caused by sun, salt and pool chlorine, over the summer, your hair would appreciate a rejuvenating treatment. Select either an 'Intense' or 'Reborn' conditioning treatment, and you can take home a System Professional conditioning product, to maintain your healthy hair at home, at half the price!

So this October, simply book in for one of these Conditioning Treatments at Hair Mechanics and take home a Conditioning Product for HALF of the PRICE!

For more information on this and other offers, check out the A-board outside the Ashley Down Road salon or visit the Hair Mechanics Facebook page to be kept up to date with their forthcoming offers.



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Craig, Andy & Steve



GCSE Success at Fairfield High School

Fairfield High School is celebrating a strong set of results in the first new, tougher GCSE exams.

The proportion of students gaining grade 4 or above (the equivalent of a C) in English and in Maths has gone up, while many students have been awarded the top grade 9, which is reached by only two or three in every hundred candidates across the country.

Executive Principal Catriona Mangham said: "I am delighted that the hard work of our students and staff has been rewarded, particularly in our outstanding results in English and Maths. In a difficult year, they have come up trumps and our young people will be well placed to take their next steps in education or training.

"As a diverse and truly comprehensive school, it is pleasing to note the excellent progress made by disadvantaged students, those with English as an additional language and those in care."

Some of our top performers were Vincent Otterbeck with a 9 for English Literature, 8 for English Language and seven other A*s; Alice Etheridge, 9 for English Language, 8 for Maths and seven other A*s and Elizabeth Rush, 9 for Maths, 8s for English Language and Lit and eight other A*s.

Others who achieved 9s were Benjamin Youngman-Lacey in English Literature, Nia Samuels in English Language and English Literature, Lauren Degg in English Literature, Finlay Suttie in English Language and Maths and Christopher Jenkins in English Literature.



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Clifton College Sports Centre is opening its doors to non-members on Saturday 28 and Sunday 29 October

As well as offering free use of the facilities there will also be fantastic offers available for new members including no joining fee on monthly memberships or 10% off new annual memberships.

Here's what membership of Clifton College Sports Centre has to offer you:

Fitness Room – including a comprehensive range of modern Precor cardiovascular equipment, Wattbikes, Gym80 resistance equipment and a full range of free weight options. Fitness monitoring systems Preva and Myzone are available to members as is Sky television on all cardio machines.

25m swimming pool – kept at 29 degrees centigrade and is accompanied by well-equipped changing rooms. Weekly programmes of 'Adult' and 'Open' swim sessions offer something for all swimmers whatever their level or goals. Sunday morning 'Children's Fun Swim' sessions are great for children and their families as are the once-a-month pool inflatable fun sessions. Swimtag, the latest swim data monitoring system is free to all adult members.

Squash, badminton and tennis – are also included as part of membership.

If you have any queries regarding the Open Weekend or Clifton College Sports Centre in general please call the reception team on 0117 3157678 or visit www.ccsl-cliftoncollege.com



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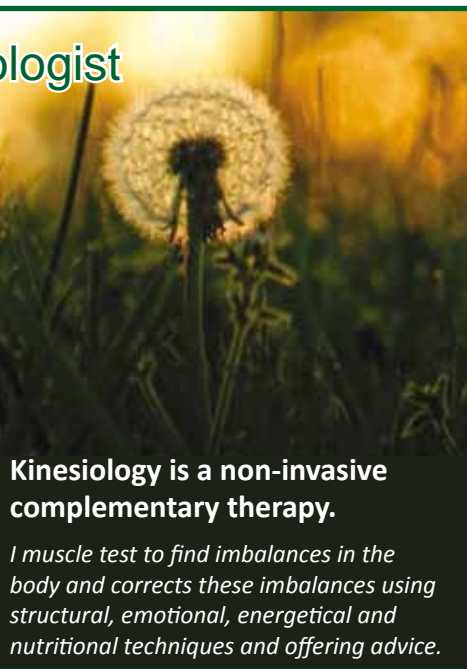
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A Glimmer of Hope in the Darkest Places

by Jayne Connell MClInPsy

Most people, at some stage in their lives, will experience emotional difficulties, maybe relating to health, relationship problems, early life experiences, social situations, loss of someone significant – the list goes on.

Often, we work through these things with the support of those around us or even on our own, but sometimes we need the help of a trained and skilled professional to guide and support us. Emotional difficulties (like anxiety and low mood/reactive depression for example) are so commonplace they are pretty much a normal reaction to the pressures of life – they are certainly no cause for embarrassment or shame – neither is recognising when we need a little help.

During my career as a Clinical Psychologist in the NHS, I have worked with all ages and pretty much every kind of difficulty you could imagine. I have won a national award for innovation in treatment and have been published by Oxford University Press, but more importantly I have been fortunate to work with many brave and determined clients and results have so often been remarkable. Above all I am constantly reminded of the potential for positive change in all of us regardless of age or circumstances. I have seen glimmers of hope in the darkest places.

I am offering 50-minute private consultations at the Alma Vale Centre in Clifton (no obligation to sign up for ongoing sessions) from October 2017. You will meet me for an initial assessment appointment to explore how my professional assistance might make a difference to you.

If you feel it is time to seek a more positive way forward in life please contact the Alma Vale Centre on 0117 3771186 to make an appointment. I look forward to meeting you.



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Resistance Training for a Longer Life

As we age an inevitable condition called sarcopenia causes our muscle mass to decrease. Research has suggested this decrease in muscle mass is lost at 0.5–1% per year after the age of 50. This means by the time we are 60 we could have a lost around 10% of our total muscle mass! This reduction means we lose strength and can lead to fractures and falls in later life.

So how Can I Improve My Muscle Mass?

Any form of resistance training can help increase your muscle mass this includes

- Weight training – using weighted bars, machines or dumbbells
- Body weight training (using your own body weight as resistance)

Differences in Muscle Mass



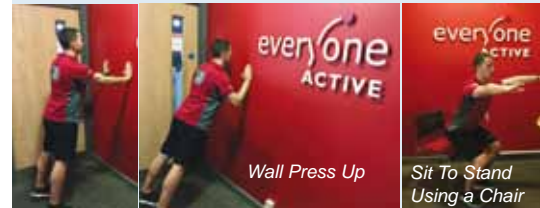
Generally, the more active you are the higher amount of muscle mass you will have. This picture shows an inactive person vs an active person.

The CT scan of the thigh shows a larger amount of muscle mass for the person who exercises more. Image – Pinterest.com

How do I Start Resistance Training?

Firstly, you can start with body weight training, which needs no equipment and can be done at home. There are some example exercises below. Try one set of 10 repetitions twice per week with 48 hours rest in-between.

Ashley Metcalfe, Fitness Manager, Horfield Leisure Centre



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Bishopston Brownies go on an adventure!



106th Brownies who meet at St Bonaventure's in Bishopston, joined Rainbows, Brownies and Guides from North West Bristol to enjoy an adventure activity day at Woodhouse Park.

They had the chance to build dens, go climbing, try an aerial high ropes course, try backwoods cooking and wade through a very muddy obstacle course!

Afterwards they all joined in a traditional Guiding singalong around the campfire to round off a really adventurous day.

If you are interested in enabling more girls to take part in similar activities, or joining us on our next adventure, please contact Sharon or Sophie at nwbristolbrownies@gmail.com

New Eyewear Collection and Eye Care App!

There's a lot going on here at Lynne Fernandes Optometrists; our winter eyewear collection is now in and we're delighted to tell you that we now have an App for all your eye care needs.

Winter Collection – Our new collection brings International style from across the globe to Gloucester Road. Eyewear brands include LINDBERG, synonymous with award-winning, quality rimless glasses, Barton Perreira handmade, unique luxury eyewear from LA, the globally iconic Carter Bond from Australia and Ray-Ban, the face of cool for over 70 years, founded in the US. And, not forgetting Britain's leading bespoke eyewear brand, TD Tom Davies and William Morris Black Label. Plus more!

