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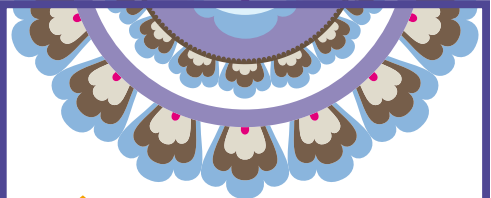
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Matters

issue 124, Jan/Feb 2019



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Dear Readers...

Wishing you a very happy new year, I hope 2019 is a great one for us all.

After all the indulgences of Christmas and the craziness in the run up to it, in this issue we encourage you to take some time for yourself, and get yourself into good shape for the year ahead. Whether this is by joining a local gym, visiting a local therapist to treat that niggling pain you have been living with for so long, or taking up yoga or Pilates - we have rich resource of local business that are ready to assist you get into great shape - both in body and mind. Do check out our 'Health and Wellbeing' pages. If the absence of the Christmas activities leaves you feeling a bit glum, don't worry, there is still plenty of local celebrations to fill you with cheer! Do join The Horfield Organic Community Orchard for their annual Wassail, decorate the fruit trees,

sing and be merry to encourage a great 2019 fruit harvest.

The fabulous, award-winning, Window Wanderland takes place over the weekend of 9-11 February. You cannot fail to have a smile on your face as you discover the creative window displays across hundreds of local homes and businesses. If you would like to get involved but are not quite sure where to start, why not join in one of the workshops at the Ardagh, you can work on your own project or assist with an artist's; find out more inside.

I thank you all for supporting Bishopston Matters for another year; your input and support of local traders make this community magazine possible. I am delighted to be embarking on our 12th year of publication!

Love to you all,

Kerry x

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

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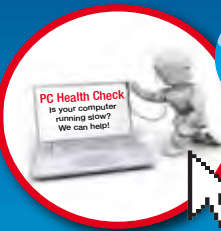
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Road safety week launches at Brunel Field

It has been brilliant to see how the after-school Playing Out sessions have made getting to and from school feel safer for all pupils walking up Arthur Milton street. Trying to change the driving culture on Arthur Milton street is one of the aims of the BS7 Road Safety group, and these sessions are a useful way to encourage drivers using the road at school pick up times to rethink.

The road safety charity Brake, Playing Out and the residents of Arthur Milton street organised the regional launch of road safety week outside Brunel Field School in early November. The theme of the week was Bike Safe – raising awareness of the vulnerability of cyclists to car drivers. So, one cold Monday morning the residents put out the road-closed signs and invited children to cycle to school. They were welcomed by the Bike Doctor (Taylored

Cycles) who repairs bikes for free, a free breakfast and Bristol's 20 mph team, not to mention Brake and HTV! The launch was a great success and was followed up by a road safety assembly for the younger children at school.

While the after-school Playing Out sessions will continue next year, BS7 Road Safety group are also going to be focused on community speedwatch for Ashley Down Road. We know that 20mph is safer for everyone and people just need to change their habits. If you'd like a 20mph sticker for your rear window, please get in touch!

A brilliant little film of Roxanne talking about why 20mph is so important is on the Bristol 20mph Facebook group and website; do visit it and you can see many Bristol residents supporting the initiative.

Daniella and Roxanne.

For more info see **BS7 Road safety FB group** or email: daniellaradice@hotmail.com



Care to foster in Bristol?

Do you have a spare bedroom, patience, sense of humour and a real desire to help children and young people? We offer a generous allowance, professional training and great local support.

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

Foster for Capstone

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

Call 01454 423 820 or visit www.capstonefostercare.co.uk



St Bonaventure's Early Years Pre School

**We are now taking
admissions for
September 2019 Intake**

Please email the following for an application form or to arrange a visit –
admin.stbonaventures.ey@bristol-schools.uk



Get creative with Window Wanderland

Window Wanderland is celebrating five years of creative fun this year and it all started here in Bishopston. From this one small event, Wanderlands have been created across the UK and world helping to bring communities and neighbours together.



Now the festivities are over put your creative hats on as preparations for Bishopston Window Wanderland weekend which are in full swing.

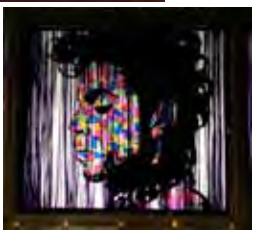
Dozens of people have signed up to make window displays which will light up the streets on 9–11 February - and there is still time to get involved.

There are a series of art workshops happening at The Ardagh on Horfield Common after Christmas, each Thursday, 6–8.30pm from

10 January 10 through to 7 February. There you can explore your ideas and your creativity with an artist.

We'd also love to hear the stories behind your window display. What was your inspiration? If you're making something that is special to you and your family let us know your story – admin@windowwanderland.com

www.windowwanderland.com.



Author returns to Bristol school where it all began.

Bristol Grammar School was thrilled to welcome former pupil Jeremy Levett back to the school on Wednesday (5 December) to talk to pupils about his new book, *The Illustrated World of Mortal Engines*. Jeremy co-authored the book with Philip Reeve, creator of the *Mortal Engines* quartet of books.

A long-time fan of the *Mortal Engines* series, Jeremy met Philip Reeve at a Bristol Grammar School literary event in 2009, a year after he left the school. After talking to Philip at the event, the pair subsequently kept in touch and, when publishers Scholastic suggested creating *The Illustrated World of Mortal Engines* to Philip Reeve, he knew he couldn't write it alone, and that the person he wanted to write it with was Jeremy.

Reflecting on the project, Philip Reeve commented: "Jeremy's a long-time fan of the books, but his mind works in a completely different way to mine... Jeremy also has the ability to write all this stuff in a way that's both funny and informative. He has a glittering literary career ahead of him if he wants one, and I'm proud that it began in the world of *Mortal Engines*."

Scholastic commissioned the book to coincide with the release of the film adaptation of *Mortal Engines*.

Produced by *Lord of the Rings* Director Peter Jackson, who also co-wrote the



screenplay, the film had its premiere in London on 27 November 2018 and, thanks to his involvement in the book, Jeremy was invited to attend, getting to meet Peter Jackson and the film's stars.

Speaking about his return to BGS, Jeremy said: "Despite all the encouragement of my teachers and the BGS librarians, ten years ago I didn't really believe I'd ever actually be a published author. But it turns out they were right, and I was wrong. *The Illustrated World* has been a wonderful project to work on, and I'm so proud to have my name on the cover. I'm excited to be back to the place it all started – and I hope someone in my audience will be talking about their book in ten years' time."

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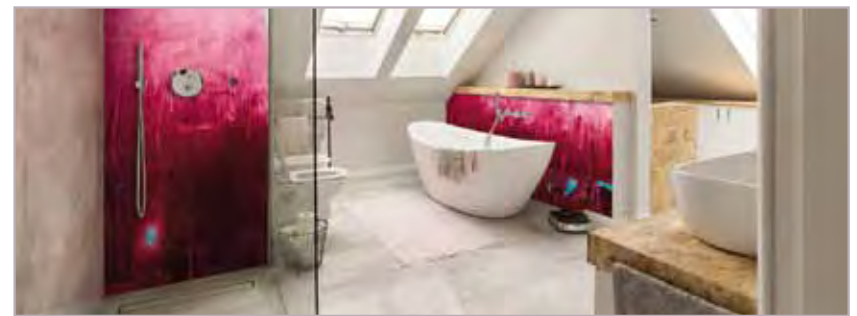
North Bristol Art Trail 2018



I enjoyed a rare morning baby/toddler free to explore the 2018 trail. It is great to catch up with favourite artists and long-term exhibitors but the beauty of the North Bristol Art Trail is that there is always something new to discover, be it venue, artist or musical performance. As well as viewing the fabulous array of art, I always enjoy spotting fellow trailers in local cafes, streets and restaurants – map in hand, discussing where to go next, it just shows what a draw the trail is to the whole area. So, despite the drizzle and grey sky, it was a wonderful weekend filled with vibrant creativity in our community (oh and some outstanding home-made cake!).



Glass Design



Fine art, glass panels for kitchens and bathrooms

An exciting new collection of original, limited edition glass panel designs straight from the easel of fine artist, Sally Coulden.

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



With a dream to see her joyful, abstract paintings woven in to everyday living, Bishopton-based Sally founded Red Dog Glass Designs to offer a beautiful range of bespoke glass panels – whether a stunning kitchen splashback, or a bathroom feature that makes you smile. If you would like to take a look at the contemporary glass panels close up, you will find them in

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

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



Clifton High School
co-educational nursery school to sixth form

The Hive
at Clifton High
45-week a year provision
Opening Summer 2019

Be Ambitious

Nursery Pre-School and Reception Open Morning and Launch of the 'Hive':
Wednesday 27th February 2019

admissions@cliftonhigh.co.uk | 0117 933 9087

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'The Hive'

Outstanding 45-week a Year Nursery Provision from Summer 2019

Clifton High School's Nursery Pre-school and Reception forms the foundation of its 3-18 co-educational community. From summer 2019, the School is pleased to be extending its outstanding Nursery Pre-school provision for families to 45 weeks of the year. 'The Hive' will encompass the School's existing Nursery and Reception departments and its highly experienced teaching staff; who place strong emphasis on exploration, investigation, discovery and problem solving, through teaching and free-play activities. The large and light classrooms within handsome Victorian buildings located close to Clifton Village, are a hive of activity; its 'busy bees' will make use of the department's own wildlife pond, mud kitchen, fire pit and outdoor classroom as part of the onsite Forest School provision. The School is proud to hold the green flag Eco Schools Award, and encourages the children to make the most of the outdoor teaching space; nurturing in each child, not only an appreciation of the environment, but also providing the opportunity for imagination, social interaction and to learn about responsibility.

This summer's Quality Inspection Framework (QIF) from Bristol Early Years and Childcare Service stated: *'There is so much effective practice and rich learning happening in your setting with lots of examples of critical thinking. Your focus on this area has clearly had a big impact and as a result the children are engaging in deep level learning. Your mission to capitalise on every learning experience is really evident and visible in every day practice.'*

Clifton High welcomes families looking to join its Nursery and Reception classes, or the extended provision of The Hive, to its Department Open Event, and **The Hive's launch on Wednesday 27 February at 9.15am**. Children and staff will be pleased to share their experiences and show families the department's outstanding facilities: admissions@cliftonhigh.co.uk | 0117 933 9087.



Wanted!

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£175 per student per week half board (16-17 y.o.)





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Happy New Year to you all from **SENdaWelcome**



In 2018 SENDaWelcome has continued to work towards our area of Bristol becoming a model of best practice for inclusion. Inclusion means lots of different things to different people, but we want to ensure our children with Special Educational Needs

and Disabilities (SEND) have a place in their local community, a community where they are seen, heard and valued. Everyone has a role to play in this! Together we can lay the foundation for a better future for our young people and a more connected, stronger community for us all.

We are so proud of the great connections we have made since we started two years ago. We now have local provision for our children with SEND through the Golden Hill Community Garden, King's Tennis Club, the ICAN project at Circomedia and the Children's Scrapstore. We have had lots and lots of positive conversations with providers and facilitators which have seen a shift in their thinking about how best to embed inclusion into their ethos and practice. Our window stickers displaying our logo are increasingly displayed and are a visual nod to the enthusiasm and commitment we have seen from local shops, cafes and families. This has all worked to ensure children with SEND and their families feel less isolated, less vulnerable and more connected with local people, groups and places.

