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issue 129, Jul/Aug 2019



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Dear Readers...

As I write this, I am very much hoping the rain is going to stop - ever! But particularly in time for the special performance of Jane Austen's *Sense and Sensibility* at the end of June, in St Andrews Park. Look out for the review in the next issue.

Bishopston Matters is once again happy to be sponsoring the fun dog show, taking place on Saturday 20 July on Horfield Common. I love seeing all the gorgeous pooches in different shapes and sizes that take part, I hope to see many of you there.

While on the subject of Horfield Common, we must say a huge congratulations to the Ardagh Community Trust for finally securing a Community Asset Transfer for the Ardagh site; do read more inside.

Many local roads come together to throw a street party each year. On the centre

pages we share in the joy of Berkeley Road's first such event. I hope this article may inspire more local people to get together with their neighbours and organise a party like this.

The Bishopston Society ran a series of events to celebrate Clean Air Day on Thursday 20 June. Read more inside.

Looking ahead to September, we bring you news of the ever-popular Party in the Park, held on the Golden Hill Sports Ground. Bishopston Matters is pleased to sponsor the Horsey Hopper races again this year.

Well, the next time I write to you I will have hit the 40 milestone! This will definitely be celebrated with plenty of cake from Joe's Bakery and a meal (or two!) on Gloucester Road.

I wish you all a fabulous summer! *Kerry X*

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk Bishopston Matters
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News from St Bon's



Celebrating STEM week – At St Bonaventure's, we recently celebrated the UN's World Environment Day during Science, Technology Engineering and

Maths (STEM) week. On the Wednesday, each year group was given a challenge to use their STEM skills to investigate how we can help look after our Common Home.

We had Reception looking at mini beasts ready to build a mini beast hotel and Year 1 surveying the school grounds to find which plant species we have. Year 2 have been surveying for habitats for different animals. Year 3 found out about which species are in danger of extinction and came up with some recommendations for what we can do to help. Year 4 have been investigating the effect of single-use plastic ocean waste on sea turtles, while Year 5 have made videos about the problems micro plastics cause to food chains. Year 6 roamed the school to places they aren't normally allowed, using microbes to measure which appliances use the most electrical energy in our school.



Running for HOPE – Ralph Davis, a Year 6 teacher at St Bonaventure's Primary School, completed a 93K ultra marathon with six friends on 15–16 June. The epic run took place along Cotswold Way, to raise money for HOPE International Development Agency. In early May Mr Davis encouraged the pupils at the school to mirror his 90 km efforts by running the same distance collectively by class or year group for younger pupils. The children rose to the challenge and raised an incredible £7,700!

He shared, "I showed the pupils a film about HOPE International's work in Ethiopia so that they could understand and visualise what life without access to clean water looks like", said Ralph. "So many kids left highly motivated to make a difference by raising at least £10 each to buy a metre of pipeline to deliver clean water to the Zala Dola village. We were amazed watching the donations and support come in, setting a new school record for charitable fundraising."

One student who ran 3 km to raise money for clean water from sponsors was Lucas. "I wanted to



really help after seeing the film because I can turn on the tap at any time and drink clean, fresh water. Everyone should be able to do that!", he reported.



Since hearing the news that a school in England raised funds so that their community might have clean water, the two schools and village leaders in Zala Dola gathered with HOPE staff to send a video message of thanks back to the pupils St Bonaventure's. "We are all so happy and thankful that we can get clean water in this community, so thank you very much," shared the School Director, Kanjera Kanko.

All funds will go to HOPE International's next water project in rural Ethiopia, bringing clean water to a community so that long, daily walks for water are no longer needed to access one of life's necessities. Clean water will bring improved health and time for education. Clean water will change the lives of women and children in the community.

If you would also like to contribute to this project, you can donate online at www.give.net/RunforH2O2019. www.hope-international.org.uk.

Summer fair – Despite the weather, the St Bon's community enjoyed a wonderful summer fair on Saturday 15 June, kindly sponsored by Andrews Estate Agents. The weather was dry enough for us to be treated to a fabulous falconry display by John Dowling Falconry – a first at our summer fair.

The children were able to play games, buy ice creams, bounce on the bouncy castle and generally have a wonderful time. We even had a St Bon's bake off with prizes donated and signed by Briony Williams of Bake Off fame. Thank you to everyone who attended and worked so hard to make the event a success!



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Join the Red Dragons Martial Arts School this summer

At Red Dragons Martial Arts we deliver a fun and friendly brand of martial arts. We are focused on developing the character of our youngsters with our *Champions for Life* skills program, which focuses on positive characteristics such as, leadership, respect and effort.

Having relaunched in September 2018, we have been delighted with the response to our classes. We have held our third grading session and we are so impressed with the effort and dedication shown by everyone.

We have a variety of different programmes suitable for all ages. Our **Preschool Tiny Titans**

is ideal for children aged 2–4. This martial arts activity class focuses on developing fitness, focus, self-confidence and listening.

Our **Tiny Titans** class is for children aged 3–6 and gives our youngsters a good grounding in the basics of martial arts while developing positive attributes with our *Champions for Life* programme. These youngsters all go through grading and it is



absolutely incredible to see the effort and focus of these children.

The **Junior programme** is a fantastic way to further develop the children's martial arts skills. We also seek to develop positive habits within our youngsters with the *Champions for Life* programme.

Our **Adult classes** are perfect for total novices who want to get fit doing something different and fun in a friendly and fun environment.

Our **Ladies only programme** is an absolutely awesome class. These ladies are all really friendly and supportive of one another. It is an ideal way to develop strength and muscle tone.

We are currently **taking in new members**. Martial arts training is

perfect for developing self-discipline, focus, listening skills and motivation. It is also a fun way to get fit, improve your strength and muscle tone.

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News from Ashley Down Green Cake and 'Bring & Buy Sale' on 6 July.

Ashley Down Green is a small park just off Ashley Down Road behind the Muller House apartments, and above the Ashley Down allotments, accessible on foot from Stoney Lane and Dirac Road (no parking). It has great views to the North and East of Bristol, and a small active Friends Group that was been successful in campaigning for a lovely play area, and getting notice boards installed. Our Friends Group continues to work with Bristol Parks Department to maintain the Green, ensuring some areas of grass are allowed to grow so that wildflowers can flourish and seed at different times of year, and planting bulbs and flowers for spring and autumn colour. We would like to plant more trees to allow shade for people to sit under and give shade to a corner of the play area but, as an unfunded Friends Group, we need to raise £300 per tree to do this (for the costs of maintenance by the Parks Department while the trees establish).

On Saturday 6 July, 11am – 1pm, we will be holding a Cake Sale and 'Bring and Buy Sale' on the Green, to raise funds for tree-planting. We'd love to see you there! **The following Monday 8 July at 7pm we will be holding our Annual General Meeting upstairs** at the Lazy Dog pub on Ashley Road, so do come and find out more about the



Friends Group and bring your ideas for future activities on the Green. Thanks as always to the Lazy Dog for hosting our meetings, but if there is any community venue out there that can offer a free, more accessible meeting point – we'd love to hear from you!

Nicola Harwin, Friends of Ashley Down Green.

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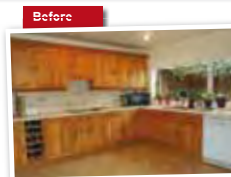
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"My son's confidence has grown hugely since attending Little Foxes! He's made good friendships and learnt so much in your wonderful environment. Thank you." Nikki, Little Foxes Mum.

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Fun Dog Show, Sat 20 July 2019
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News from the Friends of Horfield Common

Our annual Fun Dog Show & Fundraiser – will be taking place on Saturday 20 July 2019, 10am–1pm on the common outside the café. Please come along and join us for this great event which is always fun and the funding raised help us to deliver a wide range of projects throughout the year.

Each class will cost £1 to enter, and classes will include – best rescue dog, best puppy, best fancy dress, dog that looks most like its owner, fastest bonio-eater and more! The dog show has been fantastic fun over the last few years and we are looking forward to another lovely event this year. Thank you very much to Bishopston Matters for supporting it by sponsoring the prizes again this year.

Junior Parkrun – It was great to welcome Junior Parkrun ambassadors to our recent committee meeting, and to hear from them how they can support a team of volunteers to set up Junior Parkrun on Horfield Common. We are continuing to fundraise for the kit required (which includes bar code scanners, defibrillator etc). We have now raised £2,000 and are continuing to work on grant funding applications to secure the final funding. If there are any local residents or businesses who haven't donated yet but would like to – we'd be very pleased to hear from you via our website www.friendsofhorfieldcommon.com. Special thanks goes to brilliant local Dad, Robbie Fox, who raised £830 from sponsorship of running the Bristol 10K.

Horfield Common Park Users Survey

We will be launching a new survey for park users in July which we will then use to inform our work and priorities for the next decade. We are working on the detail of the survey, and hope that as many people as possible will participate to ensure that it is as representative of the widest range of park users and

local residents possible. The survey will be hosted on the website and we'll be promoting this widely locally as well as having volunteers on the common itself chatting to park users through the summer. We have now achieved all of the main aims set out by the group in 2010 – saving Wellington Hill Playing Field from development and having the football posts reinstated, achieving a sustainable future for the Ardagh, ensuring that it is retained as a publicly accessible asset for all local people to use and benefit from, improving management of the common to increase wildlife and biodiversity, ensuring that the common is treated as one large public space rather than a series of small areas divided by arbitrary administrative boundaries, improving tree planting and replacing trees and improving play facilities and paths to enable access for all. We are really keen to hear from local people and to ensure that the group remains as representative as possible of local people's views and concerns. Please do participate and please do consider joining FoHC and getting involved in plans for the next 10 years!