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Many local people have chosen to extend their homes; Roof lanterns are a contemporary light solution that will brighten up any extension.

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Loft House Launched

Help to Buy now available following successful launch of Loft House

Following the highly successful launch of the Loft House in Bishopston, there is further good news for buyers looking for a fantastic new home in this historic building.

Independent developers Acorn Property Group are delighted to announce that the government backed Help to Buy scheme is now available at Loft House, which will enable even more first time buyers to reserve at the development.

Robin Squire, Regional Managing Director of Acorn's Bristol office, comments "We were delighted by the response from buyers to the recent launch event and are thrilled to confirm that Help to Buy is now available, which will give a lot of first time buyers an opportunity to get on to the property ladder"

The recent launch at the County Cricket ground showcased how Grade II listed Brunel House will be sympathetically restored and converted to create a collection of new and truly individual one, two and three bedroom homes.

Buyers were able to inspect detailed plans, CGI visuals and the materials being used in the specification at the launch, as well as discuss the project with members of the Acorn design team, before reserving their new apartment.

Property agents Savills and Ocean Estate Agents are jointly instructed to market the development and were also in attendance.

Vicky Dudbridge, Director at Savills in Bristol comments: "Buyers were really impressed with the quality and bespoke nature of this development, which perfectly dovetails this historic building with contemporary finishes. They were really taken by the care that Acorn have taken to combine the high ceilings and double height windows of the original period building, with contemporary interior finishes"

Kitchen plans were also available to inspect at the launch and buyers were able to see how the Leicht designed kitchen, with integrated Bosch appliances, will be laid out in each apartment.

Chris Janiak, Senior Branch Manager at Ocean Bishopston adds: "The launch event demonstrated that there is a large appetite for this development from all types of buyers, including people downsizing and investors. Now that Help to Buy is available we expect an even bigger surge of interest from first time buyers, who will be attracted by the high quality of the development and the close proximity of Bristol's famous Gloucester Road."

Post launch, only nine one and two bedroom apartments remain from the first release and a selection of these include allocated parking and stylish mezzanine floors, which make the very best of the living space in the larger apartments.

With Help to Buy now available, interest in the remaining homes in this popular area of Bristol is expected to be even higher.

Prices at Loft House start at £217,500 for a one bedroom apartment.

For further information to arrange an appointment please contact Savills on 0117 910 0360 or Ocean on 0117 946 9838.



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News from Golden Hill Community Garden



Hi everyone

September was month full of showers and sunshine, rain and wind and more rain, and ALL of these together at our Harvest Fair. A huge thank you to everyone who came out and supported us. People had a great day of sheltering from the storm, doing origami, drumming, listening to great music from the Island Folk, Badgertrap, Scarlett Shocks and more, children apple-bobbed, made vegetable creatures (thanks Pawson's for all the veg!), folded origami, made owls, and drummed. Lots and lots of drumming! A great – though soggy – day!

And we've lots more fun stuff coming up in October. Our **half-term Harry Potter-themed Adventure day will be on Tuesday 24**

October and will welcome all 5–12-year olds into a day of magical creatures and broomsticks, 10am – 4pm, £26 (£21 siblings), booking essential. And our final **Family inclusive Adventure Day** for families with a child/ren with SEND will be **Thursday 26 October 11am – 3pm, £5 per child.**

We'll be running our **Sunday Club** all through the year whatever the weather on the first Sunday of every month **for families with a child/ren with SEND.** Just get in touch to book on and expect singing round the fire, cooking in the clay frog, digging in the garden, shadow puppets, playing and more.

The garden is open as usual **every Wednesday 10am – 4pm** and we've plenty left to harvest – beans, potatoes, celeriac, swede, squash, apples, carrots, beetroots, tomatoes, sweet potatoes, peppers, cape gooseberries and MORE – so come and get involved if you'd like to get outdoors and enjoy the blustering autumn weather, drink tea, do some gardening and share the harvest. Come find us through the gates at the end of Monk Rd, behind the prison. See you in the garden!

Lucy Mitchell

For more info – 07506 905 394
thegoldenhillcommunitygarden.com



Once upon a time, in the heart of Bishopston sat a wonderful primary school, named Bishop Road. Thanks to years of hard-work from numerous fairy god mothers and fathers – in the form of their PTFA – a magical, story garden appeared, transforming what was once a thorny, scrap of land into a wonderland.

This enchanted garden has been created with great care and creativity, taking inspiration from tales such as The Chronicles of Narnia, Alice in Wonderland, The Secret Garden and The Wizard of Oz.

Bishopston Matters was delighted to be invited to the opening of this special space, that will serve not only the current 800 pupils but thousands more over the years to come.

Head teacher Mrs Powe gave an inspiring speech before cutting the ribbon and inviting us to enter one of the enticing green doors.

She spoke of the wonderful teamwork between the school PTFA, staff and Different by Design, who created and installed the garden. The delivery of this project is testament to the special community of people we live in, who keep on fighting despite the many obstacles they encounter.

Mrs Powe said the garden was a great example of a project that was worth investing time and effort into, a great life lesson for the pupils that the best things in life are worth hard-work and fighting for. She was clearly enthusiastic and excited that

this specially created garden –



filled with sculptures, installations, textures, and planting to inspire the senses and celebrate the joy of storytelling – was a true reflection of the school's love of books, reading and creativity.

I particularly enjoyed the chequer board pathway, home to a child-size street lamp, and leading you to a doorway that, when you step through, reveals a wonderful undercover reading room, with bean bags and a giant wooden throne for the storyteller.

Congratulations to the Bishop Road PTFA for raising the £25,000 needed to deliver this truly magical, bespoke garden, which I have no doubt will inspire the imagination of young minds of several generations to come. As many of the parents told me – a lot of cakes have been made, jumble sales given and fireworks let off to raise the needed funds.

PTFA member, Rhiannon Benson sums up the achievement brilliantly, "This Story Garden is as perfect as it can be, a grotty yard has been transformed into a golden space for all."



Left to Right: PTFA Rhiannon Benson, Head teacher Mrs Powe, Governor John St Leger & Parent/Gardener Jenny Sanderson

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Did you know, you can experience your favourite music through your speakers via the SoundTouch app? I didn't but the helpful team at Paul Roberts informed me the app is free to download and allows you to take control of your sound via your phone, tablet or PC – you can even personalise the presets, and control one or many speakers around your home and garden.

What does this mean for your home? You can have a sound system with its individual units to either connect rooms or have bespoke music room by room. Imagine – barbecuing in the garden, with music playing from a hidden waterproof speaker. At the same time, the kids in their rooms listening to Grime, and your partner is in the kitchen marinating chicken, toe tapping to their beloved summer playlist. All controlled from the SoundTouch app.

What else could I use this for? This system also works well for Home Cinema and Multi room sound.

Where can I have speakers installed? Speakers can be wired up to any system you have (or of course take a look at music systems sold in-store at Paul Roberts HiFi). Because speakers purchased at Paul Roberts are weather proof, they can go anywhere you like – either indoors or out, ceilings, walls or even showers! As well as houses and flats, the local team have fitted systems into – garages, extensions, conservatories, gardens, boats, camper vans and even swimming pools!