But we want to do more! Over the last year our small team has been busy developing various projects, partnerships and connections to raise the profile for inclusion. We are working hard to keep inclusion high on the local and city-wide agenda; this is key to ensuring people see how inclusion is relevant to them, and how they can play a part in shifting our community to one that has true and meaningful inclusion for our residents with SEND. We are currently researching a Gloucester Road area pilot scheme linking up local business, Bristol City Council and existing schemes such as the council's 'Works Programme', to provide meaningful local employment opportunities for young people with SEND. We would also like to develop a SEND inclusion Kite Mark Scheme for employers, businesses and activity providers to demonstrate understanding and awareness for people with SEND and their families. Such initiatives will enrich our whole community and bring benefits to all local people not just those with disabilities. We have many other ideas

and projects in the pipe-line, as well as on-going partnerships and we encourage anyone to contact us to discuss our work further or to offer us some time and enthusiasm!

Please come along to our **Window Wanderland art workshop on Sunday 27 January 2-4pm, at St Michael's Church Hall** where we will be running art workshops on the theme of 'This is me!'. Everyone is welcome and the work will be displayed as part of Window Wanderland at Boston Tea Party, Gloucester Road.

For more information check out our website at www.sendawelcome.co.uk or email us sendawelcome@gmail.com for general enquiries or a window sticker! You can also find us on Facebook and Twitter!



SENdaWelcome Community Music



Following a great first term the SAW Community Music workshops will be back again in 2019!

These weekly workshops are for young people with learning disabilities aged 11 – 16 living in and around BS7.

They are an opportunity to meet up with other local young people, make friends, have some fun making music and maybe even form a band.

Join Tara and Tony from Bristol band The Rin Tins for 6 accessible music workshops starting in January 2019, you don't need any musical experience to take part!

What time: 10.30am – 11.30pm on Saturday mornings

Where: Front Hall at St Michaels' Church on Gloucester Road
Parents and carers will be able to stay in the adjoining link room and enjoy a well-earned cup, a chat and biscuits!

Cost: the workshops will cost £30 (£5 a week) per participant for the 6 sessions

When: Jan 26th, Feb 2nd, 9th (Break for half term) March 2nd, 9th, 16th

Places are limited to 10 young people

Please email sendawelcome@gmail.com to book your place www.sendawelcome.co.uk

Local History Matters

Cholera at Horfield Barracks

BHA local history research – text copyright Andy Buchan.

In the 19th century a terrifying new disease struck Britain, Cholera – it was spread through the drinking of contaminated water and caused a series of major epidemics throughout the country. It mainly affected those living in slums and poor housing because of high population density, poor sanitary conditions and usually contaminated water supplies.

The disease was first recorded in the autumn of 1831 on the North East coast of England, having gradually spread across the whole of Europe. In July 1832 a woman and child were found in a house in Bristol suffering from the disease. By the time the outbreak was declared to be over in November 1832, at least 1612 are recorded to have been infected of whom 626, 38%, had died. In some places – for example the Bristol Workhouse, St Peter's Hospital – the death rate was even higher. These figures are considered to be underestimates since deaths were not formally recorded before 1837. A further outbreak occurred in 1848–49, which had an even higher death rate and another with a lower death toll in 1854–55. A final outbreak occurred in 1866.

On 12 October 1854 the disease was seen in Horfield Barracks, two miles from the city where there was an outbreak and about one mile from the village of Westbury on Trym, which had also been badly affected. The following day William Budd, the well-known Bristol physician and epidemiologist, who had been involved in investigating the 1848–49 outbreak, was called to the barracks. When he arrived, he discovered that there were between 500 and 600 men in the barracks and five privies. These were reported to be in a very poor unsanitary condition because the drought of that year meant that the water pumps in the barracks had stopped working and water had to be brought to the barracks from some distance away. At that time four men were diagnosed with the disease.

Budd immediately put in measures to control the outbreak and reduce the risk of further spread of the disease. These included disinfecting all the toilets twice each day. Toilets/buckets used by sick men contained disinfectant. All men were checked twice each day for signs of the disease and men from the barracks were prevented from visiting the city or neighbouring towns. Within a short time, the outbreak was controlled. In total between eight and ten men had caught the disease and through prompt treatment all recovered.

Later that year Budd was able to successfully apply the same programme at the Bristol Workhouse. In 1849 there had been 600 cases of infection and about 150 deaths. In 1854 there were three outbreaks in the workhouse; 30 cases of infection were seen and there were eight deaths. Budd said that if his measures had been followed with more rigour there would probably have been even fewer deaths.

Image Copyright: William Budd, left – Andy Buchan. Barracks plan image above – Soldiers of Gloucestershire Museum at Gloucester.



Plan of the barracks in 1853 showing the position of the privies in the middle on the right-hand side. It has been suggested that the cholera outbreak was one of the reasons that the right-hand side of the barracks was subsequently re-laid out.



William Budd



BROOKFIELD MOBILITY SOLUTIONS

Adaption fitting specialist and Wheelchair Accessible Vehicle (WAV) repairer for the South West and South Wales – on our doorstep!

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

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

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

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

The team offer a mobile fitting and repair service at



the supplying dealer or customer's home address.



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

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

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Tel: 0117 239 5018

www.brookfieldmobility.co.uk

News from the Ardagh Community Trust



Build to Give event – We had brilliant fun at our #BuildToGive event at the Café on the Common on 1 Dec. Thank you to everyone who came along to take part. The event was in support of an international Lego

campaign which meant that a Lego set was donated to a charity working with disadvantaged children for every decoration or ornament that was made and posted on social media using the above hashtag. More than 50 Lego sets will have been donated as a result of our event and we ended up with a fantastic, unique Christmas tree which was enjoyed by many over the winter.

Following the event, we have had lots of requests (from people of all ages!) to start up a Lego club at the cafe on a Saturday or Sunday. Ideas so far include having a theme each month and charging a small amount for members to come along to cover room hire, refreshments and to enable the group to save up and buy some more Lego to add to our existing collection.

If you would be interested in coming along to a monthly Lego club, we are just thinking through how much a 3-hour session should cost (£3, £5, £7, £10?) and what time would work best (Sat 10–1 or 1–4; or Sun 10–1 or 1–4)? Please do get in touch and let us know if you are interested; if there is interest/we'd be able to cover the running costs, we'll start getting some plans on the go.

Repair Café at the Ardagh – The Repair Café at the Ardagh takes place monthly on the first Saturday of each month (except January 2019), 10am – 12.30pm at the Café on the Common. We have a fantastic group of volunteers with wide-ranging skills including electrics, mechanical, sewing, carpentry, metalwork and more. If you have skills that you would be prepared to share with others, please do get in touch and join us. The current funding we have for the Repair Café runs out in February 2019 so we are busy fundraising to enable this great project to continue. If you would like to make a donation, you can do this via our page on Facebook or drop into the café with a donation when it's open. As I write this article, we have reached £200 of our £500 target, so are well on our way. We're really looking forward to another year of repairing, alongside making new friends and enjoying the satisfaction of saving

lots of household items going into landfill. Repair Café in Bristol has now been running for 5 years, with the original set up by the team in Fishponds.

Window Wanderland workshops at the Ardagh – We are delighted to be working with the amazing Window Wanderland team this year – through running a series of arts workshops at the Ardagh in early 2019. Our fabulous facilitator, local artist and crafter, Ali Bingham, will be leading **free, open workshops on Thursdays from 6–8.30pm, from 10 January to 7 February**. As well as working on individual window displays and exhibits for your own home, you can get involved in making a collaborative window display, which will be our exhibit for this fab event (9–11 February 2019, 5.30–9.00pm daily, in Bishopston). The Café will be open throughout the event so we look forward to seeing lots of you as you wander around!



The Café on the Common – Volunteers are busy working behind the scenes to do all the maintenance that is needed to get the Café up and running for the start of the season in March 2019. We are pleased to have several young volunteers coming along to help the team weekly as part of their Duke of Edinburgh award scheme again this year, and are increasing the number of community events that will take place throughout the year as our partnerships with other local, citywide and national organisations continue to grow.

Volunteering with ACT – ACT is a volunteer-led community anchor organisation. We have amazing volunteers who work on and support a wide range of projects and activities which enable us to respond to local need and interest, and to provide services and facilities for the community. If you would like to know more about volunteering with ACT, please do get in touch. We have a range of opportunities, from becoming a Trustee to volunteering in the gardens, at the café or on one of our wide range of projects and always welcome new volunteers and support.

Happy New Year from all at Ardagh Community Trust – To keep up with all of the latest news and updates, please see: www.theardagh.com, join our Facebook page 'The Ardagh' and follow us on **Twitter @TheArdagh**.



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Little Foxes Forest School is delighted to have established itself as Bristol's most sought after outdoor nursery. We believe that children are happier and healthier learning outdoors. Our forest nursery is in BS7 in the beautiful woodland and meadows of Stoke Park Estate. We are open for 2–4 year olds, Monday to Thursday, term time only with wraparound care now available. Founded and run by ex-primary school teachers and local mums, we offer high ratios, government funded places and a truly exceptional nursery experience unlike any other in Bristol.

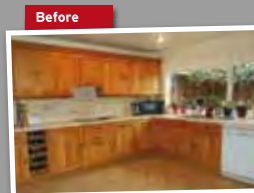
FIND OUT MORE – We'd love to let you know more about us. Visit: www.littlefoxesforestschool.com or email info@littlefoxesforest.co.uk to learn about our new provision, upcoming open mornings, our Monday stay and play group and more.

"My son's confidence has grown hugely since attending Little Foxes! He's made good friendships and learnt so much in your wonderful environment. Thank you." Nikki, Little Foxes Mum.

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

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www.emmausbristol.org.uk



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

Charity Reg. No. 1071538

News from the Goldenhill Community Garden



Hi everyone!

And welcome to 2019! 2018 was another great year in the community garden. We froze our socks off during the beast from the east and sweltered trying to coax seeds out of parched

soil during the heatwave. Yet, come rain or shine, our fab bunch of volunteers have planted picked, munched, weeded, barrowed, raked, cleaned, chopped and cooked together as well as drunk tea, dunked biscuits, scoffed pizza, slurped soup and shared the harvest from the garden.

The weather gods smiled on our events this year and thanks to everyone in the community who turned out for our spiffing spring fair, happy harvest fair, brilliant bonfire night and really good wreath making day! Expect more low-cost lovely community events in 2019 and find us on Facebook for updates.

We're really happy and proud to have been able to carry on running our holiday clubs for families with a child/ren with a special educational need or a disability. The garden is a perfect place for children to explore, relax in hammocks, get dirty, learn about

taking risks and using tools, and share a tasty pizza feast together. And I'm super happy to say we've found funding to run six more days in the school holidays from 2019.

This year the fab toddler groups and after-school club that help fund our work have gone from strength to strength! Our after-school club had been so popular that no one ever leaves and we've now starting a new group on Thursdays so more children get a chance to have a go; so that's 16 more children making things from sticks, learning how to start fires and running around shrieking in the dark!

We're open EVERY Weds for anyone to come along (10-3 in Jan and then back to 10-4 in Feb); you're welcome along for a 10-minute chat or to stay all day. You don't need to come every week and you don't need any experience or tools AND you can eat some delicious soup if you come at 1:00pm. There's always a range of jobs to suit different energy levels and preferences. Come find us at the end of Monk Rd behind the prison or phone me for a chat if you have any questions.

See you in the garden!