As always – please do keep in touch

via www.friendsofhorfieldcommon.com, follow us on **Twitter @FOHC_Bristol** or join us on **Facebook 'Friends of Horfield Common'**.



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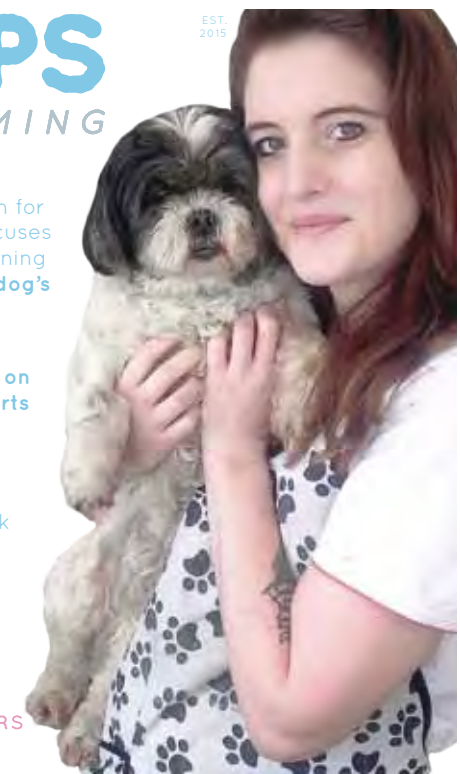
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If you prefer a more classic, timeless look our collection of this season's 'must-have' sunglasses also features all-time favourites that never go out of fashion such as Ray-Ban's wayfarer and aviator styles. Other eyewear brands include Maui Jim, Cocoa Mint, Land Rover and Oakley.

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La Fiorentina Cafe & Restaurant

La Fiorentina is delighted to be celebrating its first year on Gloucester Road. I arrived to meet with owner Fabio when they opened at 11am, to find that – before he had even had time to get the table and chairs out the front – a customer had asked for one of their generous, take-away ciabatta sandwiches, so he was busy making the delicious parcel up.

Waiting for a less busy time to chat with Fabio, I sat in the beautifully planted-up, terrace section outside, enjoying the morning sun, Gloucester Road location and reviving coffee (La Fiorentina has their own delightful blend).

Chatting with Fabio it was interesting to learn that he had lived and worked in many European countries, in his former professional life; it was however Bristol where he grew up and felt compelled to return to. Taking inspiration from his travels, setting up La Fiorentina – a place for people to come and enjoy great, fresh food at a good price – was his dream. It is extremely hard-work but, “seeing people happy makes me happy” Fabio shared. Their own pasta, pizza dough,

lasagne and Tiramisu is made fresh, daily at the restaurant. With the Italian family ethos at its heart, everyone is welcome to come and enjoy fabulous food that won't break the bank. There is free ice-cream and fruit for kids

Found a little gem
First time we have dined here. Wanted a pizza place reasonably priced and a bit 'funky' for children... this is ideal. Good friendly service, the food was so fresh and of outstanding quality (they should charge more) and a great atmosphere. Will definitely return asap!

and one young boy recently enjoyed making his own pizza as part of his party. Wherever possible products are sourced locally with meat from Murray's, fruit and veg from their neighbours Gardeners Patch

and even the wood for their pizza oven comes from St Werburgh's. The restaurant is delighted to hold a five-star hygiene rating.

The venue is open 7 days a week for brunch (you can get a cracking full English), coffee, lunch and dinner. It is a BYO restaurant (no corkage fee) but they do have beer on draft, as well as a selection of lovely Italian wines that you can purchase for just £10! You are advised to book in advance in the evening to avoid disappointment.

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We have a whole new floor!

The last few months has been a hive of activity at Icon Beauty. Along with welcoming new staff to the team, we have also been working behind the scenes on a complete renovation and redesign of the top floor. We still can't quite believe it, but our beautiful new light and airy treatment rooms are now open and mark the start of a brand-new phase for us.

Spread over a whole new floor, the rooms are super spacious with a wonderful spa-like feel to them. They are a haven of peace from the hustle and bustle of Gloucester Road, and a special place where you will be able to enjoy a variety of Massage, Reflexology and advanced, award winning CACI treatments.

It has always been our vision to create a luxurious environment where you can escape the stresses of everyday life and from first opening our doors in 2009, we are now one of the largest beauty salons in Bristol and proud to have built a team of highly experienced therapists.



We could not have done this without the incredible support we receive from our clients and fellow businesses on Gloucester Road. Thank you everyone and we look forward to seeing you soon. *(Remember if you are a local trader you will receive a 10% discount on all treatments).*

The Icon Beauty Team

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Complementary Therapies

The desire to include in-house Complementary Therapies played a big part in our expansion plans. For the last

year, clients have been able to enjoy specialised and traditional massages, including Pregnancy, Sports and Deep Tissue Massage, and we are now delighted to be able to offer Reflexology for the first time.

Introducing Fiona Reed Reflexology

We are extremely lucky to have Fiona Reed on-board, who is not only highly experienced but also amazingly friendly and approachable. Fiona has been a fully qualified Reflexologist since 1998 and treats clients for a wide range of health conditions. Her specialism lies in Women's Health, Fertility, and Pregnancy Reflexology, but she also offers more general relaxation, rebalancing and restorative Reflexology treatments. Fiona is based on the top floor of Icon Beauty in one of our brand-new, double sized, therapy rooms and you can find a full list of Reflexology treatments on our website.

Treatment Rooms to Rent

As part of our redevelopment, we currently have stunning treatment rooms to rent, on either a full or part time basis.

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Great News from the Ardagh Community Trust



Architects Impressions of the new Community Hub and Cafe which will regenerate the west-end of the Ardagh Pavilion.



Ardagh Community Trust secures Community Asset Transfer for the Ardagh site – hooray!

We are delighted to confirm that we have now reached an agreement with Bristol City Council for a Community Asset Transfer (CAT) lease for the Ardagh site, which means that 10 years after it was threatened with disposal for development, its future has now been secured! It has been an extremely lengthy process and this outcome means that we can go ahead with plans to regenerate the site, enabling use year-round.

"After years of negotiations we are delighted that we have succeeded in getting a lease which will allow us to make the Ardagh into a vibrant, inclusive, community led centre in the years to come. We welcome everyone to get involved by using the Centre or by volunteering to help us with our work."

Steve Strong, Chair - Ardagh Community Trust

The resident bowling club withdrew from the process, with its members voting to remain a private club rather than becoming part of a community facility. This does mean some compromises for future regeneration of the pavilion building, as some areas are now excluded from plans, but all publicly accessible areas of site will now begin to be transformed and made fully accessible.

The first significant project we will be undertaking, funded through Power To Change and commencing this summer, is the creation of a new community hub, with fully accessible public toilet facilities.

Friends of Horfield Common (FoHC) volunteers will also begin a major project to regenerate the formal public Ardagh gardens.



The Gardening Group meets at the Ardagh on the **first Friday of every month** to work on a range of projects, including this one. If you would like to get involved, please come along and join them – no previous gardening experience necessary – they are a friendly group and you will be welcomed!

We are currently waiting for the date when ACT will officially take over management of the site and expect this to be in late June 2019. We'll shortly be doing a call out for local volunteers who would be happy to help out with early morning and late evening opening so that we can keep the facilities open for as long as possible during the summer months. If anyone would be happy to be part of a rota of local residents opening and locking the main gates and the public toilets, please get in touch via hello@theardagh.com or pop into the café and leave your details.

Thank you to everyone who has supported Project Ardagh since its inception and to everyone who continues to support ACT and FoHC's work to retain and improve the facilities on Horfield Common for the benefit of all. We're sending out a cheery high-5 to all and look forward to continuing to work with you all on the next stage of the journey.

ACT is a charity which receives no revenue funding. The charity has to generate the income that it will spend on keeping the facilities open, and improving them for the benefit of all. Please do keep on using and enjoying the Café on the Common; as well as providing employment and work experience opportunities, all surplus made by the Café is reinvested in improving the facilities at the Ardagh

As the local councillor, it has been a joy for me to see the strong, inclusive community growing up around Horfield Common and the Ardagh. Everyone from dog-walkers to wildlife gardeners, and from toddlers at the play park to residents from the nursing home has found a place to come together. I want to thank the tireless volunteers who have made this happen, and those within the council who have helped me to champion this project. I can't wait to see what happens in the next phase.

Eleanor Combley, Bishopston Councillor

for the benefit of all. You can help us promote the Café by leaving us a review, sharing content on social media and spreading the word to your friends, family and wider networks. Thank you!

Friends Ageing Better Café at the Café on the Common –

We are thrilled to be working with our friends at 'Bristol Ageing Better' on the 'Friends Ageing Better (FAB)' project. FAB is a community of older people who share what is happening in the city while building relationships with like-minded people who live locally. If you are over 50, you can become a member of FAB – it's free and you will be joining a community of older people in Bristol. You will be invited to local events, including catch-up cafés, be eligible for discounts from businesses and get invites to special events. FAB volunteers run 'FAB Cafés' near them regularly, creating a welcoming space for everyone who joins.