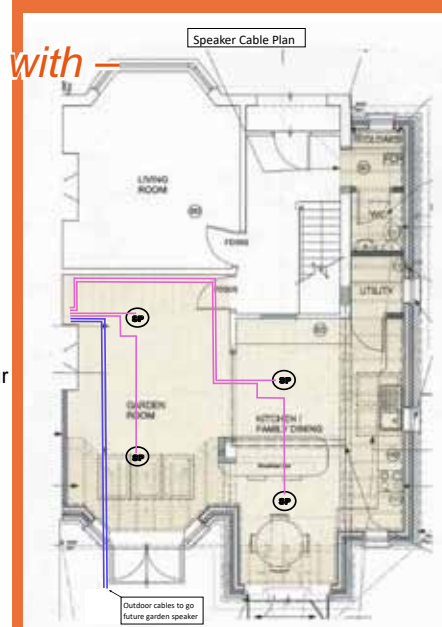
No unsightly wires please! Paul and Martin are masters at concealment – they will ensure the ugly bits are well and truly hidden. You can even paint over these speakers to colour match with your walls or ceilings.

When is the best time to install this fantastic new sound system? Paul and Martin recommend if you are planning any building or paint work, this is an ideal time. However, with their understanding and technical know-how, they are able to install systems any time you like.

Here to help! The local team can visit you to advise and draw up the bespoke cabling and wiring diagrams – making it clear how it will look (or not – as it will be so well out of sight!). If helpful, they are happy to share their diagrams (as above) with your electrician – so they know exactly what to do.

Interested? Why not visit Paul Roberts Hi-Fi on Gloucester Road where they will invite you to listen to their quality systems for yourself, offer great advice to suit your requirement with no obligation. By the time you walk out you'll be envisioning yourself in the shower singing to your favourite tunes!

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"When redecorating our lounge, they provided support in planning the installation, which involved the cabling into the walls before they were plastered, but also, they went the extra mile. Even though they didn't supply our TV, they helped us install cables, connecting the TV directly to our router so that we didn't suffer the dreaded buffering from a wifi connection, and they helped sort out the wifi issues we initially had with our Bose Soundlink system.

Installation was smooth and efficient, making sure the system was set up making it simple and easy to use. Their after sales service is second to none"

Very satisfied, local homeowner



News from U3A

If you have been reading Bishopston Matters over the last few months, you may well have read the articles about the U3A, the University of the Third Age. The U3A is an international movement, whose aims are the education and stimulation of people in the "third age" of their life. This age, actually has nothing to do with time or the members' true age, but simply the time in life when people give up full-time work, in favour of some form of retirement.

The movement started in France as a university activity, but attracted the attention of Cambridge University academic, Peter Laslett in 1981. He hosted a conference in Cambridge to discuss the possibility of bringing the U3A to the UK. This triggered an invitation to Eric Midwinter, who was concerned with ageing, to talk about the French U3A on the BBC radio programme You and Yours. No fewer than 400 letters were received and the UK U3A was born.

The French model of being affiliated to a university was rejected in favour of the self-help model that we have today. Peter Laslett wanted

groups of people to get together to learn about what interested them, not a prescribed syllabus. He also wanted 100% participation by the membership with the ethos, 'The Teacher Shall Learn and The Pupil Shall Teach'.

The first U3A, understandably, started in Cambridge, and in spite of a lot of difficulties with funding, and the usual differences of opinion, the organisation grew. Within 10 years, new U3As were forming at the rate of one a fortnight. There are now over 1000 UK towns, villages and regions, which have their own U3A, and there are nearly 500,000 members.

Bristol U3A has nearly 2000 members and there are over 130 special interest groups, ranging from Architecture to Yoga, including Tai Chi, Table Tennis, Poetry, Jazz, Majong, History, the list is endless. If you would like to know more, then do look at the website <https://u3asites.org.uk/bristol/home>. Scroll down the 'Groups' page for a complete list of groups that you may be able to join.

Service Excellence Award for Kellaway Pharmacy

Kellaway Pharmacy is delighted to share the news that their dispensing assistant, Ewa Kluk, recently scooped the much-coveted *Service Excellence Award*, during a gala lunch at the Dorchester Hotel, London. The event celebrates the best of pharmacies, who go above and beyond their duty to support their local communities.

The Editor of *Training Matters* (the host) Gemma Woodall, said: "This year's entries were outstanding and it was an incredibly tough task for the judging panel to whittle down the entries for each of the categories. The finalists really are the best of the best and their dedication and commitment to their roles really is commendable."

Kellaway Pharmacy pride themselves in providing excellent, friendly, professional care for their patients and their families, in a personalised manner. Their award is a testament to their unique approach. Pharmacist Jess Williams told us, "Our team is proud of what Ewa has achieved and thrilled that her dedication in serving the community has been recognised. Ewa truly exemplifies our pharmacy ethos of passionately caring for our patients and their dignity."

Services include: Prescription collection and home delivery from all local surgeries • Travel health • Free NHS flu jab – starting September • Free blood pressure checks • A range of Free Screening tests for health conditions • NHS funded support to help you give up Smoking or switch to electronic cigarettes • Support to paid and unpaid carers, nursing and care homes to dispense and manage medicines safely • They are a specialist incontinence, mobility and living aid pharmacy.



Pharmacist Jess Williams



Award winning Ewa

Jess and the passionate Kellaway Pharmacy team are active in our community, they appreciate the trust and support of their patients, who they believe deserve the best service and care.

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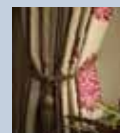


News from Glos Rd Central

As usual Glos Rd Central has been buzzing with activity. The Eco House behind Room 212 was open to the public during Bristol Doors Open Day. Hundreds of people quizzed the builders, Red Kite Design, about building sustainably in a built-up environment, ate cake donated by Boston Tea Party and enjoyed watching artist Bev Cavender work on her giant mural on the Eco House wall. Red Kite will begin work on an environmentally friendly extension to the Kelvin Players Theatre very soon. Artemis celebrated their 6th year in business with a special shopping evening and Paper Plane installed a new bike stand and flower planter to add to the general blooming colour on our pavements.

October brings harvest, half-term and Halloween and Glos Rd Central art galleries are sure to reflect these themes. Roll Quick and Millards can help prepare your bikes and cars for winter and Joe's Bakery will keep you well fed with tasty breads, pastries and healthy options from the new salad bar. You can pick up a copy of the new Almanac 2018 by local celebrity gardener Lia Leendertz at Room 212. Xpress Computers are offering the opportunity to **Win a FREE PC Health Check**, worth £50. To enter simply email with the heading - FREE PC Health Check and your name to xpresscomputers176@gmail.com or www.xpress-computers.co.uk. One lucky winner will be announced in the next issue!

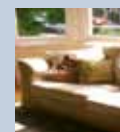
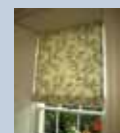
November brings the popular North Bristol Art Trail. The 212 Eco House will be the venue for artist Sarah Thorp and jewellery maker Katie Johnston, while Artemis will focus on Catherine Amesbury's bespoke silver jewellery.



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This year the trail will be particularly enlivened as the **Gloucester Road Art Banners** are being installed at the beginning of November. Financed by Gloucester Road traders, Neighbourhood Partnership and the North Bristol Artists, the banners are set to brighten up the high street with images celebrating our community and independent shops. The banners will be placed on street lamps stretching from the Arches on Cheltenham Road up Pigsty Hill to Filton Avenue, with a spur on Zetland Road. The artwork was supplied through an open submission by Bristol artists, including many from the trail. From Jenny Urquhart's bright balloons to Cath Read's children playing in St Andrew's park, to Rosie Webb's quirky animals and Nell Niles' beautiful colours, North Bristol Artists are well represented. The Gloucester Road art banners will lift the spirits and bring colour to the wintry days ahead. They will certainly become a talking point to those following the trail and a good introduction to the art on display.

And if this wasn't enough to look forward to - the **Glos Rd Central Christmas Street Party** will take place on **Thursday 7 December, 5-8pm!** To keep up to date with Glos Rd Central activity, visit: www.glosrdcentral.co.uk.