Lucy Mitchell

For more info – 07506 905 394
thegoldenhillcommunitygarden.com

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News from Friends of St Andrews Park



Wow, what a summer to enjoy our wonderful park. On one day in August 2018 there were 154 children and 65 adults in the dog-free area. It was standing room only in the paddling pool. In spite of the massive

cuts in the budget of parks, St Andrews has got off very lightly. We still have toilets, the paddling pool and Mickey our great park keeper (I am confident that his real title is open space operative!). Also, it seems that there will not be cuts in the 2019/20 parks budget but in the following year it is going to be massive. This gives hope that the paddling pool will be open next year but possibly with reduced opening hours. FOSAP is trying to discuss the pool with BCC but so far have not been able to get a response.

It has not been all good news. FOSAP was turned down for a community grant to save the big tree stump by carving a large climbing frame in the shape of a snake plus our door gym equipment for children and adults. This is in spite of being the top project recommended by local co-op staff but rejected by head office. It has taken weeks to try to get answers but investigations continue! The sad part is that the stump will rot quickly and will have to be removed.

FOSAP had the renewal of the children's play area as its top priority for the year. Our consultation with locals in the summer met with a good response with



Above and front page Image of park thanks to Air Ambulance

many helpful suggestions. We then agreed with the Bristol City Council that the redevelopment would be progressed in three stages, starting with the younger children's play area. Having considered quotations from three play contractors, we hope to submit a funding application by April 2019 and that work on stage 1 can start in autumn 2019. Major fund raising will be needed to pay for the work and discussions are already taking place with a grant making body.

For FOSAP it has been a year of change. The long-term chair and secretary both gave a year's notice of standing down. No one felt they had the time or confidence to take on the roles. At the last moment David Cemlyn put himself forward for chair; he was elected and immediately managed to find a secretary and a membership secretary. David is still in post and remains reasonably sane!

Due to the data protection act we had to contact all of our members. This proved very interesting as we discovered that we had two lists of over 500 people, a large proportion of whom had not been invited to meetings. Our membership secretary sorted the whole thing out and we have now over 100 committed members and 500 plus 'friends' who want to hear from us. We were also delighted to discover we have friends living around the world. If want to join or be a friend just go to our website where you can sign up, or email jonny.@jgibson.com.

One of our members talked about how the use of the park changes throughout the day – from early dog walkers, exercising mothers with their babies, youngsters in the play area, school children older children and the 'after darkers'. If you have your favourite time or image of the park or any comments please let me know.

david.cemlyn@chairfosap@gmail.com



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This Year be Good to You

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

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

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

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

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

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

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

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Join Bristol North Swimming Club

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

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

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

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

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

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

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

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

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





Learn to Swim with Bristol North Swimming Club!

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New Year, new body, new you!

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

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

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

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

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

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

Nicky Tiley



Trainhers owner
Nicky Tiley

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Team News We are back from our little Christmas break, refreshed and ready to start the new year with a bang! You may have noticed the Icon Beauty Team steadily growing over the past few months and we can't wait to introduce our newest therapist, **Alicia Ramo Baselga**.

**ICON
BEAUTY**

Originally from the warm climes of Valencia, Alicia has come to us with seven years' excellent experience and is a real asset to the salon.

She specialises in facials and pedicures and is a huge fan of the OPI ProSpa range.

Alicia joins Lucy's wonderful team of therapists, who many of you will be familiar with. We have **Leanne**, who joined us in 2016, also with seven years' experience and a specialism in LVL Lashes and Shellac treatments. The lovely **Jodie** who has been with us since 2014 and ensures everyone is always looked after. **Kelly**, who is our queen of skin care and with seventeen years' experience, our most senior therapist and a key member of the team from when she joined in 2011. **Jessica** who boasts fifteen years' experience and specialises in massage and facials, and **Taylor** who won our hearts as soon as she walked through the door last year. If you are looking for a Shellac or one of our amazing CACI facials, she is your lady!

We have also been fortunate enough to welcome Claire, Sarah and Amber to the salon in the past twelve months. **Claire** is a specialised Aesthetic Nurse Prescriber and comes with an exciting menu of new services, including Botox and Lip and Cheek Fillers. **Sarah** is an extremely talented Holistic Massage therapist and specialises in Pregnancy, Sports and Deep Tissue massage. And **Amber**, well she is just amazing! A brilliant all-rounder, she particularly loves treatments with instant results such as eyebrow shaping, nails and spray tans.

Salon Expansion As well as growing the team we are also thrilled to be expanding the salon. The builders have been busy working behind the scenes and later this year we will unveil four beautiful new rooms upstairs. The extension will include two extra-large luxurious treatment rooms, designed for double massages, facials and pedicures. They will provide the perfect backdrop for the ultimate pampering experience, and as always, elegant décor and meticulous attention to detail will feature throughout. We promise to keep you up to date on progress and let you know the launch date. We are so excited!



Icon Beauty Blog Have you been following our latest blogs? If not, take a peek as you are in for a treat! Every month we include a **Product of the Month**, you can pick up valuable beauty tips and read about our monthly **Special Offers**. We regularly feature **Team Bios** and recently added a new **Guest Spot Blog**, written by the beautiful and inspiring **Vicki Hill** (left). An experienced personal trainer, Vicki works with women from pregnancy through to menopause and is also one of our favourite clients. Every month this lovely lady gives us tips on simple ways in which to keep in shape and stay healthy. Nothing scary, just little things we can all be doing every week to get the most out of ourselves. **Read all at www.iconbeauty.co.uk/news/**

The Big 20% Off January Sale

20% OFF ALL PRODUCTS, plus **20% OFF ALL FACIALS & MASSAGE TREATMENTS*** throughout January. Come in out of the cold and treat yourself!

*valid with all therapists apart from Sarah.

Happy New Year from us all and we'll look forward to seeing you soon. **The Icon Beauty Team x**

www.iconbeauty.co.uk ■ 267-269 Gloucester Road, BS7 8NY ■ 0117 924 5566



New community partnership addresses underage drinking & purchasing of alcohol

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

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

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

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

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

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

Typical improvements in the key measures are:

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

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

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

Further information about CAPs nationally can be found at –

www.communityalcoholpartnerships.co.uk.

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

Helen Rosenthal

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Jane Hird

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



Women's Independent Alcohol Support (WIAS)

Will start its next set of six weekly sessions for women with concerns about their alcohol use in January 2019, on Tuesday afternoons, in Bishopston.

There are only a few women in each session, which is led by women who have themselves recovered from serious alcohol issues, as well as being professionally qualified, and the course is very private, friendly and supportive. It helps women to work out why they are over-drinking, and to learn ways of making changes.

To book, please phone us at 0117 942 8077

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



Follow your dreams in 2019

Christmas Day 2017 marked the start of an adventure I have called my two-third life awakening. It was triggered by the realisation that neither of my daughters were following the life path I had laid out for them. Harriet's experiences had left her desperate to escape the toxic environment that accompanied corporate life. While Sally, whose debilitating mental illness had forced her out of school at the age of 17, was struggling to find purpose in her broken, directionless existence.

From somewhere deep inside my ever-so-boring brain, out popped the crazy idea to write a book about our situation. For over 35 years my career – and indeed much of my life – had been focused around the world of Information Technology. Never in my wildest dreams had I considered writing a book.

As I started writing I found myself reflecting on my values: a good education, top-notch qualifications and a secure, well-paid job were, I believed, essential for a successful life. But now, with two minimally employed daughters in their twenties, it dawned on me that these 'values' were better described as deeply engrained prejudices. And it wasn't just my daughters who were travelling an unfulfilling route through life. I was taking an equally uninspiring journey myself, sleep-walking towards retirement eight years from now.

Not any longer. I'll look back on 2018 as the year *Mother of Millennials* was published and I quit my job. I now spend my days walking my dog on Horfield Common and working with my husband and daughters to build a family business. Of course, there's a chance the business venture will fail, but I'm an optimist and I prefer to focus on the possibility it will succeed.

When times get tough, I remind myself of the words of Earl Nightingale:

"Most people tiptoe their way through life, hoping they make it safely to death."

Twelve months ago, I was one of those people. But now I feel alive, and I'm determined to make the most of every moment, doing things I enjoy with the people I love. www.motherofmillennials.co.uk



Kath Mortimer with her daughters at her *Mother of Millennials* book launch at the Lazy Dog

New Year – new glasses?

Our Winter Clearance Sale is on! We've got some amazing designer frames at Lynne Fernandes up for grabs, with up to 50% off while stocks last!

Now is the perfect time to update your glasses, buy a spare pair or simply treat yourself. Choose from cool cat-eye, iconic round, to the classic square and oval-shaped frames in a range of colours to match your personal style.

Designer brands include:

Ted Baker – quirky styling meets hand crafted quality to create exceptional, individual eyewear.

Michael Kors – award-winning designer styles that ooze glamour, timeless chic and sophistication.

Hackett London – inspired by the thick, heavy-set frames from the fondly remembered sixties.

DVF (Diane Von Furstenberg) – beautifully crafted frames for those that love fashion.

William Morris Black Label – original styles, designed in London and very proudly British.

Hurry – limited stock!

Our sale runs for just a few weeks and stock is limited. When it's gone, it's gone!

We recommend you book an eye appointment now. Our expert team is here to help you find the perfect designer frame to suit your lifestyle, look and your pocket!

You can book your appointment online at www.lynnfernandes.co.uk, call 0117 942 6843 or pop in to see us at 75 Gloucester Road.

Happy New Year! We would like to take this opportunity to say a big thank you to our customers for their loyalty and custom throughout 2018, to the local community for its continued support and, to wish you all a very Happy New Year! We look forward to seeing you in 2019.



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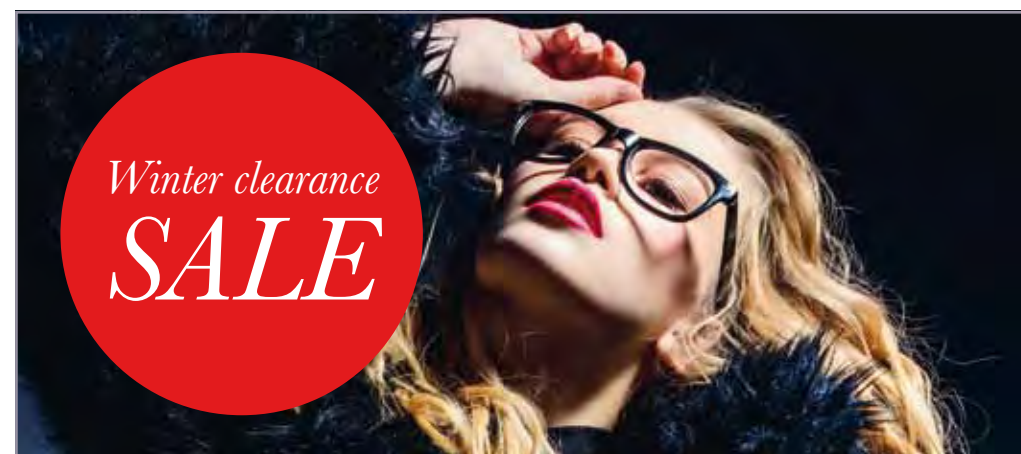
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Everyone Active manages these facilities in partnership with Bristol District Council.

facebook.com/everyoneactive @everyoneactive



Positive changes for the New Year



With the New Year now upon us, your New Year's resolution should now be in full swing; the trick

to making this stick is to have a realistic achievable plan – here are my top five tips for a great positive start to the New Year.