FAB at the Café on the Common launched successfully at the start of June. Lots of people who had not been to the Ardagh or to the Café on the Common previously, came along and all enjoyed it. The group meets weekly on **Tuesdays, 10.30am-12pm**. It's brilliant to be part of this citywide network focused on improving well-being. The FAB Café sessions at the Café on the Common are open to people of all ages and interests, although they focus primarily on activities suitable and of interest to 50+.

Keep up to date via: www.theardagh.com, follow ACT on Twitter: @TheArdagh and join us on Facebook: The Ardagh.

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Repair Cafe – one of the wide range of projects local volunteers are working on at the Ardagh.



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or ring 0117 952 7100 to book an Open Morning appointment



“ The sheer quantity of opportunities FHS provided to progress & improve our passions and interests is unbelievable. - Alex (student) ”

www.fairfield.bristol.sch.uk



Fairfield High has got talent!



Michele Curtis meeting students at her former school, FHS

A Cool School!

Fairfield High School (FHS) is thrilled that at least four former students – a model, an artist, a political activist and an actor – feature in the recent Cool Bristol 2019 list.

At 22, Ikram Abdi Omar is blazing a trail for Muslim women as the first model to wear a hijab at London and Paris fashion shows; she is tipped to become a supermodel. Michele Curtis' murals highlighting the Seven Saints of St Paul's have gone a long way towards raising the profile of some community heroes. Marley Bennett is the chair of Bristol Young Labour and hopes to forge a career in politics. Jacob Anderson, aka Raleigh Ritchie is a film, TV and theatre actor, singer-songwriter, rapper and record producer, and has starred in Broadchurch and most notably Game of Thrones.

Together they reflect the diversity that is a strength of their former school, FHS and of Bristol as a whole. FHS is so proud of the many cultures and ethnicities represented, where more than 30 languages are spoken. The school values each individual and encourages everyone to develop an inclusive and ethical outlook and an understanding of social justice.

Nick Lewis, Principal of FHS comments: "In the 21st century, it is crucial that young people enjoy learning and gain the skills, knowledge and values they need to become positive citizens of Bristol, Britain and the world. It's our job to equip them with all these qualities as well as qualifications. We are therefore extremely proud to see so many go on to achieve their dreams in a wide variety of fields."

Student's Powerful Poem wins Creative Writing Comp

Deborah Omolegan-Obe from FHS has been announced by First Story and VINTAGE as the school's winner in its creative writing competition. Chosen from hundreds of entries, Deborah's poem stood out from the rest, with her work being

commended as 'an excellent example of creativity, invention and originality'.

Year 10 student Deborah has always shown promise with her creative writing skills and has enjoyed being a part of the First Story programme throughout the academic year. First Story, which has strong historical ties with FHS, 'brings talented, professional writers into secondary schools serving low-income communities to work with teachers and students to foster creativity and communication skills'.

DEBORAH OMLEGAN-OBE FAIRFIELD HIGH SCHOOL

'Parents'

Sixteen leaves, one for every year, dance up my arm angrily. The group stretching session has begun and I can't help but jealously observe them. Each limb extends out in a swift, neat movement. Faces moulded into fixed expressions by coaches. But even their harsh instructions can't hide the ever-present gleam in their hopeful eyes. Eyes that hunger for the opportunity only I can present. Those eyes hunger for fatal fame. My job, my status. Elite dance moves, social power, swift silent leaps and thunderous, violent applauses. I envy their fire, passion. I didn't choose this perfect life.



A modest Deborah (pictured above) shares the inspiration behind her poem:

"It's all about a person who has been pushed into this lifestyle that they didn't choose, but everyone else thinks it's where they should be. It's about the education system telling people they should get certain grades in their exams but this can get overwhelming... I wanted to get across the message that people should be given space and creativity to make themselves happy.

"I'm very proud to have been selected as the winner, I can't believe it! My family have been very supportive and are really happy for me and I hope to carry on writing and become an author when I'm older."

Deborah's story has been put on the First Story website and printed on postcards, designed by an artist. Deborah received a prize donated by VINTAGE of two novels as well as her story printed on the postcard and a selection of winners from other schools.

FHS is extremely proud of Deborah and her efforts, and wishes her every success with future ventures.

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Golden Hill Thunder team – came 3rd in the tournament



Golden Hill's Alice Granville George – playing sweep shot

Golden Hill Girls Cricket Festival!

On Sunday 9 June Golden Hill Girls/Bristol YMCA hosted their Cricket Festival, which included the official English Cricket Board Lady Taversers' U11s Girls' tournament and the Cricket World Cup Community Day. Twenty teams from Gloucestershire travelled to Golden Hill to join in the fun. It was a real showcase of girls' cricket with 160 girls displaying their cricket skills. This year we changed the format and introduced the 'Golden Hill Cup' for teams who did not progress to the final stages of the Lady Taversers' competition, so that everyone was involved to the end of the day. We also involved Golden Hill's U9s with games against Marshfield's U9s.

This is the second year Golden Hill have hosted this event and we are delighted that it has doubled in size from 2018. It was great to see new teams such as Winterbourne and Tetbury entering the festival for the first time. Golden Hill entered five teams, which shows how girls' cricket is growing in this region. However, we still need more cricket clubs to take up the challenge and give girls a chance to enjoy the game!

This was also a World Cup Community Day and locals came along and joined in with games and activities. India were taking on current World Cup Holders Australia on that day, so the children got in to the spirit and had their faces painted to support their teams. Flags from both countries were flying high; Indian and Australian food was on offer and the game shown live in the club house. During the lunch break our overseas player provided a 'masterclass' on the art of batting, which everyone enjoyed.

Unfortunately, just before the semi-finals took place the skies darkened and rain fell, meaning that play for the day had to be cancelled. The winners were confirmed (based on run rates) and everyone crowded into the clubhouse for the presentations.

The winner of the Lady Taversers' U11 for the second-year running was Stoke Bishop with Bristol as runners up and Golden Hill Girls a respectable 3rd place. The Golden Hill Cup was won by Cam

with Marshfield as runners up. The coaches from each team then chose their player of the day and each winner received a Kwik cricket set. Following the event we had an email from a parent who simply said – "It was brilliant and our daughter absolutely loved it! She's gone to bed with her new blue bat and can't wait to do more practice!" This is what is girls' cricket is all about – giving girls an opportunity and letting them flourish!

We would like to thank K P Badges and Trophies for their kind sponsorship of the trophies and Gloucestershire Country Cricket Club for the raffle prize and player of the day awards.

For more information on joining the Girls cricket at Golden Hill, please visit – www.goldenhillsports.com.

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News from the green room

Natural Hair Salon

Stunning summer shades –

Fresh back from their courses with @notanotheracademy, senior stylists Paul and Karen have both been enjoying producing some amazing colour work. Ask in salon for their new rose toner that created the beautiful peach/pink colour pictured left.

Illustrated below is some gorgeous, soft, subtle baylage colouring by senior stylist Paul. Client Natasha was delighted with her stunning hair, just in time for her prom!

Baylage is a French word that means sweeping; applied to hairdressing, it is a skilled, freehand colouring technique that enables natural blend and less-noticeable re-growth. If you would like a natural, sun-kissed look, do book in with the talented Green Room team soon!

The Green Room, 15 The Promenade, Gloucester Rd, BS7 8AL

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Summer Beauty on the Prom

To celebrate the arrival of the good weather and holiday season, Urban Beauty is offering a fantastic offer on summer essential treatments.

Book two or more from the list below and receive 20% off!*

Summer Offer! To qualify for the offer, select from the following:

- Full leg wax • Brazilian/Hollywood wax • LVL lash lift • Shellac manicure
- The real treat pedicure • Invigorating full body massage
- Comfort zone 60 minute facial.

*The Summer offer is available on the above treatments throughout July 2019 and is not valid with any other discount.

Urban Beauty is set within Illusions Hair Salon on the Prom, Gloucester Road and owned by the lovely Becky Summers. With over 15 years in the beauty industry, working in professional salons both in Bristol and Australia, Becky has built a loyal following of clients. The opportunity to have her own beauty rooms on the popular Gloucester Road, an area she loves and knows well, was too good to be missed and she is excited to now be her own boss.

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

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

Instagram [Urban_beautybristol](#) • Facebook [Urban Beauty Treatment Room](#)



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Summer Offer!

Book two or more of the listed Summer essential treatments and **receive 20% off!**

- Full leg wax • Brazilian/Hollywood wax
- LVL lash lift • Shellac manicure
- The real treat pedicure
- Invigorating full body massage
- Comfort zone 60 minute facial.



Urban Beauty, based within Illusions Hairdressers, 22 Gloucester Rd, BS7 8AE.

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

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

*Valid until 31/07/19. Not valid with any other discount.



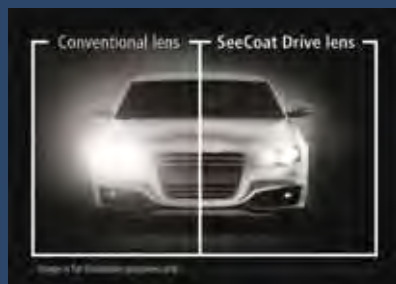
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Award Winning Beauty with Nuala

Bristol Life Awards – Winner!