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New – Salad Counter – Since the closing of Mad About Sarnies, Joe's has expanded their takeaway range to include salad boxes. Always ensuring their customers receive the best possible quality of product and service, they have recently installed a new salad bar, enabling customers to more easily select the fillings they would like to create their desired lunch. As always, there will be some pre-made salad boxes available for those tight on time.

Fantastico! Sourdough / Italian September – Sourdough enthusiasts, Joe's was pleased to showcase their wide range of breads and share their Sourdough knowledge with interested customers. Always offering the finest and wide range of breads, pastries and patisserie, Joe's delighted customers with delicious, authentic, Italian-baked goods. From Arancini to Calzone, Cannoli to Dolci di Mandorlas – all were divine and greatly received. While on the subject of Italy, you can now pick up a quality Americano, latte or cappuccino for under £2! All of Joe's staff have received barista training for their fabulous new coffee machine.

Good Sixty – Quality High St food to your door – Joe's is pleased to be supporting www.goodsixty.co.uk. This website enables customers to order online from their favourite independent shop and receive great quality food directly to their door.

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News from The Bristol Fryer

Looking good inside and out! As well as installing a counter range inside, the local Bristol Fryer has an improved outside area. A wooden canopy attractively shelters the outside dining area and, in the evening, the area is lit with blue LED lighting. The blue glow onto the sea creature window stickers, creates a great sea theme in which to enjoy your fish and chips.



Fair price food – With prices rising on raw materials, The Bristol Fryer do their best to keep their food at a fair price for their customers and are competitive within the area.

Thank you for your custom – The Bristol Fryer thanks all its loyal

customers for their continued support and always looks forward to welcoming new people. The local chippy is a huge supporter of Bristol Rovers. They continue to be super busy on match days, when they are happy to extend opening hours to meet demand.

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Grooming Galore! Roxfords is now stocking everything imaginable to make your much loved pooch or feline look fabulous! You will be spoilt for choice with their comprehensive range of grooming tools by Ancol Ergo – the professional's choice. There are – knot busters, thinning scissors, stripping combs, nail clippers and files, double sided and pin pad brushes, universal and hedgehog slickers, undercoat rakes, shed masters, the list goes on! Many of the products come in different sizes to suit your pet. I look forward to seeing some super smart doggies hitting Gloucester Road soon!

More from Kong – This excellent brand of durable, stimulating dog toys, has added some new interactive toys to their range. Why not check out Kong Puzzlements – there is a soft flower, which can be folded into its pot, to be discovered, along with a baby dragon, into a big dragon or tortoise into its shell. Also new, in a range of sizes, is Kong Squeezz. Choose from a giraffe, elephant or dinosaur shape, all containing a recessed squeaker that gives the safest and funniest squeak of any toy out there!

Peckaballs – New Suet To Go® Peckaballs from Unipet, these highly nutritious 'smaller' fat balls are a great new suet food. These treats can be fed all year round and will entice a multitude of birds.



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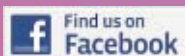
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First Aid for your Pet!



First aid in pets has been a talking point recently, with Jodie Marsh sharing a video of herself performing CPR on her dog, who sadly died a few days later.

To perform pet CPR it is best that you have had some veterinary-lead training in how to do this; Jodie's video should not be used as a guide as she herself admits her technique is not perfect. CPR is also performed differently depending on the size of the dog and is also very different if you own a cat, rabbit or other species.

However, there are other things you can do in a first aid situation that can be helpful.

The first thing is to keep calm and take a moment to check the situation first, that there is no danger to yourself; be careful, as injured animals may be afraid, in pain and may bite.

With wounds, apply pressure if they are actively bleeding using a clean towel, if the blood seeps through then apply a second layer over the top of the first. Burns should be bathed in cool water for at least 10 minutes.

If your pet is having a seizure then keep calm, minimise noise and move household items out of the way so they do not harm themselves. Call a

vet immediately if are still having the seizure after 5 minutes or if they have more than one seizure in a row.

If it is their first seizure, but it resolves in under 5 minutes, it is still worth calling the vet to book an appointment for them to be checked over.

If you think your pet is suffering from hypothermia then we advise wrapping them in a warm blanket and calling your vet. With hyperthermia (being too warm) then try to cool them down slowly with cold water soaked towels and offer them water. Both hypothermia and hyperthermia are very dangerous so call the vet ASAP for advice.

With all situations involving first aid, call your vet as soon as possible to let them know what has happened, to get emergency advice and to book your pet an appointment to be checked over by a veterinary professional.



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News from the Ardagh Community Trust

**The Café on the Common:
Community Business Weekend Event. Sat
7 October 2017, 10am - 1pm**

Community Business Weekend takes place on 5-8 October 2017 and celebrates the 7000+ community businesses across England in local hands. Over the weekend, community businesses will open their doors and provide opportunities for people to find out more about the positive impact they have on society.

On Saturday 7 October we will be opening the doors at the café for people to pop in and find out more about this brilliant community business. Community businesses can be set apart from other commercial and charitable organisations by their community leadership and localised decision-making processes.

Set up by local volunteers in 2015 to provide a new community facility on Horfield Common, and to help to demonstrate the need locally for improved community facilities, the café has been supported by large numbers of local people who have undertaken practical volunteering activities, participated in meetings, groups and planning sessions, and of course those who use it and bring their custom to the café! All are enabling it to thrive! Pop in 10am - 1pm to meet some of the Trustees who are currently working on plans to enable the café to become a year-round facility (in response to demand and feedback from local residents), find out more about ACT's membership scheme which you can join to have a real say in how the business is run, and chat to staff about what it is like working for a community business. All Welcome! We look forward to seeing you!

**Horfield Common Repair Café:
Bring your broken items! Sat 25 November
2017, 10am - 12pm**

Ardagh Community Trust are thrilled to have set up the Horfield Common Repair Café at the Ardagh - joining the growing network of volunteer repairers across Bristol working to reduce the amount of waste that goes to landfill, as well as offering the opportunity for local people to share their skills with neighbours. Our first repair café on Sat 23 September was a great success and we are busy planning for our second event, which will take place on Saturday 25 November, 10am - 12pm. If you can spare a couple of hours to volunteer as a 'fixer' or have broken items that you would like someone to have a look at - please bring them along.

To find out more about the international Repair Café movement - please see: <https://repaircafe.org/en> and if you'd like to get involved - please get in touch - new volunteers are always welcome.

Petition: Protect our Parks

We expect that few BM readers aren't now aware of the crisis facing Bristol's Parks (including BCR's Horfield Common, Ashley Down Green and St Andrews Park) if BCC's current budget proposals are approved. Funding for Bristol's Parks will be cut entirely, so there will be no staff within BCC employed to look after the city's parks. There will be no maintenance of children's play areas, no weekly safety checks, no bin emptying, no clearance of litter, smashed glass or discarded sharps, etc.

Bristol Parks Forum would like to see this funding cut debated at full council. E-petitions on BCC's website trigger a debate at full council when a minimum of 3,500 residents sign. Please add your signature to this and help BPF to raise awareness of the issues facing public parks in the city.

http://epetitions.bristol.gov.uk/epetition_core/community/petition/3842

For more information about all of our activities, please see www.theardagh.com

HORFIELD COMMON
2017

**Saturday 25th Nov 2017
10am - 12pm**

REPAIRCAFE
at the Cafe on the Common, The Ardagh,
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'An Artist Muse' by local author Kerry Postle



Kerry Postle (pictured), a blogger on art and literature, is a local resident in Bishopston, where she enjoys the strong sense of community found across the city of Bristol. She'd always said she'd wanted to write a novel and so friends from her local book club in Bishopston urged her to 'get on and do it'. And so, with the support of a local writing group, she has written her first novel.



The Artist's Muse is set in the glittering art world of turn-of-the-century Vienna (Klimt is at the height of his fame and Schiele is a tortured and talented young soul keen to push boundaries), and tells the story of their model, Wally Neuzil.