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

Kurtis Walters | Contract Fitness Manager

Can't sleep? Try Sleep Therapy with Christabel Majendie,

MSc, PGDip, MBSPsS

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

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



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

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E: truebalancepilates@gmail.com
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Horfield Dental Care, 525 Gloucester Road, Bristol, BS7 8UG



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

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

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

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

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

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

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

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

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

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

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

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

Making an appointment couldn't be easier

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

State of the art Dentistry on your doorstep

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

News from Friends of Bishopston Library

Bristol Libraries
introducing
Mike Manson MA
Bishopston Library's Writer in Residence

WRITERS' SURGERY

- Receive feedback on up to 1,000 words of creative writing
- Discuss your writing project
- Kick start a new piece of writing

Mike Manson has written *Peace and Justice* (winner of the 2014 Bristol Drop-in Prize) and *The Hidden History of St Andrews*. He is now offering a series of **writers' surgeries**, every Thursday from 1.30-3.30 pm starting on 31 January for 6 weeks up to 7 March. If you have ideas for a new piece of writing, would like some feedback on up to 1,000 words, or would like a general discussion about your work, then these free sessions will offer the perfect opportunity for you. There will be four half-hour slots each afternoon,

Bishopston Library
Starting 31st January for 6 weeks
Flexible afternoon slots 1.30-3.30pm (10 minute appointments available) - For writers aged 18 years +
FREE, by emailing bishopstonlib@bristol.gov.uk or booking at your local library
FREE

Some of you may have braved the snow last March to listen to Mike Manson talk about *The Hidden History of St Andrews*. Mike has published a number of novels and local history books, and has an MA in creative writing. He is now offering a series of **writers' surgeries**,

every Thursday from 1.30-3.30 pm starting on 31 January for 6 weeks up to 7 March. If you have ideas for a new piece of writing, would like some feedback on up to 1,000 words, or would like a general discussion about your work, then these free sessions will offer the perfect opportunity for you. There will be four half-hour slots each afternoon,

which you can book at your local library or at bishopston.library@bristol.gov.uk; Mike will contact you so that he can see your work in advance.

As last year, **Bishopston Library's windows will be decorated for Window Wanderland** by the North Bristol Drop-in group for people with a learning difficulty. Look out for this and other creative and brightly lit windows all round Bishopston over the weekend of 9-11 February from 5.30-9pm. Find out more at windowwanderland.com.

Hopefully by the time you read this we will have some dates for the next phase of the library strategy, which will involve a smaller number of meetings covering multiple areas, and will enable people to attend either during the day or in the evening. Please check our Facebook page and do come along to make your views known.

Best wishes for 2019 and we look forward to seeing you soon. You can join the Friends, find out about events and support the library at [facebook.com/bishopstonlibrary](https://www.facebook.com/bishopstonlibrary) or at bishopstonlibrary.org.uk, or email friends@bishopstonlibrary.org.uk

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

Bristol Libraries – new ideas created together

Have you got ideas or suggestions for your library and its building? Can you help make these ideas happen?

We are inviting you to come along to one of our community events running from January, which will bring local people and organisations together to look for opportunities for community-led activities and partnerships to create a library service for the future. This is everyone's opportunity to work together to pilot new ideas.

The library service is greatly valued but it needs to change to be more relevant to the neighbourhood and local people. We need to work together to create a library service which will serve future generations and be well connected to everything else that's going on in the local area.

This is your chance to be part of it – just come along with your ideas. The following events are taking place – the libraries being discussed at each event are detailed in the listing – please book on to the relevant one for the library you are interested in.

Rose Green Centre

- Tuesday 29 January 10am-12noon
- Tuesday 29 January 7-9pm

Libraries being discussed: Hillfields, Fishponds, St. George, Junction 3.

Withywood Community Centre

- Monday 4 February 10am-12noon
- Thursday 7 February 7-9pm

Libraries being discussed: Bishopsworth, Hartcliffe, Whitchurch.

City Hall

- Tuesday 12 February 10am-12noon
- Tuesday 12 February 6-8pm

Libraries being discussed: Central, Clifton, Redland, Bishopston and St Pauls.

The Park

- Tuesday 26 February 10am-12noon
- Saturday 2 March 10am-12noon

Libraries being discussed: Knowle, Wick Road, Stockwood, Filwood, Marksbury Road, Bedminster.

Greenway Centre

- Wednesday 6 March 10am-12noon
- Saturday 9 March 10am-12noon

Libraries being discussed: Southmead, Westbury, Henleaze, Horfield, Lockleaze.

Shirehampton Public Hall

- Monday 11 March 7-9pm
- Wednesday 13 March 10am-12noon

Libraries being discussed: Henbury, Shirehampton, Avonmouth, Sea Mills.

Please visit www.bristol.gov.uk/libraryideas to book or visit your local library for help with your booking.

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Bristol Libraries new ideas created together

Come and join the conversation!

Have you got ideas for your library and its building?

Can you or your community help make these happen?

Events take place across the city January to March 2019, to work together to create community-led activities and partnerships. To find out more and book, visit www.bristol.gov.uk/libraryideas or visit your local library.

BRISTOL CITY COUNCIL

BD11037



Young minds for a changing future

Open Morning for 2019 primary intake
11th January, 10.30am to 12.30pm

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and a maximum of 16 children per class

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Visit the Bristol Steiner School

The Bristol Steiner School (BSS) is a beacon for parents seeking a creative school, which offers a familiar and personal setting where childhood is valued and in which a lifelong love of learning may grow.

Established in 1973, BSS is the original and only independent Steiner school in Bristol. The beautiful Georgian building, recently renovated, at the top of Redland Hill has panoramic views over Bristol and is the home of a growing Kindergarten and Primary School. Trustees include James Wetz, a previous principal of the highly regarded Cotham School and Head Teacher, Ruth Glover, who has a BA degree with First Class Honours in Initial Teacher Education.

The current UK education system is arguably outdated, stretched to capacity and struggling to meet the needs of young children in a fast changing, politically un-certain and technology driven future. Growing global research shows that over testing, excessive screen time and pressure on children to complete formal academic tasks too early in their development is leading to alarming levels of stress, anxiety and depression.

The Steiner education model is 100 years old in 2019, and has never been more relevant than right now in this new technology age.

To prepare our young children for a changing and global future, we need

to nurture their emotional intelligence, creativity, practical skills and self-confidence. BSS strives to develop pupils' intellectual, artistic and practical skills in an integrated and creative manner. We believe in whole-child education with a particular focus on fostering a strong and personal relationship between the teachers and the children. Some of our unique values include:

- class size of 16 children, allowing good one to one time with teachers;
- screen-less education until the adolescence years; and
- regular teacher feedback to parents, avoiding the need for SATS and formal testing.

The Open Morning on Friday 11 January, is a wonderful opportunity for parents to visit the school and experience first hand the inspiring and caring education on offer for their children and the young minds of all our future. Please reserve places in advance.





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News from the Friends of Horfield Common



Junior Parkrun – We are continuing our fundraising efforts to raise £3,000 to purchase the course set-up kit needed to enable us to run Junior Parkrun on the Common, and are approaching the £1,000 point. Thank you very much to all who have donated to support this great new volunteer-led initiative to date – if you would still like to support the fundraiser – please go to www.friendsofhorfieldcommon.com. We'll keep BM readers updated with progress over 2019, and hope to be able to start recruiting volunteer race-directors as soon as possible. *Above image thanks to Junior Parkrun.*

Urban Buzz

– FOHC's volunteers have been working with Bristol Parks and Urban Buzz to develop plans for increased wildlife planting

across the common in support of the Horfield Common wildlife plan. 'Urban Buzz' is a national project using innovative techniques to create 840 'Buzzing Hotspots' in England and Wales for our declining pollinators. By transforming mown and unused areas of land, the project plans to create more than 210 hectares of rich and vibrant habitat (more than 35 Wembley stadiums!). To find out more, please see: www.buglife.org.uk and if you'd like to get involved, please get in touch. FOHC will be running a range of practical working parties on the common in partnership with Urban Buzz and

Bristol Parks over the next year. Please keep an eye on the website www.friendsofhorfieldcommon.com for more info as plans develop.

Committee members – FOHC is led and managed by a small group of volunteers who meet every six to eight weeks (and work on projects in between meetings if they have time to).

A couple of key members of the committee have recently stepped down as they are moving out of the area. We are now seeking to recruit new committee members who would be happy to get involved and who have time to take on some of the work that needs to happen between meetings; for example, responding to emails, keeping accurate finance records and attending local meetings to stay in touch with partner groups. If you have some time to spare and would like to volunteer in your community, please get in touch. Dates for 2019 committee meetings will be published on the website in January.

Graffiti – Periodically we have a new wave of graffiti scrawled across walls, bins, benches and other fixed items across the common. We are now recruiting for a team of volunteers who would be prepared to get involved in keeping on top of this (the quicker it is removed, the less likely it is to recur) and have partnered with the amazing Bishopston Street Scene volunteer group (part of the BCr Community Partnership) to offer training to volunteers who would like to get involved. The training will be happening during Feb/March; if you would like to get involved, please get in touch for more details.

Facebook: Friends of Horfield Common

Twitter: @FOHC_Bristol

friendsofhorfieldcommon.weebly.com

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The Bartholomites are celebrating 50 years – oh yes they are!

Once upon a time in a church hall in St Andrew's Park, a group of friends coerced another of their friends into producing a pantomime – just for fun! Remarkably, it turned out very well, and so it was repeated the following year. This was the beginning of 'The Bartholomites', an amateur dramatic group (mostly known for pantomime) based in St Bartholomew's Church Hall.

We have managed to perform most well-known pantomimes and some more unusual titles. Our shows have featured all of the panto classic characters and jokes and, of course, there have been a few pantomime horses and cows. Even the 'Spice Girls' made an appearance one year, although they looked a little different from how they did on Top of the Pops.

Over the years the cast has changed, but a few regulars remain – three of the original have been involved in every one of the 49 shows so far and will be part of the 50th show in February 2019. One of our founding members – Wendy Hammonds – has even taken on the mammoth task of directing the show. At least we know she has experience to call on!

We are a much bigger team than are seen on the stage. We take pride in how home-made our pantomimes are and the standard we are able to produce by using the skills of the group. We buy in as little as possible, making our costumes, set and many of our props and our backcloths have always been painted by our extremely talented volunteers. Our shows would be nothing without teamwork. We have worked our way through several pianists, a couple of scenery painters, quite a few costumiers, and thousands of cups of tea and coffee.

We start looking for a script in June each year and (usually) have found one by the time we start reading for parts at the beginning of September. The real fun starts on the first Sunday in October when



anyone aged 5 or upwards who would like to take part in the chorus is invited to come along and learn songs and dances. It is surprising how many people who think they can't dance or sing have actually become an important part of the shows. Anyone is welcome to join us. Where else do you see 5-year olds and 80-year olds working together?

Generations of some families have passed through our group, and some have moved on to be ballet teachers, professional dancers and actors. One year saw three generations of one family and four generations of another all taking part in some way. We have members travelling from Churchill, Backwell, Nailsea, Winterbourne and all places in Bristol.

The rehearsals can be long and tiring, but not many go by without everyone having a really good laugh (usually at the expense of someone else!).

So here we are – 50 years on – about to give the public our version of Red Riding Hood. Performances will be on 14–16 February 2019 at 7.30pm, with a matinee on Saturday 16. Tickets will be on sale from 6 January. Enquiries can be made via thebartholomites@gail.com.

We have so many supporters who come to see us every year and we would like to thank all of you. We hope to see you and some new people in February. It's nice to have something to look forward to when Christmas is over, isn't it!?