Our Glos Road Central hair salon was delighted to win the Hair & Beauty category of the Bristol Life Awards. The judges said, “With a clear ethical ethos, Nuala Morey is a bold and compelling model for hair and beauty establishments everywhere. This salon is going places!”

Commenting on this fantastic result, Nuala told us, “Winning the Bristol Life Awards was completely unexpected but I was so proud. I have worked so hard for so long and to have my work recognised was amazing.”

Creative stylist wanted

If you are interested in working in this award winning salon, they are currently looking to recruit a new full or part-time stylist.

New receptionist

Nuala is pleased to introduce their new receptionist Beth (pictured right) to their happy team. Beth looks forward to meeting you all.

Supporting the Jessie May Foundation –

In May, Nuala donned her running shoes and took part in the Bristol 10K to raise funds for the Jessie May Foundation. Their fundraising for this Bristol-based charity, which provides hospice at home care for terminally ill children in Bristol and

surrounding areas, continues. With every donation a member of the public makes via their website or in the salon itself, Nuala will donate an additional fifty pence, so please do dig deep.

Curly hair specialists –

Nuala is a curly hair specialist. You can trust the salon to keep your curls looking healthy, frizz-free and full of bounce.

Advising the stars!

On a recent trip to London, Nuala met Sinnita – famous singer and X-factor host – and is now pleased to be offering the star advice on her curly hair.

Aveda salon –

As the Bristol Life Awards highlighted, Nuala is dedicated to running an ethical salon. The Aveda hair product range they have selected does not only create fantastic results on all types of hair but is cruelty-free to animals, contains naturally derived ingredients and is created by wind-powered manufacturers.

Nuala Morey Hair & Beauty

178 Gloucester Road,
Bishopston, BS7 8NU

Tel: 0117 924 0940
nualahairdressing.com



Nuala, pleased to be advising
Sinnita on her curly hair



New receptionist Beth





News from the Goldenhill Community Garden

Come join us for summer in the garden! It's a great time to get involved as the raised beds are full of veg and flowers, the polytunnels are bursting with tomatoes, tomatillos, chillies, aubergines, cucumbers and we're ever hopeful for a proper crop of melons! **Come and get involved any Wednesday 10am – 4pm!** We always need help. No experience required and there's always a range of different jobs to suit everyone and you get to take home delicious tasty harvest and a bunch of flowers. You don't need to come every week or stay all day and you can just pop in for a chat. You are very, very welcome to come along with your children during the summer break and we'll find them a job or you can just explore the garden.

If you are a parent with a child or children with SEND and their siblings then we are running three accessible adventure days this summer. **Thursdays 1, 15, 30 August** and thanks to funding from the

Tesco's Bag for Life for all, these days are just £5 including a delicious lunch and adults come for free! You can expect something for everyone – **inclusive games, sensory activities, singing round the fire, crafts, cooking, dens, hammocks and a relaxing place to meet and chat to other parents.**

We also run our **toddler groups 9:30–11 and 11:30–1 every Tuesday in term time;** these are lovely sessions with lot of **digging and picking, singing and stories, making and pond dipping and lots freedom to roam around and exploring the garden and get nose to nose with nature!**

We take bookings by the term and it works out at £6 a session but you're welcome along for a free taster! Just get in touch and we've got places available now in our 11:30–1 group.

Lucy Mitchell

For more info – 07506 905 394
thegoldenhillcommunitygarden.com

Making sense of summer pruning

Did you know that summer is the best time to prune fruit trees? It might feel strange to remove twigs and branches while fruit is on the tree. However, pruning at the height of the growing season can help ripen the crop. It also brings good harvests in future years. Most trees older than 4 years thrive on a summer pruning system. It's a proven method for shaping and managing trees in small spaces such as urban gardens and allotments.

Local fruit gardeners are lucky to have the Horfield Organic Community Orchard (HOCO) in the neighbourhood. Home to 100 fruiting trees of many different varieties and needs – it's the perfect place to learn why, when, and how to summer prune. **A one-day course for absolute beginners takes place Saturday 27 July, 10am–4pm. Participants learn the basics of pruning Apples and Pears,** and are guided as they work with real trees.

Seasoned fruit growers, keen to deepen knowledge and improve skills, have the opportunity of a weekend workshop on Saturday 20 and Sunday 21 July, 10am–4pm. This course covers all aspects of pruning Apples and Pears in the growing season – from forming young trees, to renewing fruiting wood on established free-standing and trained trees.

"Growing season pruning is the most puzzling part of looking after fruit trees", says Shannon Smith, the Orchard Learning tutor. "Books, videos, and generic advice add to the confusion. Pruning is a complex practice learned over some years. The best way to learn is with real trees and an experienced guide." She adds, "There are also many lessons to learn from the rich range of examples found in our orchard."

Participants learn by doing, and gain hands-on experience and confidence.

Group sizes are small, and early booking is advised.

Contact: hocopips@gmail.com or 0117 3731587

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

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What's on at Bishopston Library

News from Friends of Bishopston Library

Well, we normally encourage cyclists to leave their bikes at one of the convenient bike racks outside the library. But on this occasion, the bicycle came too, as it was one of the key props for **Jet McDonald's talk about his 4000-mile ride from Bristol to India**, published as *Mind is the Ride*. Along with the bike and other props, he used pictures and readings to captivate his audience with stories of his journey to the sub-continent and the philosophies he encountered along the way. By the end we had been inspired, enlightened and entertained.



We have one more author event before the summer break. **Gillian Fernandez Morton and Maureen Armstrong** will be talking about the life of their mother, Margaret Smith, and **reading from *Bombweed*, their recently published**

book on Thursday 18 July. Developed from an unpublished novel written by their mother in 1947, *Bombweed* is the story of three sisters who each suffer heartbreak, but find ways to survive as World War Two tears their world apart. Based heavily on their mother's experiences, it has been abridged and adapted to appeal to the modern reader. Come along to hear extracts from the book that was eventually published 71 years after it was written.

The event costs just £3.00, and can be booked at the library or online at bishopstonlibrary.org.uk. Doors open at 7.15pm and talks begin at 7.30pm; there is a bar selling soft drinks. We are pleased to accept Bristol pounds (cash only) on the door and the bar.

A date for your autumn diary. On Saturday 21 September, 1.00–3.30pm, there will be a Community Fair in the library, a chance to find out more about some of the community groups and organisations in the area. There will be stalls, refreshments and music.

We have said farewell to Tracey and Chris, two senior managers who supported Bishopston Library since its opening, and recently moved on to other posts in the library service. They have created a really thriving, inclusive and welcoming space, and given great encouragement to the



Friends of Bishopston Library, enabling us to offer a wide range of events and activities. We wish them both every success in their new roles.

Finally, a huge thank you to everyone who has donated to Bishopston Library's Just One Brick Lego appeal – there are probably now enough bricks to build a small extension! Look out for further information about a Lego Club for 7–11-year olds later this year.

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 contact us at friends@bishopstonlibrary.org.uk.



Community Yoga Class at Bishopston Library – Bishopston Library is pleased to announce that it is now host to a bi-weekly yoga class, held at 7–8pm every other Tuesday.

The bright and welcoming space of the library provides an ideal environment to spend an evening learning about this ancient practice. Perfect for beginners, with the option to take postures deeper, the class welcomes and celebrates all abilities. The cost is £5 per session and proceeds go to Friends of Bishopston Library.

Josie looks forward to welcoming the local community on the 9 and 23 July as she teaches vinyasa flow with an emphasis on breath and relaxation. Drop in, or for more information, please contact her directly at josie_may@hotmail.co.uk

Summer Reading Challenge – This year the Reading Agency and libraries are excited to introduce *Space Chase*, Summer Reading Challenge 2019; an out-of-this-world adventure inspired by the 50th anniversary of the first moon landing.

This summer children will help our super space family track down books nabbed by mischievous aliens! As they read library books, they will solve clues and collect special stickers to complete their mission folder. Can they find the aliens in time to save the day?

Drop-in craft activities relating to the challenge will be available at Bishopston Library. On completion of the challenge – to read at least six library books of their choice, the children will receive a medal, certificate and the chance to meet the Lord Mayor at a special presentation. You can sign up at Bishopston Library now!

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



Rollquick News – They've been busy with expansion!

It's been five years since Dan upgraded from his garden shed location to his shop on Gloucester Road. This local and popular independent bike shop is going from strength to strength as it grows to meet the community interest in cycling.

Their recently extended shop space (which is currently having the finishing touches done), can now house at least 100 bikes! This means there is a much wider selection of bikes for sale. While of course they continue to offer their thoroughly useful maintenance and repair service (which now due to the extension offers a much quicker turnaround), Rollquick is also now hosting bike maintenance courses for either a half or full day – ensuring our bikes are shipshape for the road. Course vouchers are available too – we think they would make a handy gift to the cyclists in your life.

On their half-day programme you can expect to finish with the confidence to make those tweaks to your gears, brakes as well as repairing punctures

and other general maintenance; the full-day course goes into a little more depth with parts and replacements – things like cables and pads. But if your dread is simply getting a puncture, they also offer straight-up puncture repair workshops. For information on all Rollquick courses or to book, visit their website.