Neuzil is the narrator and gives us a behind-the-scenes view of the seemingly beautiful, golden world of art where conventional morality is left at the studio door. She grants us a rare insight into art in all its timeless beauty and perfection while showing the very chaotic and flawed society out of which it grows.

The book is currently only available via download but this does mean it is very reasonably priced. Plus, at least three book groups in the area have chosen to discuss it to support her, and she will come along to answer questions. Proof again – as if any were needed – that Bristol has an incredible sense of community.

The Artist's Muse by Kerry Postle is published by HQDigital, an imprint of Harpers Collins.
Visit www.amazon.co.uk and search 'Artists-Muse-Kerry-Postle'.

To see the paintings mentioned in the novel, for discussion questions for book groups, and to find out more about the novel, go to the author's **website: <https://theartistsmuseblog.wordpress.com/>**

Events at Bishopston Library

Local Author Book Launch

A small group of volunteers has been working to get a Friends Group for the new Bishopston Library off the ground. The Friends of Bishopston Library (FOBL) will be a volunteer-run group independent of the Libraries Service but working with them to create events at the library and support community use of the library.

In conjunction with the Libraries Service, the FOBL group is pleased to announce a launch event on **Friday 13 October, 19.00–21.00.**

That evening, the award-winning garden and food writer, Lia Leendertz, will be talking about her new book: *The Almanac: A Seasonal Guide to 2018.*

Lia is an author and journalist, she writes for the Guardian, a weekly column for the Telegraph, a monthly column for The Garden magazine and a long-running series on growing and eating seasonally for Simple Things magazine.

The event is free of charge but FOBL is hoping to arrange some limited refreshments to raise some funds to get us off the ground. Tickets are available online (see link below) or a place can be booked at any library.

<https://www.eventbrite.co.uk/e/reconnect-with-the-seasons-with-lia-leendertz-tickets-37655534718>

FOBL hopes that this will be the start of a programme of events and is keen to hear from people who have ideas, contacts or resources that they are willing to share. **Why not visit the FOBL Facebook page and let us know www.facebook.com/bishopstonlibrary**

Parcels of Comfort- Exhibition

Did you know that in the First World War the British Army considered delivering letters and parcels to the Front as important as delivering rations and ammunition?



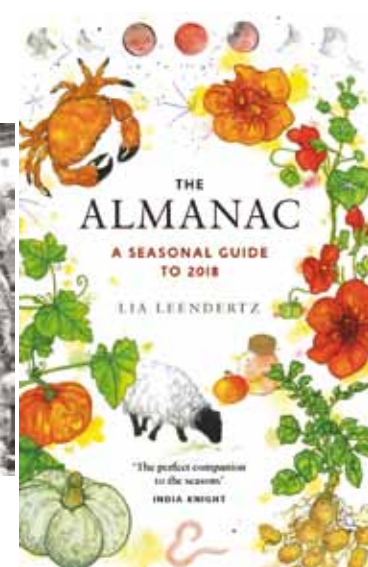
Bishopston Library will be hosting the touring exhibition of Parcels of Comfort, from 16 October to 25 November. The exhibition includes textile parcels, appliqué, embroidery, printmaking and knitting. The parcels replicate the ones that were sent to the front line in WW1 by friends and family. All the sewing and knitting has been done by hand to create an empathy with that era. The subject has been carefully researched including using the names of real soldiers featured in the We Have Our Lives and in the book Letters From the Trenches by local author Jacqueline Wadsworth.



Bristol Artists Sally Stanley, Paula New, Jane Marie-Mahy, Lucy Saunders and Jane Kay have used mixed media to recreate the atmosphere of the time, including knitting from original wartime patterns. In addition, GCSE Textile students from Cotham School have helped to represent some of the other items in the parcels.

Bishopston Library opening hours:
Monday: 1–7pm • Tuesday: closed
Wednesday–Saturday: 11am – 5pm
Sunday: closed

Bishopston Library, 100 Gloucester Road, BS7 8BN • Tel: 0117 357 6220
Website: www.bristol.gov.uk/libraries



Local History Matters

Some Horfield Cottages

BHA local history research –
text by Denis Wright ©. Images Andy Buchan ©

In June 1655, Thomas Wade, a copyhold tenant of Horfield manor, was granted licence to live elsewhere, having found a fit (i.e. capable) person to rent his farm and farmstead 'for the terme of seaven yeares from the feast of St John the Baptist (June 24th) next ensuing'. Thomas Wade, or any other copyholder entering such an agreement, also committed himself to 'repayre the houses pay the rents and performe and do all other duties customes & services due and payable for the said premisses', as outlined in the Customs of Horfield Manor.

Sometimes, copyholders tried to shrug off responsibility for paying their dues, as for example, in a presentment of 1776 – *that the house now belonging to the Widow Pye within this Manor and rented by George Davis wants a new Window frame in the Kitchen, a new Lintern over the Kitchen door and a new Lintern over the Barn door and some Tiling on the Barn.*

Two other cases were presented at the same court, one by Widow Townsend and the other a second property by Widow Pye. The verdict for all three (tithe nos. 109, 17 and 112, respectively) was that each widow should carry out repairs to her copyhold(s) by Lady Day (March 25th).

Sometimes, people took matters into their own hands. In 1804, William Thomas – *erected a Cottage in a Lane from the Church between late Attwood Estate leading to an Estate late Townends and the Bailiff is hereby directed to give the said William Thomas, notice to remove the said Cottage and Building as an Infringement on the Liberties of the said Manor.*

The 'lane from the church' was part of an abandoned highway (tithe no.91) which William Thomas had appropriated for his own use. In spite of the threats, no-one removed 'the said Cottage' and in 1809 the lane was further 'inclosed by William Matthews to the prejudice of the Copyholders'. There may have been sympathy for the Thomas/Matthews cause, and some may have seen the building of a cottage on 'the Waste belonging to the said Lord of the Manor' in 1794 as a benign precedent. Other cottages were built in Horfield at about the same time: the cottage in three parts (tithe no.177abc) occupied by Young, Vickery, and George Thomas, and Eleonor Sanders' Ship alehouse (tithe no.183). Thomas Book's cottage, (tithe no.95), at the head of Ashley lane, was irrelevant, since it was owned, not by the Lord of the Manor, but by the Bristol Turnpike Trust.

By 1817, a different kind of conflict over land use in Horfield had begun to emerge – *the hedge of the northern side of a Close of Land parcel of the Copyhold of David Davis one of the Copyholders of this Manor is prostrated and the ditch thereof nearly filled up the pathway between the said Close and Mr Lamberts garden wall laid open to the tread of cattle whereby the same is rendered founderous and the said wall much endangered at the foundation. It is hereby ordered that the said David Davis do cause a proper fence to be made between the said Close and footway before 25th day of March next.*

The ditch ran between Lambert's gentrified acre (tithe no.62) and Davis's Allhays (tithe no 61). In all the circumstances, particularly the potential danger to life, the verdict of erecting 'a proper fence' by Davis seems to have been the right one.



HBC at 125 – how the church was built in Horfield

Horfield Baptist Church (HBC) enjoys its 125th anniversary this year, although it hasn't always been in the same place throughout those years. How it got to be where it is today – the familiar two towered church building on Gloucester Road – is an interesting story.

1882 – It began when a group from Broadmead Baptist Church decided to set up a "mission room" in Horfield. £7 and 10 shillings was donated to the project along with the "loan of a harmonium". A house in Thornleigh Road was rented and the seed of the church sown.

1889 – A rapid growth in numbers and activities saw the need for a new home and the church erected an iron building, "the Tin Tabernacle", on Gloucester Road. Many contributed to the cost, including "five shillings from the children of Number 5 Orphan House, Ashley Down".