Pictured left to right: Founding members Wendy Hammonds (current director), Ann White, Linda (Myfan) Graves.



Bristol's Independent District 2018 highlights – brought to you by the GRBID

Our 2018 highlights!

January – Santa wrote handwritten replies to your *Dear Santa* letters received in post boxes in local shops.



February – GRBID (managed by Bristol's Indie District) sponsors Window Wanderland 2018 in the District.



March – Kids go on an Easter Bunny trail in the District.



April – Charity Shop Tours with a personal stylist get going.



May – Second edition of our local map (illustrated by



Susan Taylor) goes to print, and our local eco friendly bags go on sale in the area.



June – The District invited you to explore the diversity of food offered with their World Food Passport trail, and check out how local businesses are taking on greener trading practice.

July – GRBID and its traders thanked Liz Kew with the Golden Key to Bristol's Indie District as she retired from her voluntary service with BCR Street Scene who manage tagging and fly tipping in Bristol's Indie District.



August – Bristol's Indie District was informed they were through to round two of the Great British High Street 2018.



September – GWR and Severnside Community Partnership donate frames and install our very large local maps on platforms at Redland and Montpelier Stations. And First Bus volunteered to put posters of maps inside their buses servicing Gloucester Road.



Local MP Thangam Debonnaire talked to traders about Brexit.



October – The Great British High Street Judges came to the area to meet our traders and shoppers.

The Charity Shop Tours with a Personal Stylist receive a highly commended by Bristol Bath & Somerset Tourism Board in the tours category. Volunteers re-pot traders' planters



November – We almost win the Great British High Street and out of hundreds are named one of 12 best UK high streets 2018! Grape & Grind Visa Billboard *Keep it Local Campaign* goes live.



Our Christmas Lights switch on in the trees and on lamp posts.



December – A month of events and Bonanza in the neighbourhood!



Looking forward 2019



St Mungos contactless donation point

Recently, in December 2018, just before Christmas we funded, installed and launched, in partnership with Ocean and St Mungo's a contactless donation point. The pioneering idea enables shoppers to make a contactless donation of £2 direct to the #SOSBristol fundraising campaign using their bank card, with

proceeds going direct to the city's four emergency night shelters; St Mungo's, Caring in Bristol, Crisis Centre Ministries and The Julian Trust.

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

Andy Norris – Brand Manager, Ocean.

EGM (extraordinary general meeting!)

EGM takes place on 22 January 2019, 6.15–7.15pm at Bishopston library. All GRBID levy payers welcome



Valentines Day



Window Wanderland 2019 – As sponsors again we look forward to the artwork being designed by our local schools and groups for the traders in BID.

New Arrivals in the BID area – Filthy Thirteen – 208 Cheltenham Road – Cocktail bar, cigar bar, coffee and food.

A New BID 2019? The first quarter of 2019 sees the GRBID go back to the ballot to determine whether a New BID who's aims are to improve and support the trading scene via initiatives as highlighted on these pages is voted back in (or not) for another 5 years. If we do get voted back in we have lots of exciting plans to support the trading scene and the community by embracing schemes that will involve greening up, vibrant streets and diverse offerings. We'll let you know what happens.

GRBID Needs You! If you are a business in the Gloucester Road Business Improvement District and would like to get involved we have openings on The Board of Directors. It involves donating a bit of your time, about once per month. It's an opportunity to work as a team delivering elected projects to the area. Email the bid grbidoffice@gmail.com if you would like to find out more.

Keep updated on our journey via Facebook: @BristolIndieDistrict

Twitter: @GloucesterRoad
and Instagram: @LoveGloucesterRoad.

bristolsindependentdistrict.co.uk

Doors blown wide open on local storage company

The term 'self-storage' means different things to different people. To some, it represents a junkyard for forgotten belongings, to others it acts as a lifeline during periods of transition for both domestic and business users.

Whatever your current perception, Stashed Away will debunk common myths and reveal the truth about their self-storage facility.

You do not need to commit for 6 months unlike renting a house, storage is available for as a short time such as four weeks or for as long as it's needed. The modern facility with individual steel units and temperature controlled storage provides a pleasant facility to use.

You can keep almost anything in the unit from a stamp collection to business stock; we offer a range of sizes so you can choose the right one for your budget only paying for the unit for as long as you need it, keeping costs as low as possible.

Security is taken very seriously such as CCTV camera monitoring, alarm systems, coded key fob entry and your unique unit cylinder lock providing only you access to your belongings, 7am to 7pm seven days a week.

Here are some typical reasons for self-storage

- No room at my residence
- I'm moving and I'm between properties at the moment
- I need to declutter giving me the best opportunity to sell my home
- I run a small business from home and need extra storage space
- I'm separating or divorced and need a place for my belongings now
- My home is being renovated, I need a place that's clean and dust free

Stashed Away is a family run business and can be more flexible to suit your needs; we can also provide you with a van.

Just off Muller Road, and servicing Lockleaze, Horfield, Bishopston, Ashley Down and St Agnes, this door stop storage facility means that it's easy to pop in – when you are passing come in and have a look around or go to our website www.stashedaway.co.uk we even have a video.

Create a Bespoke Garden Room that Fits Your Style

At Secret Garden we have been designing and constructing beautiful gardens for over 15 years. But, it's not only gardens that we create. We also offer the integration of garden rooms within your garden space.

Most garden studios come under 'permissible development', and do not require planning consent. Our skilled landscaping and construction team can have a bespoke garden building ready for use within a matter of weeks, with materials of your choice.

The functional contemporary spaces that we create could be used as a home office, music/art studio, a playroom for kids, a gym, a summer house, or as a deluxe garden shed. We can offer different structural shapes that will work with the design of your garden. Perhaps you might want decking or paving around a garden room, or steps and a path leading to it? Maybe a pergola or a pond? Our expertise is creating a connection between your garden room, garden and home. Whatever you desire, we can work with you to create something that fits your style, budget and size of garden.

Our buildings are durable and can be used all year round. They can be fitted with electricity, air conditioning, a variety of door and window designs, and security systems. An element of design that is not only visually aesthetic, but is also beneficial to wildlife and is a useful water



management tool, is a green roof. Sedums are hardy, low maintenance plants that are drought-tolerant and are perfect for planting on living green roofs.

Natural wood cladding enhances insulation and is an ideal finishing touch to the exterior of a garden studio. Decking can be constructed using the same material to give an overall quality that will complement the rest of your garden.

Bringing the outside in is a key factor of a garden room. We offer a wide variety of double-glazed windows and bi-folding doors which enable you to maximise natural light and at the same time view your garden and home. Not only is a garden studio a fantastic place to enjoy, but the ability to extend your property in a creative way can be highly appealing to potential buyers in the future.

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

For a free quote and to discuss your requirements, please contact us: info@secretgardenweb.co.uk

Ali

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39 Horley Road, Sr Werburghs, Bristol



Image: Jamie Carstairs

**All are welcome to Wassail
Horfield Organic Community Orchard
Saturday 19 January 2019, 2-4pm**

Toast the orchard for a fruitful harvest, bring ribbons, clouties and shining things to dress the trees. Make merry with Pigsty Morris, listen up to Bristol Folk Singers and enjoy home-made cakes and mulled orchard juice for sale.

To find the Orchard (nearest postcode BS7 8JP) walk down the lane beside 22 Kings Drive (between Bishop Road and 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.

**E: hocohello@gmail.com ▪ T: 0117 373 1587
www.community-orchard.org.uk**

New Year, new Orchard Learning courses

Do you want to learn more about growing and caring for fruit trees? Horfield Organic Community Orchard (HOCO) is hosting a range of new Orchard Learning courses during 2019. HOCO supported the development of the Orchard Learning Programme as part of its 20th anniversary year in 2018. The course was designed and delivered by Shannon Smith, a qualified community educator, and the former orchard co-ordinator. The first 11 learners to complete the programme will be celebrating at Wassail. Working with the group has also inspired Shannon to develop a crop of new courses for 2019.

The Orchard Learning Programme is a month-by-month guide to a growing year. It's ideal for those with some previous experience who want to deepen their knowledge and practice. Three new weekend courses will focus on different aspects of Pruning. For beginners, there are one-day courses on Growing Fruit in Small Spaces, and Pruning. Get Growing Fruit Trees is an introduction to fruit care, using real trees in relationship with real seasonal conditions.

**More details on the HOCO website:
www.community-orchard.org.uk/get-involved
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Alchemy 198

Alchemy 198 is a new cafe bar gallery on the central part of Gloucester Road, set up by Room 212 owner Sarah Thorp and her son Ziggy.

The bar is a rich mix of colourful walls, cosy corners, sumptuous artwork and chilled music with a wide appeal to all generations. Alchemy 198 is the perfect venue for a social catch up, meeting, or just to chill out with a book. You're always welcome to come in on your own to relax or chat to the friendly bar staff.

Alchemy 198 offers deliciously creative cocktails using infused gins and vodkas. Choose from zesty Sundowner, to warming Witches' Brew and sparkling Bishopston Bubble. Keeping local with Bristol Beer Factory Independence beer, North Street cider and Sulis on tap to bottles of Wiper and True and a range of local gins. Most of the wines are vegan and organic and the cold pressed apple juice is made from 'wonky' fruit. We'll be experimenting with mocktails in the New Year. Alchemy 198 has simple bar snacks from Preserve, gorgeous teas by Cox & Baloney and cafetières of freshly ground coffee.

The Downstairs Gallery has changing art exhibitions, starting with the theme 'Bristol in Winter', with work from Bristol's photographers including Mark Hayward – Sarah's partner. There will regular open mic and comedy nights, creative events, exhibition launch parties and supper clubs. The gallery can be hired for events and social gatherings.

Alchemy 198 Gloucester Road, BS7 8NU.

See www.alchemy198.co.uk or follow **Alchemy 198** on Facebook for details.



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News from Glos Rd Central

Glos Rd Central traders were really pleased to welcome so many of you to their Christmas Street Party. The drizzly weather didn't put people off and in fact made our Christmas lights look very twinkly and festive. Large crowds enjoyed visiting our shops late in to the evening, especially all those offering art and gifts by Bristol artists. It was lovely to have Bille Jean's cashmere event here again – Billie and John love to catch up with all their old customers. This year the Good Sixty brought their trolley bike in order to spread the word about their eco-friendly delivery service.

The handmade chocolate at Art and Chocolate went down especially well. Other treats on offer were marshmallow-sprinkled hot chocolate from Proper Sweetshop, burgers and sausages from Giles' Butchers and vegan soup from Alchemy 198. As always, Joe's Bakery offered tastes of all their delicious festive fayre.

New bar and gallery Alchemy 198 was a big hit on the night and was packed with party goers, local choirs and artists. Local resident Andy Leggett is a professional musician who used to play with Acker Bilk. He set up with guitarist Joe in the forecourt of Alchemy and played jazz classics to an appreciative crowd, who also enjoyed the mulled wine pepped up with amaretto. Meanwhile, artists gathered to launch a new exhibition in the downstairs gallery and the Ukelifts, a 12-piece ukulele band, played Christmas hits for everyone to sing along to. This was a great opportunity for the Alchemy 198 to talk to the public about ideas for open mic music sessions in the New Year – and they received lots of positive feedback! People were also enquiring about hiring the lovely big space downstairs for meetings and parties.

Everyone's favourite puppet Mr Gotalot chatted to all the children passing by Room 212 and the Glos Vox Choir entertained everyone with lovely



Christmas songs. Preserve used the opportunity to set up a gazebo on the pavement to showcase even more of their zero waste ideas and Marialina welcomed the sale of handmade gifts to support Aid Box Community, in support of Bristol's refugees.