Especially exciting news is that Rollquick has become the first to offer bike hire in the area. Whether you are an aspiring Chris Froome or seeking nostalgia à la Julie Andrews cycling style, they have on site a fleet that includes hybrid bikes, road bikes and mountain bikes. So, pop down to the shop or call them and rent yourself a bike either for a lovely Sunday afternoon cycle ride for a few hours, or for a few days in the interim of having your bike repaired.

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New Life-Saving Defibrillator on Glos Rd

Exciting news for the street: Thanks to a collaboration between the former Gloucester Road Business Improvement District, local business owner (former levy payer) Juliana Hounsfeld of the Family Practice and the Applegreen Petrol station, Gloucester Road has its first defibrillator – making this much-loved high street an even safer place to visit. It's located at Applegreen petrol station on Gloucester Road on the



side of their building. The portable device known as a Public Access Defibrillator has a great advantage in that it can be used by members of the public who have no prior medical training. Full instructions are voice delivered – or you might receive instructions from the emergency call handler.

"If this life-saving equipment makes a difference to just one family, then it is worth it. As one of the last projects to be funded by the local BID traders, we feel we are leaving the community with another positive legacy evidenced by the huge supportive public reaction." Anne-Louise Perez
In the event of a suspected cardiac, arrest call 999 and a code will be given to unlock the portable device.

*This project was funded by the Gloucester Road Business Improvement District earlier this spring before the end of its 5-year term.
Images thanks to Anne-Louise Perez.*

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BROOKFIELD MOBILITY SOLUTIONS

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

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

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

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

The team offer a mobile fitting and repair service at



the supplying dealer or customer's home address.



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

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ALCHEMY 198

July Free Events

| | | |
|-------------|----------------------------------------------------------------------------------------------------|------------------|
| Thurs 4th | Whiskey Hill 5 piece Acoustic Bluegrass | 8-11pm |
| Sat 6th | Live Jazz on our Glos Rd terrace outside | 2.30pm |
| Weds 10th | Green Mingle with songwriters Larkham & Hall Come & cross-pollinate in a relaxed setting | 7-11pm |
| Thurs 11th | Old Malt House Jazz Band | 8-11pm |
| Fri 12th | Zendium Moon album launch by local band | 8-11pm |
| Sat 13th | AcR's Walking on Sunshine, upbeat Irish Gypsy | 8-11pm |
| Weds 17th | Funny Women Comedy Night + Workshop Glos Vox Community Choir, Summer concert | 8-11pm 8.30pm |
| Thurs 18th | Sri Lanka Fundraiser Photo exhibition, nibbles & live music | 7-11pm |
| Fri 19th | Chai For All, Old World Yiddish Jazz & Folk | 8-11pm |
| Weds 24th | Swift Pint, Bluegrass Americana | 8-11pm |
| Thurs 25th | Trad Jazz with Andy Leggatt & friends | 8-11pm |
| Fri 26th | Pandjangos Spanish Gypsy / Flamenco | 8-11pm |
| Tues 30th | Open Mic Night, play or listen | 8-11pm |
| August 14th | Green Mingle with Bayou Tapestry | 7-11pm |

Opening Times in August may vary due to staff holidays

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room
212



Baker ???? and manageress Jess outside Joe's at the Breadstore

News from Joe's

Celebrating 1 year of trading at the Breadstore – A year ago Joe's opened their second bakery, within the previous Breadstore, to ensure local people would still be provided with quality baked products at both ends of Gloucester Road. Owners Jane and Martin are delighted with the support they have received from local customers and traders.

Vegan delights! Now joining their mouth-watering **vegan Sausage roll** are equally delicious **vegan Lemon slice** and **Farmhouse Loaf cake**. If you love cake, you will love these beautifully moist, packed full of flavour,

comforting cakes. When I visited Joe's recently, master baker Martin told me the quality of vegan ingredients has improved greatly over recent years and are getting better all the time, enabling the creation of a wide range of scrumptious bakes, to include their new **vegan Spelt Croissant**. From personal tasting, I can highly recommend all of these vegan products, as well as their new, in-house, daily-made, **Onion Bhajis** – perfectly spiced to create heat with crispy onion edges.

England Business Awards – It comes as no surprise that Joe's has been nominated by the public for the England Business Awards and have reached the Bristol final! Please do support them by voting at www.englishbusinessawards.co.uk/bristol by 19 July 2019.

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

Joe's Bakery, 240-242 Glos Rd, BS7 8NZ • 0117 975 5551 ■ www.joesbakery.co.uk



Vegan Lemon Slice



Vegan Spelt Croissant



Vegan Onion Bhajis



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JEZ BUTTERWORTH'S

PARLOUR SONG



9-13 JULY 2019

PARLOUR SONG

Demolition expert Ned lives in a nice new house on a new estate on the edge of the English countryside. He loves his job. Outwardly his life is entirely unremarkable. Not unlike his friend and neighbour Dale.

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9-13 July 2019

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Tickets may also be purchased by post. Please send a s.a.e. along with date you wish to attend, number of tickets and a cheque made payable to Kelvin Players to 23 Carfax Court, Durdham Park, Bristol, BS6 6XG.

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Golden Hill Sports - Party in the Park



Golden Hill Sports (GHS) are very pleased to report that the community fair we call Party in the Park (PITP) generated record funds for the club from the 2018 event held in September.

These funds have gone towards the start of some much-needed upgrading to several areas on the first floor of the pavilion that we hope will benefit both the existing members and users of the club house and attract new ones as well.

GHS are extremely grateful for all the support we receive from the local community for PITP who have turned up in their thousands over the years.

We would like to thank everyone who came along to PITP in 2018 and in previous years and invite them all back again this year along with their family and friends and anyone who has never been before to **PITP 2019 on Saturday 14 September** starting at 1pm and ending at 8pm with the now traditional firework display.



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“Bump to Cradle helped us feel so confident that we were making decisions that were right for us and our baby with all the information we needed; more than that, through it we’ve met a wonderful group of fellow parents-to-be who are going to be such a vital part of our support network.”

Ross



“Our Mission is to improve the quality of antenatal education so that you can learn from the experts, make friends for life and approach parenthood feeling calm, confident and informed.”

skills across a range of topics to help you stay in control during those first few weeks of caring for your new baby.

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Every group will enjoy a postnatal reunion organised by us and every couple will receive the Bump to Cradle tote bag packed with freebies from our partner brands. You will also receive a copy of the Bump to Cradle handbook with notes and follow up information on all the sessions.

Nursery Advice & Beauty Indulgence Evening

In partnership with John Lewis Cribbs Causeway, we are also thrilled to be able to offer all our parents-to-be complimentary tickets for an evening event. The evening will be hosted by the highly experienced nursery team, with access to the full nursery department, so that you can try out all the buggies and equipment you may need without the usual Saturday crowds! There is also a pamper element for our mums-to-be with a chance for everyone to enjoy some free pamper treatments and leave with a goodie bag full of products from major cosmetic brands suitable for use in pregnancy and beyond.

Find out more about our complete antenatal offering and book your spot at bumptocradle.com

Got a question or an enquiry? Drop us a line or give us a call.

email: mim@bumptocradle.com



“Berkeley Road, You were so brilliant!”

This June, Berkeley Road embarked on what was their first (but surely not their last) Street Party. These local residents would like to share their positive experience and inspire fellow streets – that don’t already host their own gathering – to give it a go!

Berkeley Road residents Jayne, Sarah and Cathy, along with many others organised the day and have supplied these fabulous photos of the celebrations.

They told us, “A few people came up with the idea and put notes through everyone’s doors, we all met up in someone’s kitchen and it grew from there.” As planning got underway the enthusiasm for the party spread across the 112 houses.

Musically talented residents came together to form a band to perform on the day, there was also music from Bishop Road community choir (several members live on the road) and even their postman, AKA ‘DJ Malcolm’ got lots of people up dancing with his Northern Soul set.

As with any self-respecting street party there was bunting galore, great food and drink. A fabulous cake sale, BBQ and bar was run to raise funds for two nominated local charities – Bristol Hospitality Network, supporting local-based refugees, along with Above and Beyond, Bristol Hospital’s charity – equal funds will go to each of these deserving causes.

An impressive web of hammocks was strung up across the street for people to relax in. Fun activities

included hula hooping, kids tug of war and snail racing! Children were also free to run, scooter and cycle to their heart’s content. When one dad delivered the news to his son that he was allowed to ride his bike on the street all day, his son paused, look wide eyed and said “Really?”. Later a 6-year-old boy tore up the street shouting “Freeeeeeeeedom!”.

Talk is already underway about their next street party as well as research into having regular street closures for Playing Out days.

I think you can tell from this happy collection of photos and resident quotes, just how much not only the day itself but interacting with wonderful neighbours in the planning, has enriched the lives of these local residents.

If you would like to find out more about organising an event such as this on your road, there is lots of great information and also some loan equipment available from a couple of local organisations: www.bristolopenstreets.wordpress.com and www.streetparty.org.uk. Berkeley Road also found the council to be very supportive when they wanted to know how to apply for road closure – so, go on, get involved!