1895 – A more permanent building for the church was decided upon and a chapel on Brynland Avenue built. Only three years later, plans were laid and fundraising commenced for what is now the current church on Gloucester Road.

1900 – The church's foundation stone was laid and the first service held there in 1901.

1919 – The decision was taken that new Memorial Buildings should be built next to the church in "memory of the church members who had served and those who had fallen in the Great War". The building opened in **1922**. The Memorial Buildings were for the use of the church's "school, institute and brotherhood". They still provide a well-used home for church activities and rooms for community use, and most noticeably they house the church's Fresh Ground Café. Look out for the 1921 foundation stone near the café door with the famous name Lloyd George (it was laid by the Prime Minister's wife, Dame Margaret) and step inside to try the present-day coffee and cake!

The church plans a celebration event for its anniversary on Sunday 3 December – more details to follow. You would be very welcome and we hope you can come along to be part of our continuing story. www.horfieldbaptist.net



The 1889 Tin Tabernacle



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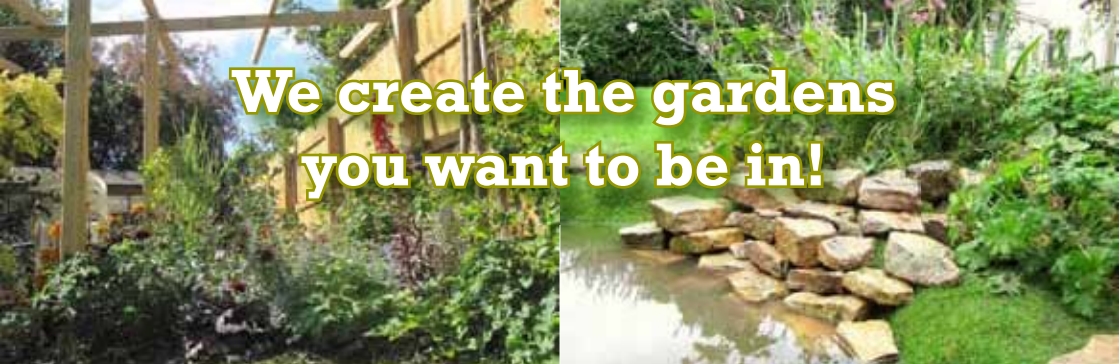
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Apple loving and learning in Horfield Organic Community Orchard

Images thank to Jamie Carstairs



Since its creation in 1998, Horfield Organic Community Orchard (HOCO) has welcomed the local community to celebrate Apple Day.

To mark next year's 20th anniversary, and the maturing of this pioneering urban orchard, HOCO is launching an ambitious, orchard-based practical learning programme. The 12-month course is in tune with the growing year, and starts February 2018. It's being developed by Shannon Smith, the current HOCO co-ordinator, and an experienced community educator. "Our new Orchard Learning programme will be fun, hands-on, and educational," says Shannon. "By the end of the learning year participants will have gathered knowledge, skills and confidence, to care for and enjoy fruits from trees of different varieties, ages and characteristics. They'll also gain hands-on experience organising large public events, and sharing what they have learned with others."

There are only 16 spaces available, and expressions of interest are invited by 11 December 2017. Development of the programme is supported by HOCO funding. The cost to participants will be very reasonable, about £50, which includes a HOCO membership subscription. All are welcome to find out more at this year's Apple Day on Sunday 22 October.

Apple Day is a fun and fruit-filled community celebration. Don't miss the apple tasting table, including rare, local and distinctive fruits; juice making – an energetic and family-friendly activity; and lovely home-made cake from the refreshments stall. Visitors to this year's Apple Day can enjoy the newly planted Home Orchard Plot (HOP) – a mini orchard planted to inspire everyone to grow fruit in small spaces.

All welcome to celebrate Apple Day at HOCO on Sunday 22 October, 2–4pm. Free entry!

To find the orchard (nearest postcode BS7 8JP): walk down the lane beside 22 Kings Drive (between Bishop Road & Kellaway Avenue), turn left and it's the first gate on the right. Or take the lane beside 134 Longmead Avenue until you come to the last gate on the left.

For more information:
www.community-orchard.org.uk
 Email: hocohello@gmail.com / 0117 373 1587




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News from our Bishopston & Redland Councillors

Ashley ward news

Over the summer, councillors were briefed on Bristol City Council's Medium-Term Financial Plan, and it demonstrated the continuing challenges the authority is facing in delivering services. If current conditions persist, it is projected that by 2022 there will be a £46m gap between the council's income and expenditure. Unlike for government departments or NHS trusts, local authorities are mandated by law to pass balanced budgets, so this presents us with a big problem.

The Mayor of Bristol, Marvin Rees, has said that our city is 'at breaking point', and we are not alone. Last month the Mayor, along with leaders from the UK's other Core Cities, delivered a 'Green Paper' to the government arguing that our major cities need investment not cuts, and greater autonomy over their affairs. We hope the government will be responsive to these concerns and take action to prevent councils falling over a financial cliff edge.

Elsewhere, we have been in discussions with other councillors and council officers about lived-in vans and caravans parked on residential streets. We are aware that this issue can tend to arise around St Andrews Park, as well as other areas such as St Werburghs and Greenbank. We want the approach to this to be supportive of people who are struggling to afford decent housing. However, when concerns do arise (e.g. relating to waste/hygiene, parking pressures, highway safety) it is important that there can be an effective response from the council, and we're disappointed this can't always be achieved.

Another set of discussions are happening around the effect of future increases in student numbers on neighbourhoods in Bristol and the housing market in the city. The proliferation of student housing is causing concern about the potential impact it could have on the character and amenity of neighbourhoods, demand for housing in the city, and the provision of council services (since student accommodation is exempt from paying council tax). At the last Full Council meeting, there was cross-party support for investigating approaches to addressing this issue, and a working group is being set up, with Cllr Davies as one of the members involved.

Please do get in touch

Cllr Mike Davies, Labour Party

cldr.mike.davies@bristol.gov.uk / 07584 370413

Cllr Carole Johnson, Labour Party

Cllr.Carole.Johnson@bristol.gov.uk / 07584 370414

Cllr Jude English, Green Party

Cllr.Jude.English@bristol.gov.uk / 07584 151099

Bishopston Ward News

Clean Air Zone Plans – A preliminary report has been released on the feasibility study into a Clean Air Zone for Bristol. Two of the four possibilities proposed to be taken forward could have the zone include parts of Bishopston and Ashley Down. Both of us have campaigned on the issue of air quality and we are very excited to see the progress made so far. On a related note, the city's first double decker Biogas Bus was launched in August – hopefully the first of many!

Community Partnership – The new Bishopston, Cotham and Redland Community Partnership is looking for volunteers. Do you have experience of community engagement? Are you skilled at graphic design and website building? Or maybe you just have some time you want to spend helping the local area. Whatever you can offer, we would be happy to have you involved – you can either get in touch with one of us or find out more on the website: <http://www.bcrnp.org.uk/>

Community SpeedWatch – Is speeding traffic making your street a dangerous and unpleasant place? Community SpeedWatch could be a solution to tackle this. Using volunteers to monitor speeds and report them to the Police gives your local Police the evidence they need to allocate their resources to address this anti-social behaviour. Volunteers are needed for new Community SpeedWatches in our area. If you are interested in helping out please get in touch with us. Here's the link to further information: www.avonandsomerset.police.uk/csw

Council Tax Reduction Consultation – The Council is consulting on its Council Tax Reduction scheme. This is a discount provided to support low income households with the cost of their council tax. The consultation proposes changes to this and offers some options. You can find out more and take part here: www.bristol.gov.uk/counciltaxreduction

Muller Road Recreation Ground – Just outside our ward, there is work on Muller Road Rec to improve the changing facilities and the top field playing surface so that pupils at Fairfield High School can use the field for sport. While the works are ongoing the Muller Road gate will be closed and the upper field fenced off, but there is still access via Downend Park or Dovercourt Road to the lower field. More details of the works programme are available on the school's website: <https://tinyurl.com/MullerRdRec>

Memorial Stadium – As you may have seen in the news, the deal between Bristol Rovers and UWE to build a new stadium at the latter's Frenchay Campus has fallen through. Rovers have now said that they

will be seeking to regenerate the Memorial Stadium. What this means for local residents, businesses and fans is not yet known. We will be sure to keep you informed in this column of any developments.