And now our thoughts are turning to the New Year. All our traders plan to continue to be at the hub of our community, and be the perfect place for all your shopping needs in 2019. Colin Moody, a well-known Bristol street photographer who created the bestselling book on Stokes Croft and Montpelier has now got his lens trained on Gloucester Road. He will be showing his work at the photographic exhibition 'Bristol in Winter' at the Alchemy 198 downstairs gallery from 15 January, along with other Bristol photographers. Colin will be teaming up with

Sarah Thorp to research the history, and photograph the people and places of Gloucester Road. An exciting project! Details will be put on the Room 212 Facebook page.

Many traders are looking forward to Window Wanderland, on 9–11 February. It's a challenge dressing up such large windows but Joe's Bakery, Room 212 and Lunar Optical generally have a go. This year Alchemy 198 are planning a party on Saturday 9 February. This will be a chance to meet up with friends after an evening of trail wandering.

So, time to wrap up warm and support your local shops through the winter. Remember, if you don't use us, you may lose us!

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

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To complement the stunning hair, Nuala is a qualified make-up artist, and along with her team can offer full bridal services of relaxing beauty treatments, nails and make up.

Your wedding day is one of the biggest and sometimes most stressful days of your life, so why not leave your hair and beauty in the capable hands of this professional team.

In order to create your best look on the big day, Nuala recommends a trial session four to six weeks before your big day. Please take a look at their gorgeous portfolio on the website below.

Experts on all hair types

It is great to have a fancy style for an event but Nuala and her team can make you feel special any time you visit them.

Whether you're looking for a completely new look this year, some stunning colour work or to simply define your curls so they look fabulous, Nuala and her team have all the skills to ensure you will love the style you leave with, so book in soon!

**178 Gloucester Road,
Bishopston, BS7 8NU**
Tel: 0117 924 0940
nulahairdressing.com





Trojan Dogs

The Trojan Horse was used by the Greeks to enter the city of Troy and win the war. The horse had a hidden load of men inside who, once inside the city of Troy, were able to creep out of the horse and open the city gates to allow in the Greek army, who destroyed the city.

We now have a similar new concept, the 'Trojan dog'. A Trojan dog is a dog with an unknown health history that has been brought into the UK for rehoming. These dogs are of particular concern as they are very likely carrying infections that are common abroad but which we are free of in the UK. Recently the number of rescued dogs entering the UK has increased quite dramatically, hence risk of diseases entering UK by this route has also increased.

These dogs are being imported legally by well-meaning rescue societies under the Pet Passport scheme. However, the scheme was set up to protect human, not animal, health. Currently the scheme only covers health requirements regarding rabies and the tapeworm *Echinococcus Multilocularis*, both of which are zoonotic diseases potentially infecting humans as well as animals.

There is no requirement for imported dogs to have health screening prior to travel or even to have the standard vaccinations that we recommend annually for our own pet dogs here. As a result, we are seeing an increase in 'exotic' diseases in UK as travelled dogs may be harbouring disease. This can have serious implications for the imported dog itself as well as for the wider dog population in UK.

In an ideal world, a client thinking of rehoming a pet from abroad would first talk to his/her vet to discuss the implications. Ideally the dog would be screened for disease before travel; depending on the origin of the dog this may include diseases such as ehrlichia, babesia, leishmania, *Dirofilaria immitis*, *Brucella canis* and hepatozoon.

Ideally the dog should be treated for ticks as well as vaccinated with a standard vaccine before travel. Recently we have seen cases of Distemper in rescued dogs from abroad.

These measures are responsible for the pet travelling (as stressing an already infected dog could potentially worsen any illness), as well as responsible towards the rest of the UK dog population.

In addition, many of these rescue dogs will have been strays in their country of origin so it is also possible that putting them into a home situation will cause stress and result in undesirable behaviour.

Currently the British Veterinary Association and the Dogs Trust are lobbying parliament to tighten the pet travel rules once the UK leaves the EU next year. That will go a long way to helping reduce the Trojan dog risk. Meanwhile a plea to all who may be thinking of rehoming a rescue dog from abroad to consider the health risks and if you are determined then please ask for the screening tests, vaccinations and tick treatment to be performed before the dog starts on its journey to UK.

<https://www.bva.co.uk/news-campaigns-and-policy/bva-community/bva-blog/trojan-dogs---do-you-know-the-risks-of-rehoming-a-stray-dog-from-abroad/>

Nicky Bromhall

Veterinary Surgeon

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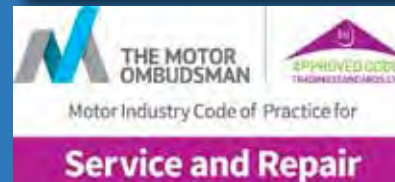


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All the Gossip with GBBO's semifinalist Briony May

The Great British Bake Off is a much-loved tradition in our household. Each Tuesday evening over

the summer, we settled down with a cup of tea and appropriate delicious cake from Joe's Bakery and supported Briony May, as she so fantastically flew the flag for Bristol. Imagine our delight when we discovered the 2018 contestant was a Horfield resident!

Colleague Anne-Louise and myself were delighted Briony was able – in her whirlwind life of media and baking – to take some time out for coffee and chat on Gloucester Road with the Bishopston Matters team.

The locally born Briony May we meet is indeed the one we have grown to love over the series – warm, bubbly, smiley and enthusiastic. She is quick to point out that in fact all the contestants were just as you imagined – genuine and down to earth. A close group, many of them still WhatsApp each other daily.

So how do you find yourself on one the UK's most popular TV programmes? Briony, who came late to baking, explained:

"It was while I was suffering from a long-term illness and had to take extended leave from my teaching job, and, not one to sit comfortably inactive, I thought, I'm going to

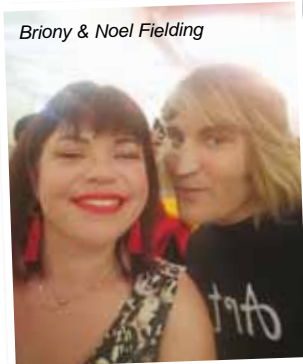
try baking. The idea of making something that in the end people (myself included) could enjoy was very tempting. My first attempts definitely needed a bit of fine tuning," she laughs, "but it was when I did a cake in the shape of a penguin that I realised – hey I can do this!"

And with friends and family urging her to apply for the Great British Bake Off, one day very quietly with no fuss and without telling anyone, that is exactly what she did. In fact, it took several attempts from the GBBO team to make contact with her, as initially not recognising the number she assumed it was a PPI call and ignored them! She describes her experience as fantastic and reflects on how Noel Fielding (kind and naughty) and Sandy Toksvig were so genuinely sympathetic. Especially when off camera, while assembling her biscuit chandelier, the cameraman accidentally swiped part of her creation off the table with his equipment – sending biscuits cracking and crumbling. That moment was frantic – with the judges about to appear, she had to quickly make it presentable and is thankful to Manon, who immediately was on hand to help.

Her proudest moments on the show – the first being named Star Baker for her game pie 'a la Alice in Wonderland' style – you know, the one you could play croquet on! And secondly, picking herself up after some harsh criticism from Paul of her signature bake and channelling this emotion to win the technical challenge!

Briony is quick to point out that none of it would have been possible if it hadn't been for the unconditional support she had from her husband, mum and other local family and friends. Her inspirational, 93-year old Nan was present for the final and had a lovely time chatting with Noel Fielding, who took a real shine to her.

So, what now? A new world of exciting opportunities is flooding in – potential books deals, personal appearances, baking demos – she even has an agent these days (which her mum is incredibly proud to share with everyone – including the plumber!). She continues to be very much involved with her community, including recently judging at her old primary school Elmlea, at their very own Bake Off. And of course, her local pubs The Gloucester Old Spot (who hosted GBBO Tuesdays with a big screen) and The Crafty Cow have been brilliant for her throughout.



Briony & Noel Fielding

And when she has some quiet time? She likes nothing better than taking a stroll with her hubby Steve, 3-year old daughter and adored Cockapoo Archie, in St Andrews Park, and tea and cakes at Cox and Baloney (they did some GBBO filming in there too). And of course, she is also very fond of Joe's Bakery and Bakers and Co!

Bishopston Matters wishes Briony all the very best with her exciting future, we hope to keep you posted as her GBBO adventure continues. To sample some of her delicious recipes visit her website or follow her on social media.

www.brionybakes.co.uk

Twitter/Instagram: [brionymaybakes](https://twitter.com/brionymaybakes)



Briony with the Bishopston Matters team – Anne-Louise (left) & Kerry (right)



The GBBO class of 2018!

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Briony with husband Steve and their gorgeous daughter





Think you know the Women's Institute? Think again!

Want to try something new? Want to meet new friends? Then why not come along to the Gloucester Rd WI when we welcome new members for 2019?

Forget the Jam and Jerusalem stereotype. Yes, we do traditional crafts and baking. But we also hear from local, national and international speakers and get involved in a wide range of fun activities.

Talks and activities – Past talks include the *Prevention of Torture* by UN member Professor Malcolm Evans OBE, Tom Hovey on his Great British Bake Off illustrations and Anna Freeman, poetry slam champion and writer on her award winning novel, *The Fair Fight*. Activities have included wine, gin, beer and chocolate tasting sessions run by local artisans, Bollywood dancing, yoga and a wide range of crafts.

Fundraising – In our first six years we've raised over £21,000 for local charities. Our members have completed the Three Peaks Challenge, and in 2013 published the hugely popular *Gloucester Road Cookbook*. And yes, we've run cake stalls at local events too.

Campaigning – Every year the WI, at a national level, vote and campaign for a resolution. Past campaigns have championed the relevant, and sometimes taboo, issues of the day: Equal Pay in 1943, HIV/AIDS awareness in 1986. And this year we're tackling micro bead pollution and the stigma of loneliness.

Want to get involved?
Come along to **2019's first meeting on 15**

January. We meet the third Tuesday of every month. Doors open at 7.30pm for 8pm start at St. Andrew's Bowling Club, Derby Road, BS7 9AQ. Membership is £42.00 for the year or you can come as a guest for £5 to try us out.

Follow on social media and visit our website for more information. gloucesterroadwi.org
All women welcome. We look forward to meeting you.



News from the green room Natural Hair Salon

KEVIN.MURPHY – 100% ocean safe – As well as creating fantastic hair products that are kind to your hair, KEVIN.MURPHY are always striving to do more for their clients and the environment. They are pleased to report by the end of 2019, every bit of packaging will be 100% ocean safe, made from recycled ocean plastic.

New Year, New look! – Don't let the January blues get you down, brighten the grey, winter days with a fabulous new colour and style. Need inspiration? The talented team at the Green Room will be only too pleased to advise; book in now!

Happy New Year! Owner Jo and her lovely team would like to thank all of their clients for supporting them throughout 2018 and wish them a wonderful new year! Jo has recovered well from her hip surgery and looks forward to welcoming clients – old and new – to the Green Room this year.

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Something New for the Old Bristol North Baths

The renovation saga of the old Bristol North Baths, a building close to the hearts of many local people, has dragged on for more than a decade, but there is hope that in 2019 this will all come to an end!

The Edwardian, baroque-style building was built in 1915 originally as a swimming pool; it has an interesting history and many locals fondly remember swimming there themselves as a child and then taking their own children.

There were high hopes that this grade 2 listed building would become a medical centre, with the new library just next door. Unfortunately, it was necessary for Bristol City Council (BCC) to terminate its agreement with developer Chatsworth Homes in 2015, following a series of unacceptable delays with the project. In spring 2018, BCC put the building on to the open market with Alder King as property consultants.