If any other local roads would like to email over pics of their street party, I would be happy to feature some in the Sept Bishopston Matters, please email kerry@bishopstonmatters.co.uk before 23/07/19.

“Such a happy positive day for adults and children. Thanks so much for each and every big, medium or little thing you did! My children said it was the best day ever.”

“We all had an amazing time, thank you everyone! It was lovely to see everyone and just hang out.”

“Such a wonderful and special day. Traffic free Berkeley Road and a very surreal and magical experience, which we should definitely repeat more regularly!”



“Thank you everyone – that was a magical glimpse into a completely brilliant world where children can use their street fully, totally fantastic”



“Just said hello to 2 people whilst walking down the road that I wouldn’t have said hello to before the Street Party. Ain’t that what it’s all about.”



“Wonderful to be part of Berkeley Road’s conversion into a communal idyll. Thanks to everyone – organisers, participants or those who just moved their car out the way, which all contributed to a joyful day.”





Gabby Solly, Held Breath 2019

a project that explores the nature of identity in a primary school classroom; the tensions that exist between needing to belong and conform, and wanting to explore and express one's individuality. Breath is used to suggest a sense of freedom and self.

The children have considered those likes, interests and skills that represent them best and used words, pictures and clay to create various forms of self-portrait. These pieces were shown alongside Gabby's sound and sculpture installation, HELD BREATH as part of a collaborative art exhibition at Sefton Park School this June.

Held Breath is based around 30 slip-cast porcelain cubes. Each cube represents a member of Poplar Class;

"It was really interesting to see how much art work can come out of something that we rarely think about"

Jasmine, Yr 6

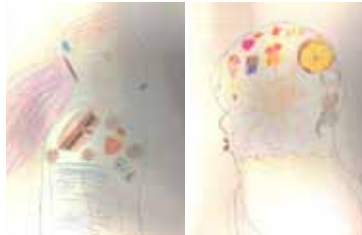
HELD BREATH – How to Be Individual in A Class of 30

Local artist, Gabby Solly, has worked with Year 6 pupils at Sefton Park, on its size determined by the breath capacity of that particular pupil. The shapes stack neatly together in a group; each one is identifiable by the child's initials stamped into the clay. The cubes are similar but different, the method of manufacture means that each one has its own cracks and wobbles, its own characteristics.

The porcelain cubes sit on two classroom tables, overlaid by the sound of the pupils' breathing. These aspects are crucial, transforming it from a work focused on form and material, into one with a concern for personhood. Held Breath emphasises the intimate, integral space taken up by breath within an individual's body which, at the same time, connects a group as each inhales and exhales this shared air.

Gabby Solly is studying Fine Art following a varied career in environmental campaigning, early-years education and community engagement.

'Who am I' silhouettes from Poplar Class, Sefton Park, made after looking at different styles of abstract portrait making.



Bishopston Cotham & Redland Street Scene Group

Bishopston Cotham and Redland Street Scene Group (BCR) are a small team of dedicated volunteers who for many years have made it their mission to keep our streets clean of tagging and more – especially on and around Gloucester Road – Bristol's second largest shopping area, second only to Broadmead and Cabot Circus combined.

The group, who rely on donations and grants, were delighted to have been allocated vital materials funding from Bristol City Council to facilitate a Big High Street Clean Up during the month of June. (Bristol City Council was given £80,000 from the government to back efforts to clean up high streets and town centres.) This funding is already making a difference to Gloucester Road, with a deep clean of the pavements and street furniture well underway.

A recent training session has meant that new volunteers are now ready to join the teams to remove local graffiti tags. With the support of these new recruits, the BCR Scene Group, as well as working their usual days, have been able to increase the time given to include Wednesday evenings – regardless of the weather elements!

BCR have also been able to support local traders by sprucing up their planters with a lick of paint and weeding them. They have also cut back epitomic growth and respectfully they have litter picked and weeded the Apple Green memorial garden.

Liz Kew, team leader commented, "Their hard work has not gone unnoticed by local residents. Easily identifiable in their high viz jackets, many residents curious to know what they are doing have expressed their gratitude on a number of occasions."

'Drop In' Support Session– Monday 8 July, 4.30–6.00pm at Bishopston Library.

If you have a couple of hours you could spare per month as a volunteer, or simply want to learn more about this Street Scene Group, they would welcome you to this next 'drop in session'. Sessions are held of the second Monday of each month

For more information please see: www.bcrp.org.uk/street_scene or get in touch via streetscene@bcrp.org.uk



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Clean Air Bishopston – Awareness event

Clean Air Bishopston (CAB – a community group affiliated to The Bishopston Society) marked National Clean Air Day

recently on 20 June, with their own local initiatives made possible from sponsorship from Travelwest and the cooperative spirit of local businesses – Boston Tea party and the Bikeman. Together they put on a cracking full day of activities, talks and information for the local community. As the name would suggest, this event was an awareness day about heavy air pollution caused by many factors of modern life but here especially on and around Gloucester Road – a notorious and recognised hot spot for pollution from heavy traffic congestion.

The day kicked off with a free Cycle to Work Breakfast Station with Boston Tea Party giving out vegan smoothies and bacon butties, these proved so popular, that by 8.30am our 2 wheeled commuters had wiped the plates clean! And for CAB – well it was recognition and a thank you to those cyclists for leaving their cars at home

The packed day continued with activities for all, to include: The Travelwest Roadshow who were readily available to provide useful information such as maps for citywide cycle routes, kids could take part in quizzes and poster making, pledges were submitted on making changes on a personal level, Bristol Bikeman was on hand delivering bicycle upkeep advice, the experts from UWE were present too, offering the scientific facts and how the UWE ClairCity project is helping develop a vision for clean air in Bristol alongside other notable European cities. Activities carried on in to the early evening with an open forum discussion with a panel of special guests and concluded with a midsummer stroll conducted by keen walker Kevin Molloy, who took pedestrians on a discovery of the quieter

streets of Bishopston. So are there solutions? Speaking to Gavin Spittlehouse of CAB his feeling was with

improved and safer cycle and bus lanes, people would be more persuaded to use public transport and bikes, thereby reducing traffic congestion and the pollution associated – but he acknowledged there was some way to go yet. And whilst electric cars were an improvement on diesel run cars, they did not offer a solution to congestion. However, talking about it, and being made aware was a good starting point and CAB looked forward to making this an annual local occasion.

www.bishopstonsociety.org.uk/cab
#CleanAirBishopston



Jack Lloyd of Travelwest with CAB's Nick Plant

We've had some highs and lows so far this summer.

Shops at Glos Rd Central are looking wonderful in the sunshine, with planters full of flowers brightening up our pavements.

Anniversaries & Awards! Preserve Foods celebrated a hugely successful first year of business in June by offering 10% discounts to their customers. This July Room 212 turns 6 and Fig has reached a decade. Both shops continue to thrive, offering a wide selection of art and gifts by Bristol makers. Rollquick will have been at Glos Rd Central for 4 years and have just completed an extension in order to offer cycling and bike mechanics classes. Joe's Bakery reached the final in the Bristol Retail Business Awards, part of England's Business Awards, and ask you to vote for them before 19 July at www.englishbusinessawards.co.uk/bristol.

Fond farewells – Sadly, Artemis and Bristol Tools have closed due to family health problems. Both businesses are greatly missed. However, Catherine Amesbury who owned Artemis, will continue offering her beauty therapy at Icon Beauty and her lovely jewellery will be available from Room 212. However, the reason Artemis has closed highlights an increasing problem on Gloucester Road.

Catherine's daughter and partner in the business, Carrie, had to give up work due to chronic ill health caused in great part by air pollution. Carrie is in her late 20s and grew up in Bishopston. However, the whole family, including two small children, has had to move to Cornwall in an attempt to relieve her symptoms and extend her life. This highlights what many residents and environmental groups in our area are increasingly aware of – pollution levels on Gloucester Road dramatically exceed EU recommended levels. Not only do traders and customers have to breathe this polluted air on a regular basis, many schools, day-care centres and after school clubs are within 150 metres of dangerous illegal levels of nitrogen dioxide. Air pollution affects us all.

Clean Air Bishopston – The Bishopston Society and Extinction Rebellion North are two groups actively addressing this situation. The Bishopston Society held various events during Clean Air Day on 20 June and have lots of facts on their website, including information about a proposed Clean Air Zone restricting the use of cars in our area. Extinction Rebellion North Bristol also took action on Gloucester Road for Clean Air Day. The XR group meets every Tuesday evening, 6.30–9pm at



the Hall on Pigsty Hill (no 161) to discuss how we can tackle climate change with non-violent direct action, both in our area and nationally. Everyone is welcome to join and it's a great way to link with neighbours for a common cause. Follow the links on the Extinction Rebellion website to find your nearest group.

Sarah Thorp owns Room 212, the art and gift shop, which is also her family home, and she feels strongly about the levels of pollution on the road that her family and her fellow traders inhale every day. She asked North Bristol artist Jenny Urquhart to create a pollution awareness poster specially for Glos Rd Central (see image here) and has suggested that all shops display it in the windows. Hopefully you'll see them when you next take a stroll here!