Please do get in touch

Tom Brook, Labour Party

Cllr.Tom.Brook@bristol.gov.uk / 07584 370425

Eleanor Combley, Green Party

Cllr.Eleanor.Combley@bristol.gov.uk / 07584 370427

Redland ward news

Students – It's the time of year when thousands of new students are moving into houses for the coming academic year. Our BCR neighbourhood Streetscene group has worked to help people prepare to welcome students to their street and to provide information that makes it easier to explain how the bins work locally and to remind students that they are sharing their area with local families too. Contact info@bcrnp.org.uk While many students do a wonderful job volunteering with community projects locally, some also cause a nuisance. The two universities have liaison officers who can assist with any problems and their website is also helpful for reporting concerns. See <http://lovewhereyoulivebristol.co.uk/bristol-student-community-partnership/>

Parking news – The new RPZ extension facilities in the north of the ward went live in August with the full enforcement following a bit later. The delay with enforcement has caused some concerns but the greatest impact is the knock-on effects of a wider area of controlled parking now affecting further residential streets nearby, as commuters seek free parking elsewhere from early every working day. We're therefore pursuing answers from the new cabinet member for transport to find out the official basis for developing new schemes of residents' parking. A good starting point for residents affected by commuter parking is to talk to neighbours to establish if there's a group of you who can help sound out residents in the area and assess the extent of support, or otherwise, for something to be done as soon as we can find a way to develop ideas and solutions suited to the streets. Do let us know if you'd like to be kept in touch by us.

New community partnership and new

Library – get involved – Please get in touch with our temporary steering group to offer help the new Community Partnership get going. There are lots of ways to help with practical arrangements, projects and publicity. It will achieve much more if we all play our part in this group that's helping manage our community. Please contact info@

bcrnp.org.uk. Don't forget to get involved in the new Friends of Bishopston Library as well!

Flyposting and fly-tipping – There's been a vast amount of work undertaken by local volunteers to deal with fly-tipping incidents. If you see badly stored waste and litter do report it via the council web site. Sadly, a number of incidents are caused by local traders not presenting their waste legally. We've been talking to council officers about enforcement action where this is documented. Meanwhile some great work is being done to apply anti-graffiti coating to local street posts and utility boxes, which makes keeping the streets tidy much easier, reducing tagging and flyposting. If you'd like to help with this please contact the street scene group.

Cutting back hedges for autumn – While there's lots of attention on parking obstructions that make it difficult for people to get around on foot and by wheelchair remember that at this time of year especially it can be hard to get around on pavements due to overgrown hedges. Please make a point of keeping hedges and overhanging bushes clear and cut back to the boundary wall. If the council gets reports of obstructions it can write and ask the owner to trim hedges or even take action and charge the property owner.

Local democracy week – Look out for events on the council Local Democracy Week page this October, which includes a tour of City Hall and much more. Remember to register to vote as the electoral roll is revised this autumn. Sign up via <https://www.bristol.gov.uk/voting-elections/register-to-vote>

Healthy City Week – Once again Bristol Green Capital Partnership and Bristol Health Partners are organising an extensive programme of health and wellbeing events for the city. There are lots of events taking place locally to help create a healthy city. See the programme – http://bristolgreencapital.org/project_cat/healthy-city-week/

Fostering and Adoption week – it is National Adoption Week on 16–22 October. Look out for local events going on during the week. The council is looking for more adopting families so if it's something you might be interested in please have a look at the video that's been made to help people understand more about the week and how to get involved: www.first4adoption.org.uk/nationaladoptionweek.

Please do get in touch

Fi Hance, Green Party - Cabinet member
Cllr.fi.hance@bristol.gov.uk / 07833 484346

Martin Fodor, Green Party - Cllr.martin.fodor@bristol.gov.uk / 07884 726101

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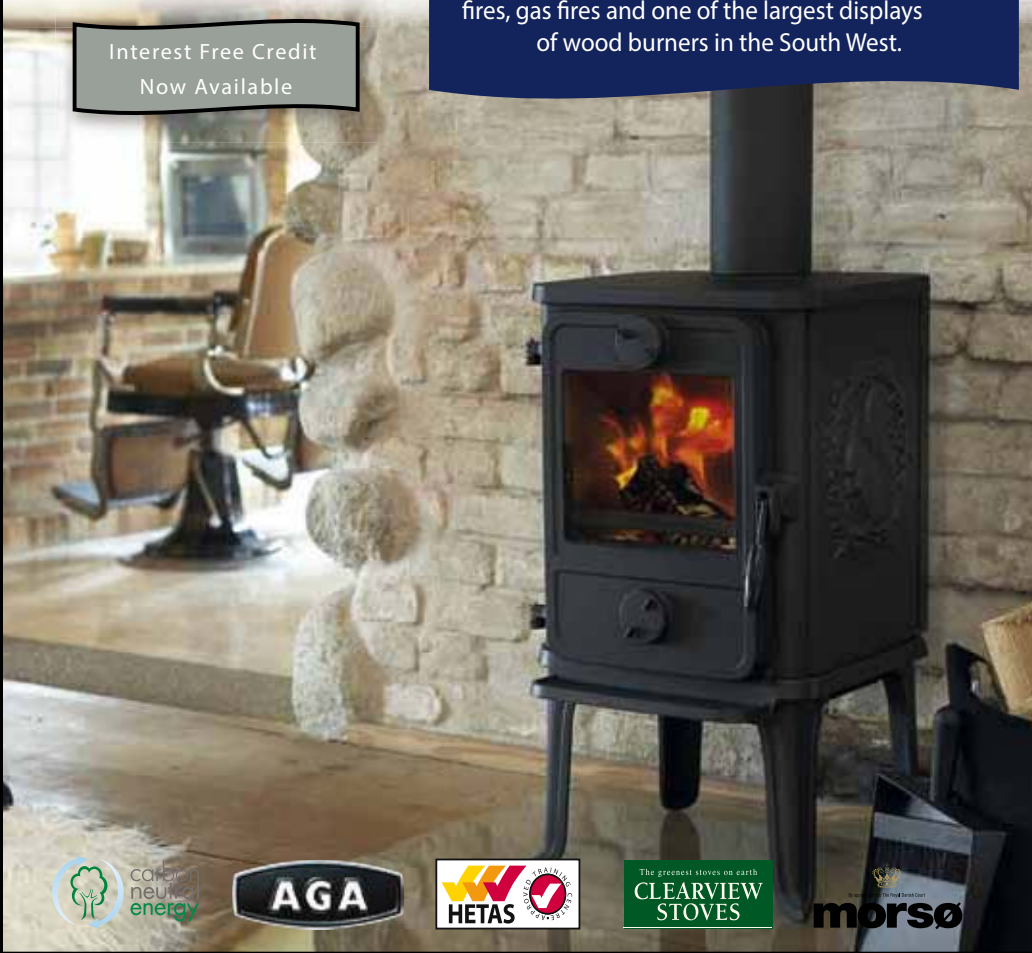
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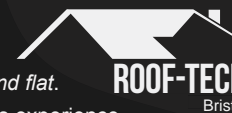
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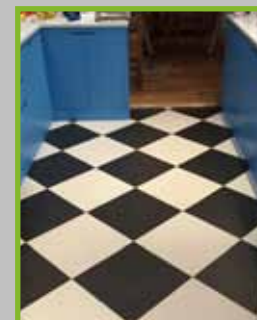