At an Open Day in late November 2018, I, with many other local people, viewed the plans of the council's preferred bidder, to transform the space into offices. I caught up with Duncan and Matthew of Gloucester Road based, award winning architects Cryer & Coe, who are working closely with the potential new buyer. They explained that while the buyer would occupy the top floor, it was important all round to also provide small offices for local entrepreneurial start ups. It is well evidenced that creating a 'start-up hub' can be a benefit to the local economy – from creating jobs, to nurturing talent, and of course visiting and using local suppliers and facilities. (For further information on the plans visit www.cryerandcoe.co.uk).

To attract these innovators the 14 ground floor offices will offer incentives such as favourable rents, a small staff gym with showers and café, cycle parking, cycle storage and an attractive and modern light venue to work. And with Gloucester Road on the doorstep and all it has to offer – they anticipate a high interest. Who wouldn't want to work here?

We are aware that many local people feel strongly that this historical space should have retained some community access at the very least; the council's response is that this is fulfilled in the adjoining Bishopston Library. Although this may not be the outcome everyone had hoped for, it will be good to see life breathed back into this building and for the historical space to be filled with people once again.

With 85% of the renovation completed by the previous developers, it is hoped that, with successful planning applications, the Bristol North Baths could be ready to receive the next Richard Branson by summer 2019.



Below images thanks to Cryer & Coe architects



View looking across existing ground floor with uncompleted partitions



View looking across proposed break out area – ground floor



View looking across existing first floor with compartmented consulting rooms



View looking along proposed office corridor – first floor

Article by ALP for Bishopston Matters

News from our Ashley, Bishopston & Redland Councillors

Ashley ward news

We recently attended the launch of the Bristol @ Night advisory panel. This is a new initiative to bring together people who work across the city's night-life scene, aiming to address some of the key challenges it faces. More and more are choosing to live in and around the city centre, and this causes conflict between new residents and established venues. Venues are also in danger of being lost as the buildings they inhabit become attractive prospects for residential or office development. The council wants to ensure that the vitality and diversity of night-time activities can be preserved and supported to flourish in the years ahead.

The council has adopted a new Equality and Inclusion Strategy for 2018–2023, which seeks to drive forward their approach to equalities. The strategy has been adopted alongside the city's first Equality Charter, with a set of related objectives that individuals and organisations are able to sign up to. For more information, or to sign up to the charter, visit bristol.gov.uk/bristolequalitycharter.

At Full Council recently, councillors debated and passed a motion about the issue of period poverty. One in ten girls and young women are unable to afford sanitary products, which can result in bullying, distress and exclusion. Council resolved to work with partners towards the goal of eliminating period poverty in Bristol; to encourage schools to make sanitary products available to those who need them; and encourage employers in the city to do the same. The council will also play its part in making sanitary products available in civic buildings such as libraries and City Hall.

Bristol is now the first city in the UK to declare a Climate Emergency, after Full Council passed a motion to adopt an ambitious target to become carbon-neutral by 2030. This brings forward our previous target by 20 years. The Intergovernmental Panel on Climate Change recently published a report warning that the world has only 12 years to adopt emergency action to prevent global warming greater than 1.5°C. Cities across the world need to lead the change in preventing this disastrous outcome, and we are proud that Bristol is setting the benchmark in good practice on this crucial issue.

Bristol City Council has now been officially accredited as a Living Wage employer. The council now joins more than 220 south west-based employers officially committed to paying the voluntary rate. The Living Wage rate has recently been increased by 25p to £9 due to rising living costs.

Finally, if you ever have an issue you'd like to raise with us in person, please do come to our monthly surgery, which is held on the first Friday of each month, 1.00–2.00pm, in the library within St Pauls Learning Centre (94 Grosvenor Rd, BS2 8XJ).

Please do get in touch

Cllr Mike Davies, Labour Party

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

Bristol Rovers event permission – Readers may have seen in the news that Bristol Rovers have been granted a licence for events at the Memorial Stadium. The permission comes with extensive conditions intended to manage noise, and the number of outdoor events is limited to six a year. The club has promised that they want to be good neighbours and, while Bristol Rovers are a valued part of our community, we will hold them to that promise to avoid disruption in the area.

Planning applications – Recent months have seen some questionable planning applications come forward for new developments in our ward. We will continue to argue against unsuitable developments in the ward, and if there are any applications locally which you're concerned about then please let us know – we'd be happy to help.

Window Wanderland – Window Wanderland returns on 9–11 February. The magical event, now a global phenomenon, started here in Bishopston and it's a great way of bringing light to those cold winter nights. Free Art Workshops will be running at The Aardagh, Horfield Common on Thursdays 6–8.30pm from 10 January to 7 February. Find out more at www.windowwanderland.com.

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

Tom Brook, Labour Party

Cllr.Tom.Brook@bristol.gov.uk

Eleanor Combley, Green Party

Cllr.Eleanor.Combley@bristol.gov.uk

Redland ward news

Sale of the Bristol North Baths building

– Redevelopment of the old Bristol North Baths building is now at the stage of a new planning application. A drop-in session to discuss their plans

locally afforded us the opportunity to discuss their plans for new offices for their company and other local office workspace users. We are hoping there is scope to support community organisations in some way once the company confirms their move will take place. Any profits from sale will be ring-fenced for affordable housing across the city.

Libraries 'engagement' – Fi and Martin are pleased that the council withdrew its proposed library closures for now, but a clear longer-term commitment and a well-worked strategy for libraries is still needed. The council proposes to 'engage' communities on ideas for the future. These discussions are meant to link issues around the future of community buildings and branch libraries – and in this area community activities have to share the one council-run space.

We don't know what background information is being provided, but we stressed that earlier ideas and responses from 2015 and 2017 consultations should be included if the council wants a practical discussion. It's likely that some funds for piloting ideas such as community management of buildings or co-locating facilities and activities could be available from underspent library budget. Planned events were being reviewed as we write, as there was a call for more evening sessions around the city.

Parking – Emergency vehicles were again trapped on the way to a call-out by bad parking. While the administration had promised officer support to look at potential solutions, this has yet to materialise; so Fi and Martin are pressing for some action on this. Matters became complicated by the resignation of the Cabinet member for Transport and her replacement by the Mayor, which caused a delay.

Meanwhile, we are conducting some door-to-door surveys in some of the affected areas. If your road is being affected by poor parking then please let us know and we will come and talk to residents in your street; or, consider joining the local residents' parking group, BOSA www.facebook.com/BOSAtrafficandparking or bishopstonstandrewstpgroup@gmail.com.

Bristol waste – In autumn entire streets had their recycling collections missed, with some waiting for several days before it was been picked up. Over 80 streets were missed one Friday. Clearly this is more than a glitch, so please let us know if this happens to you so that we get a clearer picture of the situation. Please do report missed collections via the council website so the extent of the problem can be logged and to remind the council to provide the service. New collection vehicles are finally going

to be purchased now so this decision should reduce breakdowns and improve the situation in 2019.

Fly tipping and lack of enforcement

– Several people have contacted us about the lack of enforcement from the council over fly tipping, even where residents have clearly identified the offender. We're pushing for increased resources on this, as once again, we feel that residents are doing everything they can but aren't getting the right support from the council, which is disheartening. We have, however, been told that the new 'litter police' are active on Gloucester Road so we are trying to get some feedback on how they have been doing in our area.

Tackling disposable plastics – Martin's petition calling on the council to eliminate single-use disposable plastics from its activities topped 3,500 signatures, securing a debate at Full Council in November. There was unanimous, all-party support for the council to take action. We now look forward to seeing the Mayor's response to the issues raised. Fi had started work as cabinet member to get rid of such plastics in council-owned premises such as parks and museums, but this stalled for the last year. We're therefore hoping that the petition from people across the city will kick start action by the council to play its part in reducing waste.

Bristol announces a Climate Emergency

We're proud of the motion brought by our colleague Cllr Carla Denyer who achieved another unanimous council vote to agree Bristol should declare a 'climate emergency' and take steps to go carbon neutral by 2030, 20 years sooner than was intended. The motion calls for the Mayor to bring a report back within 6 months to show how the council can deliver such a target. Bristol already has plans for ambitious carbon saving initiatives and this strengthens the work. This motion has recently been adopted by the London Assembly and looks set to be adopted in areas as far afield as Manchester and Brighton. The latest international reports give us 12 years to stop dangerous climate change, so we are hoping that Bristol will be a trailblazer to find ways of doing just that.

Please sign up so we can keep in touch!

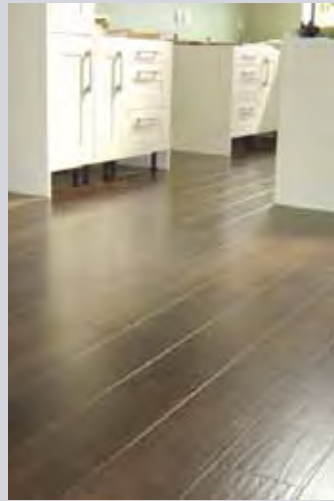
We'd like to keep residents in touch with an occasional newsletter about our work in the ward, no more than 6 per year, but can only do this if you tell us you agree by following this link and registering: <http://eepurl.com/dDKyB1>

Fi Hance, Green Party

Cllr.fi.hance@bristol.gov.uk

Martin Fodor, Green Party

Cllr.martin.fodor@bristol.gov.uk



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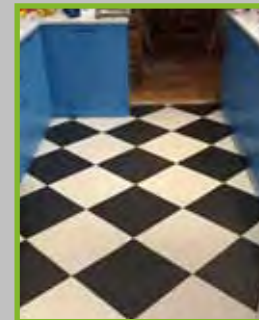


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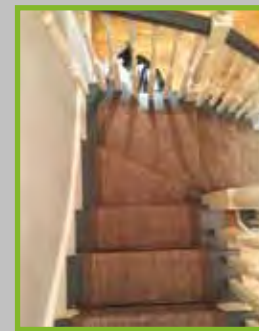
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For free listings contact
kerry@bishopstonmatters.co.uk
For the online 'What's on' diary
of events visit
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Bishopston, Horfield & Ashley Down Local History Society

All meetings are on Tuesday and start at 7.30pm at
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19 February – Three Channels Price – A
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bishopstonhistorysociety.wordpress.com



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January 29 and February 26
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Bishopston expects monthly invasion of Funny Women

On 16 January, national women-in-comedy
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for Time of the Month at Gloucester Road's
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Time of the Month comes in two parts: from
6pm, it's Playtime. This is an opportunity to
experiment, learn new skills and come up
with new material. There will be industry
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Funny Women was formed in 2002 as a
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Planning Portal relaunched!

The Bishopston Society is pleased to announce that our
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The Planning Portal enhances The Bishopston Society's
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Community News/Events...

Lockleaze & Horfield Strollers – This local group walks fortnightly on a Tuesday morning with numbers of around 15. If you would like more information on this or any of the Bristol Walking for Health groups or to complete the short health questionnaire, please call: 0117 914 1129 or visit: www.walkingforhealth.org.uk.

8 Jan, Portishead Panorama – Meet at Bristol Bus Station 9.45am (bus X4 @ 10.00). Walk up and over the hill to Marine Lake and Battery Point for views up and down the Bristol Channel. Then up and over another hill before dropping down to the Marina. Leader: Julienne.