Green celebrations – The Green Party enjoyed a huge surge of support in our area in the recent European Election and Molly Scott Cato was re-elected as our MEP. To celebrate, Molly and her supporters held a celebration at new bar Alchemy 198, Gloucester Road. Many local environmental groups and activists were represented at the celebration including Sustainable Bishopston, the Bishopston Society, Green councillors and the Green contender for Bristol Mayor.

So many positive, proactive conversations took place during the celebration that it was decided a **Green Mingle** should take place at Alchemy 198 every month. This gives people an opportunity to meet in an informal, fun way to have constructive discussions and meet others who want to make an environmental difference. The first Green Mingle took place on Clean Air Day when Alchemy launched their range of organic wines brought in by sailing ship. The Green Mingles will now take place on the second Wednesday of the month, so the next meeting will be on Wednesday 10 July, 7–10.30pm, with award-winning songwriters Larkham & Hall. Local band Bayou Tapestry will be playing some tunes on 14 August. Future Green Mingles will have themes or speakers. Everyone is welcome so come alone or with a friend!

Alchemy 198 offers a wide range of events including live music, comedy and writers' clubs on other nights too. Planning ahead, there will be a ukulele festival on 14 September, which is already gaining a great deal of interest. Learn more on the Alchemy 198 Facebook page or sign up to the mailing list via alchemy198.co.uk.

Friends Ageing Better (FAB) arranges discounts for anyone 50+ living in Bristol and hosts catch-up cafés to connect their members locally. Boston Tea Party, Coffee Mine, Alchemy 198 and Kings Lawn Tennis Club already offer discounts to its members. Local Catch-up Cafés meet at BTP Gloucester Rd on the second Tuesday of every month 2–4pm, every Tuesday 10.30–12pm at the Café on The Common off Kellaway Ave, and at the Alchemy Creative Club on Fridays 10.30–12.30pm. Membership is free and you can sign up by calling Age UK Bristol on 0117 440 4301 or on their website.

Kids craft workshop – Meanwhile children's local sewing workshop Tweed & Bird are running a stall outside Alchemy 198 on Saturday 13 July, 2–4pm, to help the children understand how to market and sell products that they learned to make in previous workshops. The funds raised will go to a charity of their choice and towards some pocket money ready for the summer holidays! Please come along and support their 'marketing' project! More info at <https://m.facebook.com/tweedandbird/>

A wonderful place to live – All in all, we should be thankful that we live in such a caring, innovative and friendly community. As we become aware of problems brought about by climate change it's important to know that we are not alone. We have a responsibility as individuals to do our bit to make our environment safe and future-proof but joining together makes a huge difference.

To keep up to date with activities and events at Glos Rd Central follow our Facebook page. Have a lovely summer everyone!

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HIGH STREET

Reclaimed and Recycled Material in Your Garden

We all understand the importance of 'reduce, reuse, recycle' in our daily lives, and of course this also has great relevance in our gardens. Salvaged materials from your own garden or from reclamation yards, scrap metal yards, junk and charity shops can be great finds for reusing in your garden's construction and design.

By using reclaimed landscaping materials that are saved from going to landfill sites, in turn this helps the environment. Aged brick, timber and stone can give your garden an instant established look, full of character and depth. Think about combining reclaimed paving with pebbles, gravel and brick. Old scaffolding boards and wooden pallets can make great raised beds, decking, sheds or even garden furniture. Large rocks can be used around ponds, made into rockeries, or simply used as focal points jutting out of borders.

Visiting reclamation yards is such a joy. There is always something unique that can be used as a garden sculpture or statue. Old chimney pots make excellent planters. Pot them up with trailing or frothy plants such as tomatoes, strawberries, ivy, ferns, cranesbill geraniums, or a variety of summer annuals. Old roof tiles can be used for creating raised beds, and reclaimed bricks look warm and earthy for edging beautiful borders, or to create an interesting patio. Old sinks and troughs can be used for planting up herbs and alpinas.

Perhaps you've had a good tidy in your garden this spring, and have a variety of bits and bobs that you're not sure what to do with? What about making a bug hotel? Old bits of tile and wood, broken terracotta pots and structural bricks with holes are perfect. You could even reuse roofing felt and chicken wire, or use garden mesh inside it. The more nooks and crannies the better. Creating habitats in your garden for beneficial predators is a

must. It not only provides them with shelter and nourishment, but also allows them to prey on bugs that are eating your prized plants. Then there's no need for pesticides.

Instead of buying new gravel, think about using a gravel replacement like crushed up seashells, which are organic waste from the shellfish industry. They offer excellent water retention if used as mulch, and their sharp edges will keep slugs and snails at bay. Recycled glass chips come in a variety of colours and could be used to top dress plants in pots, or for the gravel trap around the perimeter of your house.

Reclaimed flagstones are always fun to work with. Use their irregularities to create a living path, with plants creeping in and around the gaps and cracks. Blue Star Creeper is good for shady spots around a path and Breckland Thyme enjoys the sun. They both tolerate heavy foot traffic and will look beautiful winding their way along your path.

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



MARIALINA – celebrating 10 years on Gloucester Road!

Marialina is a wonderful fabric and soft furnishing shop situated on Glos Rd Central, offering bespoke curtains, blinds, cushions covers and much more.

This trusted family business is run by textile extraordinaire – Marylou and her husband Jeremy, who, as well as assisting managing the shop, perfectly measures and fits the hand-made items. The team are happy to advise on design, fabrics, colours and fittings. Jeremy said, "We pride ourselves with sorting out any problems that might arise and completing jobs with satisfied customers."

Marylou trained as a textile teacher, then, on starting a family began to make soft furnishings for

friends and neighbours, to fit in with family life. She soon outgrew her work-room at home, and it became clear she either needed to move to a



Marialina owners – Marylou and Jeremy

workshop or have her own shop. "Luckily for me 210 became available and it has been the most brilliant place to have a shop." Marylou shared. "Now I can't believe that we have already been here 10 years! We are so grateful to all our loyal customers. It is fantastic, especially being located on such a happening part of Gloucester Road." She went on to say.

The business has run for nearly 20 years but this summer they are celebrating being located in their much-loved shop for 10 years. To mark the occasion, they would like to invite their loyal customers to join in the celebrations on Saturday 6 July, from 4pm; they look forward to welcoming many of you to Marialina.

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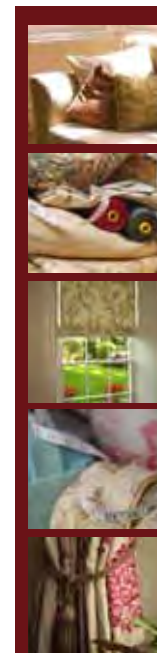
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Training Regime

Exercise can provide many lifestyle benefits. While all exercise is positive, it's always best to approach with a plan of attack to maximise your output and results. Here are a few hints and tips that may help when planning a balanced exercise routine that includes all elements of fitness.

Cardiovascular training – Cardiovascular fitness is usually the best place to start when trying to improve your health and fitness, as ultimately as soon as you're out of breath you will have to stop, so making sure your exercise routine has a cardio vascular element is key to success. There are lots of options here – everything from spinning, running, walking, swimming will all provide an excellent cardio vascular workout allowing you to push harder and recover faster.

Strength training – Regular strength training will help build strong muscles. Strong muscles burn more calories; in return this will help increase your metabolic rate (rate at which you burn calories). Again, there are multiple options for strength classes – body pump or kettlebells are two of the more popular strength-based group exercise classes.

Flexibility and range of movement – Improving your flexibility and range of movement



will allow your muscles to move through a bigger range, in return improving strength, posture, balance and coordination. This is especially important if you are taking part in lots of high impact, high intensity exercise. The slower, lower impact pace of these classes will also promote recovery and mental wellbeing. One way to approach this is to ensure you build a flexibility and mobility session into your weekly training regime; for example, attending a Pilates, yoga or body balance class.

It takes the average person 21 days to create a habit and 90 days to make a lifestyle change, let's get started today!

*Kurtis Walters, Contract Fitness Manager
Horfield Leisure Centre | Everyone Active*

Peach of an offer at Artistic Hair Company

Artistic Hair Company, owned by the charismatic Pietro Criscione, is now celebrating 27 years at 397 Gloucester Road. It was great to catch up with Pietro at his local salon recently. His enthusiasm and obvious passion for the industry is infectious.

As well as being an excellent, experienced stylist, Pietro is also a qualified lecturer of hair dressing and is always pleased when he discovers new talent. He would like to introduce their new member of staff – Peaches, who has now completed her apprenticeship with them and is fully qualified. To celebrate this, **Artistic Hair are delighted be offering a 15% discount on all services if you book in with Peaches this summer!***

Pietro and Carmela have a loyal following and they look forward to watching Peaches grow this rapport with clients as she builds her own customer base.

The salon has family values at its core. Pietro had just finished cutting an 18 month year olds hair when I arrived (in a very cool tractor style chair adored by the kids). He told me how he has cut children's hair from a few months old and then goes on to do their wedding hair – which he describes as a privilege. His oldest client is 101!

Pietro's strong Italian roots are apparent with the



Why not treat yourself to a new colour or cut with Peaches?

excellent coffee on offer, stylish, retro barber's chair and the Italian hair range Framesi (that is 100% Vegan and comes in biodegradable packaging, one shampoo is even 98% organic!). The salon also use Moroccan oil and Olaplex. They are pleased to introduce a fantastic new Colour Intense hair dye that takes half the time of standard colours, without compromising on the overall effect.