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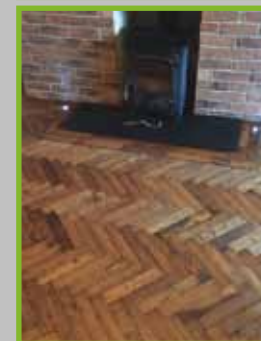
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Community Noticeboard

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kerry@bishopstonmatters.co.uk

For the new online
'What's on' diary of events visit
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Call 07881 924059

Bishopston, Horfield & Ashley Down Local History Society

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

Tuesday 17th October
The Work of the Research Group

Saturday 18th November
AGM and lunch at BAWA
589 Southmead Road, Filton, Bristol, BS34 7RG
bishopstonhistorysociety.wordpress.com



Messy Church
Horfield Baptist Church
More details from
office@horfieldbaptist.net
0117 924 3608

October 7th, all welcome
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Sunday 1 October - 10am-3.30pm

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Café with afternoon cream teas - £2.00 entry
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Car park Kennel Lodge Entrance
via Portishead Rd (A369)

HORFIELD METHODIST CHURCH PLAYGROUP CELEBRATION

Sunday afternoon
tea to celebrate 50
years of playgroup. It
will be on **Sunday 19
November, 3pm - 5pm,**

anyone who attended or has been involved in
some way over the years is invited. We hope
to have a 'Memory Wall' with photographs and
written memories of their time at playgroup.
People are asked to let us know by email if
they'd like to come, by Sunday 12 November.

email: cyp@horfieldmethodist.org.uk



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Saturday 30 September with the band
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To book please visit - www.alzheimers-brace.org/Event/free-public-information-event-coping-with-the-cost-of-care Or email admin@alzheimers-brace.org
Phone: 0117 414 4831

Horfield Theatre Company presents

'Allo 'Allo

by Jeremy Lloyd and David Croft

Leesen very carefully, I shall say zis only wunce;
Horfield Theatre Company is bringing the hugely
popular comedy play 'Allo 'Allo to the hub!

Based on the hit TV series written by Jeremy Lloyd and
David Croft, the story follows the adventures of René
Artois, a café owner in the town of Nouvion in German
occupied France. Surrounded by German Officers, the
Gestapo, Resistance fighters, amorous waitresses,
escaped Allied airmen and a British agent disguised as a
French policeman (oops, French policeman), René tries
to please everyone with hilarious results.

This amateur production of " 'Allo 'Allo" is presented by
special arrangement with SAMUEL FRENCH, LTD.

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Horfield Parish Church Hall, Wellington Hill,
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James Campbell (CEO), Garden Organic the
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(Members collect Group Seed Order forms)

NOVEMBER MEETING Thursday 23, 7pm
MAKING ROOM FOR WILDLIFE
Rupert Higgins, Avon Wildlife Trust
(Members collect Group Seed Order forms)

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2nd Half Term: 01/11/17 - 06/12/17

Christmas concert: 13 December





Community Events...



Yogawest Open Day

Visit Yogawest on Saturday 14 October and enjoy the free classes they are offering all day! Why not find out more about this fantastic, local Yoga Centre over some tea and cake. Further information via www.yogawest.co.uk.

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

Tuesday 10 October Whitchurch Railway Path. Meet at Bus station 9.50 (Bus 376 @ 10:05 to Whitchurch). A walk along part of the old Bristol and North Somerset railway, which is now a walking and cycling path. Stopping for coffee in Brislington. Leader: Stuart.

Tuesday 24 October The Downs in Autumn. Meet at Horfield Leisure Centre 9.45 (bus 505 @ 9:55 to Downs). Walk from the Water Tower to Clifton to enjoy the autumn colours. Coffee break at the Observatory. Leader: Stuart.

Tuesday 7 November Blaise circuit. Meet at Horfield Leisure Centre 10.00 (bus 76 to Crow Lane). Walking up to Henbury Church and through Blaise Estate to the Stratford Mill and back to café for coffee. Leader: Stuart.

Tuesday 21 November Holburne Museum. Meet at Bus station 9.50 (Bus X39 @ 10:06 to Bath). A walk along the Kennet and Avon canal to the Holburne Museum and back. Leader: Stuart.

New show for children launches this Autumn –

Dice Tales – The Improvised Story Show, will take children aged 5 to 12 on an adventure made not only for them but by them

as well. How will they do this? How will these stories unfold? Why, on the roll of a dice, of course! As each dice falls, they decide the who, the where and the what on earth will happen next!

Performers from established family favourites, Monkey Trousers Theatre, have joined together

76 E-mail kerry@bishopstonmatters.co.uk for free community listings

with experienced improvisers from Closer Each Day company and Degrees of Error, the resident company of the Bristol Improv Theatre, to form this exciting new ensemble. Dice Tales is performed by Peter Baker, Rachael Lane and Charlotte Whitten.

Performances are 10.30am and 11.30am on Sunday 5 November and Sunday 3 December 2017 at the Kelvin Players Studio, 253b Gloucester Road, Bishopston, BS7 8NY. Tickets are £6 each for ages 5 and above or £20 for a family ticket for four people. Tickets are available online through the Dice Tales box office: <http://buytickets.at/dicetales> from 5th October. For more information and ticket updates, go to the Facebook page www.facebook.com/dicetaleshow



Light in the Darkness

Now that the evenings are truly drawing in and our youngest children are experiencing darkness after a couple of months when even the earliest risers and the most reluctant to go to bed have lived entirely in the light, thoughts will turn inevitably to Halloween and the celebration of all things dark and spooky!

Each year sees more of our youngsters dressing up and going out on the streets to knock on doors and ask for treats. Here in Bishopston, there are ghosts and ghouls and things that I don't even recognise to encounter in the early evening. Later on, the bars and pubs will see students and other young people dressed up and ready to party the night away.

At Horfield Baptist Church, we don't believe that the darkness is something to celebrate, indeed we like to celebrate quite the opposite. Jesus told us that he is the LIGHT OF THE WORLD so on Halloween evening, 31st October, we will have a LIGHT BEACON at the back of the church on Brynland Avenue from 5 – 7.30pm where you can come to get a free drink of hot chocolate, have a rest and a chat as well as top up that all-important goody bag!

We want to join in with the fun and give a safe and dry (there will be a covered area in case of bad weather) destination. If like us, you believe that the best and safest way of going trick-or-treating is to plan a route and pre-warn friends and neighbours rather than sending your children to strangers, why not put the Horfield Light Beacon on your list as a place to stop. We look forward to seeing you and your children.

Sarah Phillpot, Pastor, Horfield Baptist Church



PARTY IN THE PARK 2017!



Another fabulous event, bursting with family fun! Bishopston Matters was once again pleased to sponsor the Horsey Hopperz activity – the bouncing race course caused much hilarity!



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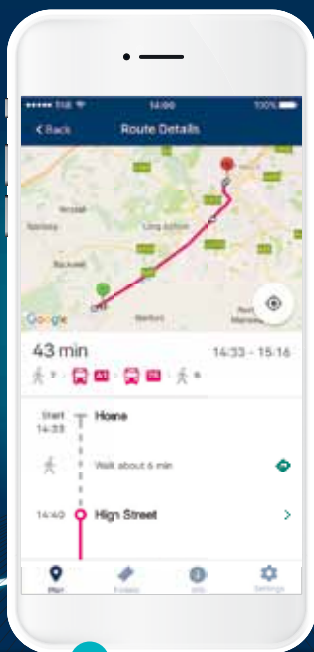
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