22 Jan, Horfield to Cheswick Village – Meet at Horfield Leisure Centre 10.00am. Walk down Wessex Ave to Concorde Way, passing the community orchard to Lockleaze and on to Cheswick Village for coffee. Leader: Sheila.

5 Feb, Walled City Walk – Meet at Neptune Statue, City Centre 10.00am. Walk to Bristol Bridge and then follow the route of the old city boundary. This will be a stop and start walk as there is a lot of history along the way. Leader: John.

19 Feb, Old Market Quarter – Meet at Horsefair, back of Primark (opp Marks & Spencer) 10.00am. Walk through Cabot Circus, then cross over to St Matthias Park before taking a tour through the centuries in this old market area of Bristol. Leader: Joan.

The BCCS Choral Society is a small and friendly choir who meet weekly at the Bristol Cathedral Choir School on Wednesday evenings. We sing material spanning the core choral repertoire for the spring concert as well as traditional songs and contemporary arrangements in the summer and carols in Advent. The new term starts on Wednesday 9 January 2019 and they're singing Handel's Messiah in March. If you'd like to find out more, please contact Christina May on maylearner@outlook.com or 07454002877. Do join them.

Friends of Redland Library are hosting another Desert Island Books event on Thursday 10 January, at Redland Library at 7pm, with doors opening at 6.45pm. Admission is £3 (pay at the door).

In Desert Island Books, a panel of interesting people select one book on the main theme for the event; and a second 'wildcard book', being a book that they have enjoyed and would recommend to others.

The theme for this event is 'Books & the Cinema' and our panel comprises: Owen Franklin (Founder/Director, Bristol Film Festival), Tara Judah (Film critic, Cinema producer Watershed, Trustee of

Clevedon's Curzon Cinema & Arts), Professor Sarah Street (Professor of Film, University of Bristol) and Cllr Estella Tincknell (Associate Professor in Film & Culture UWE and former Cabinet Member for Culture, Bristol City Council).

Full details of this and future events can be found on our website <https://FriendsOfRedlandLibrary.org.uk>



bcrp.org.uk
**Bishopston Cotham and Redland
Community Partnership Forum**

Monday 11 February 2019, 7–9pm, at Redland Green Bowls Club, Redland Court Rd, BS6 7HE

BCR CP are inviting groups and individuals to submit suggestions for projects to be supported by the CIL funding available for our area.

CIL is Community Infrastructure Levy, a financial contribution made by developers for infrastructure to support local development. The consultation process will run until April when the councillors will agree on which projects they would like to select from the list. We will also be consulting on the local priorities for the area, which will then be part of the criteria that will inform the choice of projects.

So, get your thinking caps on. And come to the meeting bringing your suggestions for infrastructure projects and priority issues for our area.

The community consultation on last year's CIL allocation was not effective and we have made suggestions for improvements in the process this year. We are intending to be more proactive in the process of consultation, selection and review of the projects to be considered by the area committee. We have very limited funds in our area because of the lack of new building space so it is important that the funding is allocated effectively. We need your support to do this, and we aim to achieve support for the preferred projects.

Following feedback at the last meeting, we will also be asking community groups to give their updates at the beginning of the meeting.

To get in touch, email us at info@bcrp.org.uk or see the website bcrp.org.uk

Bishopston-based theatre company present TangleTree

JDJB Productions is a Bishopston-based professional theatre company who have been running for many years providing innovative theatre.

Their ethos is to utilise a Bristol skillset: Bristol-based actors, theatre makers, technicians and crew... But most of all – local stories!

TLBB Productions has its roots in creating 'The Little Black Box Theatre Company', a theatre based in Clifton for many years, before they moved onto other locally based community projects.

The two companies have come together to research and write their play 'TangleTree'. It is based on stories of people who have survived through brain injury. About themselves, and also their loved ones, and families and friends. A Tale of Triumph, Despair,

Hope and Love.

Supporting Headway Bristol.

TangleTree will be performing at:

The Alma Theatre and Tavern, Bristol on 17, 18 and 19 January. All performances at 8pm.

The Mission Theatre, Bath on 1 and 2 February. All performances at 7.30pm.



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Index of Local Advertisers

Accounts / Book-keeping		Fostering		Carter Decorating	70
Tax Assist	44	Capstone Fostering	5	Taylor Carr Painting & Decorating Services	66
Aerials		Garden Design/Maintenance		Pets	
Dan Grace Aerials	48,71	All Gardens	12	Animal Health Centre (Vets)	52
MD Aerials	68	Alpine Landscaping	56	Rosie Posie Pet Pop-ins	20
Architects		Bristol Landscaping Services	19	Roxford's Pet Shop	53
Fit Architects	69	Catherine Dixon (Organic)	69	Pilates	
Barbers		Collins Tree Services	70	Pilathaze – <i>Pilates with Dr Hazel Walkin</i>	29
Designers	49	Secret Garden	45	Tom Ashford Pilates	22
Buddhist Centre		Tabitha Tarling Garden Designer	21	True Balance Pilates	33
Sakya	24	Wild About Gardens	64	Plants (House)	
Building Maintenance/Construction		Glazing & Doors		Wildleaf	47
Bristol Building Company	70	1st Aztec Ltd	66	Plasterer	
Denise Howard Brickwork	70	Price Glass	72	A&P Plastering	68
Expand Building	73	Red Dog Glass Design – <i>bespoke glass panels</i>	9	McCall Plastering	64
Haldor	70	Gloucester Road Improvement District		Plumber	
Homefix	66	GRBID	42,43	JPK Plumbing	66
Mr Builders Bristol	63	Hair & Beauty		Low Cost Plumbing	71
Pear Tree Building	71	Icon Beauty	27	Matt Pederick	66
Prime Properties	73	Nuala Morey Hair & Beauty	51	Roost Plumbing & Heating	68
Renovate	65	The Green Room – Hair	57	Printing Services/Ink	
Carpentry/Bespoke Items		Health, Diet, Fitness & Sport		Xpress Printing	3
BS7 Building & Carpentry	68	BS7 Gym	2	Property Services	
Carpets/Flooring		Clifton College Sports Centre	26	HAL Maintenance (<i>previously Prime</i>)	79
Lee's Carpets	62	Horfield Leisure Centre	32,33	Homefix	66
Natural Born Flooring	67	Trainhairs	24	Jamie Eriksson	68
Cars		Heating – Gas/Elec		Paull Property Services	65
Brookfield Garage	77	All Works Plumbing & Heating	73	Restaurants/Cafes/Pubs/Takeaways	
CC Garage	12	Roost Plumbing & Heating	68	Alchemy 198	47
G.H Motor Services	40	Home Interior Shops/Services		The Royal Oak	6
Windsor Road Garage	53	Bathroom Installation – <i>All Works</i>	73	Roofing	
Childcare		Kindle Stoves	36	Rooftech	66
Archfield House Nursery	4	Marialina Fabric & Soft Furnishings	48	The Roofing Company	71
Little Foxes Forest School	17	Nola Interiors	49	Roller Shutter Doors	
St Bon's Early Years Pre School	5	Red Dog Glass Design – <i>bespoke glass panels</i>	9	Garolla	63
Cleaning Services		Homestay Accommodation required		Sash windows	
Sparkling Clean Bristol	57	English Language Centre	11	Carpenter John Clements	69
Complementary/Holistic		House Clearance		Schooling/Tuition/Courses	
Jane Hird Bowen	29	Emmaus Bristol Charity	18	Bristol Grammar School	7
Remedial and Sports Massage Therapist – Keon Williams	22	Jewellery		Bristol Steiner School	38,39
The Parker Clinic (chiropractic)	22	Catherine Amesbury – Artemis Shop	48	Chemistry tuition	17
Computers		Kemps	50	Clifton High School	10,11
I love my PC	39	Kitchen Installation / Refurbishment		Sleep Therapy	
Xpress Computers	3	Dream Doors	17	Sleep Therapy with Christabel Majendie	33
Dental Care		Library events		Slimming Clubs	
Horfield Dental Care	1,34,35	Bristol Library events	37	Slimming World	30
Editorial Services – Rebecca Ramsden	19	Mobility Solutions		Solicitors	
Electricians/Electrical Shops		Brookfield Mobility Solutions	15	Henriques Griffith	58
Leroy Charnick Electrical Services	70	Music – Tuition/Performance services		Self Storage	
Matt Pederick	66	Graham Sothcott – Guitar/Ukulele	17	Stashed Away	44,63
Redland Electrical Services	69	Optometrists		Swimming	
Flowers		Lunar Optical	25	Bristol North Swimming Club	23
The Flower Shop	50	Lynne Fernandes	31	Transport	
Food & Drink stores		Painting & Decorating Services/Shop		First Bus Group Bristol	80
Grape & Grind	46	Advanced Decorators	71	Vets	
Scrumptiously Sweet	55	Alan Anstey	68	Animal Health Centre	52
Foot Health Practitioner		AM & Jill Decorators	69	Yoga	
Treat Your Feet	22			YogaWest	1

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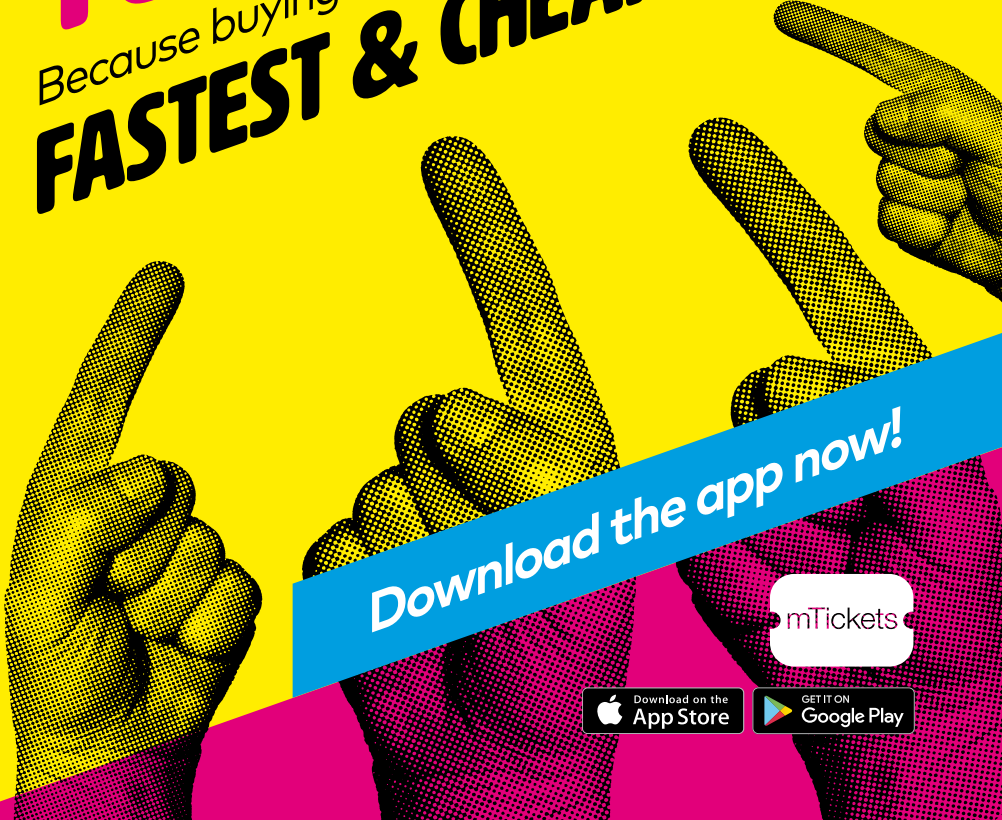
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