So, if you are looking for a professional, friendly salon with proper coffee, free wi-fi and excellent summer deal with Peaches, book in now!

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Considering breeding?

If you have a young, entire female dog or cat, you might be considering breeding from her. It can be an amazing experience and gives huge satisfaction at producing healthy puppies and kittens. Pedigree and cross bred/mongrel puppies and kittens from family homes make great pets and are generally in high demand. However, there are lots of things to think about. Some of these considerations relate to your own personal situation but there are also considerations that you breed responsibly and produce a healthy, disease-free litter.

Time – The time from the mating and the last puppy or kitten going to its new home, can be around 4 months. Breeding can be labour intensive and so you need plenty of spare time.

Temperament – Both yours and your pet's. Cute babies are one thing but the breeding process can sadly involve animals that do not thrive. There can be tricky decisions to make. Be sure you can cope and will be able to part with your little ones when the time comes for them to go to new homes. And also, be sure of the mum's temperament. Is she of a relaxed nature, easily handled and well socialised? Only breed from pets who have a reliable friendly temperament.

Cost – Having a litter may involve a considerable outlay of money before you see any return on sales. Cost begins with veterinary health screens and possible stud fees for pedigree dogs and can end with getting the whole litter vaccinated and microchipped. Not forgetting that the birthing process, in itself, can involve an emergency caesarean, with no guarantee of a live, healthy litter.

Market – Before starting the breeding process make sure that you have good homes for the puppies and kittens to go to. Let friends and family know that you are thinking of breeding to gauge the market. You don't want to find that your little bundles of fluff do not have loving homes. In general, most owners want puppies and kittens at 8–9 weeks old. If you have not got owners by this age, it becomes more difficult to sell them.

Stud – This can be informal and as easy as letting your queen (female cat) outside and waiting for a roaming tom to pass by. Alternatively, it can be a very formal mating where you pay a stud fee and use a registered stud dog. When making your choice, remember you may have to take your bitch/queen to him on one or more days. Check the stud dog's hip and eye clearance certificates and use 'The Kennel Club' or 'The Governing Council of the Cat Fancy' website for more information.

Genetics – Research your breed thoroughly and only breed from healthy pets. Don't take it for granted that your pet does not have a condition just because there is no sign of it.

Pre-mate testing is advised in both pedigrees but also cross breeds like labradoodles and cockapoos. Your pet does not have to be Kennel Club registered for Canine Health Schemes to be relevant. The Canine Health Schemes enable potential bitches and dogs to be screened for inherited diseases including hip and elbow dysplasia and eye diseases. This means that you can be responsible and only breed from healthy dogs. You can find advice and details on the British Veterinary Association (BVA) website or ask your vet. Please come in for advice and a health check before starting the breeding process; we are always here to give advice and share our experiences. We love to be involved in producing healthy puppies and kittens and we are here to help you along the way.

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Summer News from Roxfords Pet Shop

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The Yellow Dog Project – It was interesting to learn from owner Sarah, that if you see a dog wearing a yellow harness or lead, it is likely to indicate the canine in question needs to be given space. This could be due to the fact the animal is recuperating, is nervous or is being trained; you can find out more at www.yellowdoguk.co.uk. Roxfords have some smart, yellow items if being allowed some space could benefit your dog.

Keeping cool – During the summer months it is more important than ever that your dog has access to water at all times. To assist with this, Roxfords have a clever bottle with scoop bowl lid, as well as light-weight, Beco travel bowls – created in durable, nontoxic silicone – that can be collapsed flat with ease, perfect when you are on the move. To keep your pooch cool, if you purchase a Doodlebone, neoprene harness, this can be soaked in water and then placed in the freezer for a short time to create a lovely cool layer to sooth a hot dog (no pun intended!).

Puppy play – With puppy season in full flow, do pick up some fantastic, durable toys that will keep your gorgeous bundle of fun well entertained, there is so much choice!

Award nomination – please vote! Roxfords were delighted to learn they have been nominated for England Business Awards and have reached the Bristol final! Please do support them by voting at www.englishbusinessawards.co.uk/bristol by 19 July 2019.



www.yellowdoguk.co.uk



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St Bonaventure's Pre-school is now accepting applications for September 2019

St Bonaventure's Pre-school is accepting applications from parents looking for pre-school places for their children, starting September 2019. Well-established in the local community, the sought-after pre-school provides high quality care and education for 3- and 4-year olds, acting as the perfect stepping stone for children before they start school. Although the pre-school itself is non-denominational, it is based on the site of St Bonaventure's Primary School and so benefits from an excellent purpose-built setting which offers children a light, spacious and well-equipped environment with plenty of outdoor space in which they can explore, develop and thrive.

As well as following the Early Years Framework and the Bristol Standard, they offer a range of extra-curricular activities to provide further opportunity for enrichment; children enjoy tennis twice a week as well as regular cooking lessons and the opportunity to grow plants and vegetables in the outdoor area. Practitioners also incorporate Makaton as a form of inclusive communication throughout the year and children benefit from fluent Mandarin and Italian speakers among the practitioners, who share their interests in the language and culture with the children.

Marie Taylor, Manager of St Bonaventure's Pre-school, says: "As an early years setting we continuously strive to further progress our practice in order to deliver the best possible care for the children and families within the community; we are passionate about providing the best start in life for your child in a fun and relaxed atmosphere."

Staff are highly qualified, committed and experienced practitioners, the majority of whom have been with the pre-school for a number of years. High staff to children ratios mean that every child is supported to feel happy and secure in developing their confidence, imagination and sense of achievement as well as perseverance and a greater understanding of the world around them.

St Bonaventure's Pre-school is open Monday – Friday, 8.15am – 5.30pm during term time.

The setting offers parents the opportunity to use any free early education entitlement up to 30 hours, within our session times.

Do get in touch

They actively welcome visits from those looking for pre-school places for September 2019 and beyond.

To make an appointment, please contact **0117 353 2887** or for more information, to request an application form or see what past and present parents have to say about St Bon's pre-school, please visit: www.stbonaventuresearlyyears.co.uk.





Bristol U3A

Are you interested in learning more about Charles Dickens, or charities in Bolivia, or vintage maps of Bristol or even the Brigstowe Village band? These are just some of the topics spoken about at the U3A monthly meetings.

The U3A, University of the Third Age, is a national and international charity promoting life-long learning, for those who are no longer in full-time employment, in a relaxed environment. There are no exams, no qualifications and no limit on how much or how little you can participate.

Every month there is a speaker and the above list is those who will address the U3A members between now and Christmas.

The monthly meetings generally take place on the third Tuesday of the month in the mornings at Broadmead Baptist Church, Union Street, Bristol. Tea and coffee are served and there is an opportunity for members to have a chat before the speaker begins.

In addition to the monthly meetings, there are over 150 special interest groups within the Bristol U3A. These meet at various venues all across Bristol. There is bound to be a group which covers your own particular interest. For more information please have a look at the website: www.u3asites.org.uk/bristol or email: judyeparker@hotmail.com.

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Ardagh Bowling Club

Bowling news – The fine weather has triggered a busy start to the Ardagh Bowling Club season. Playing on a green which is in good condition means a lot for bowlers who are adjusting to outdoor, after playing indoors during the winter months. Hopefully we shall have the continued success of last year.

If you would like to try your hand at bowls, each Friday evening they host beginners' sessions, 6–8pm, for anyone to come along and try the game of bowls. All equipment provided, just wear flat shoes.



L to R: Helen Keith Kay and Ken

This year, the Ardagh bowlers annual tour was to South Wales. Based in Aberavon, they enjoyed fantastic hospitality and Bowling against Bryn Bowling Club, Beaufort Bowling

Club and Chepstow Bowling Club.

As you can see from the photos, great hilarity was had by all when the four bowlers from the losing rink had to dress up as part of the tradition of touring.

Wednesday Luncheon Club – Everyone is invited to go along and enjoy a delicious home-made lunch in the surroundings of the club and connect with other people for friendship. It is £3.50pp, for two courses. **Volunteers are always needed** and warmly welcomed into the friendly team.



Ardagh Toddlers – This happy group is going from strength to strength, with parents and carers enjoying new company and sharing new parenting skills. Families are invited to go along and enjoy the outdoors in the lovely weather on the patio,

with lots of toys to choose from. This drop-in group for 0–3 year olds runs on **Mondays, 10–11.30am**.

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

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Now open Saturdays!

It is always a pleasure to visit the Old Library on Muller Road and my two boys certainly love it too! This community venue is keen to share the great news that as well as being **open to the public Wednesdays (10am–4pm), Fridays, (10–2pm), you can now visit Saturdays 10am–2pm**, for drinks, cakes or a hot lunch of – home-made soup, toasties or locally prepared samosas.

Their Saturday's kick off with **community yoga** (just £3!), 8.30–9.30am. Weather permitting, there is also drop-in, **woodcraft in the garden**. We were so impressed to see the giant wooden nest and hedgehog previous sessions had created. Look out for the special Go Wild! Event on Saturday 27 July too!

While munching on our delicious toasties, I enjoyed a lovely chat with local resident Tasmin Costigan and found out why she and her husband Ben, had become volunteers? Her answer was simple, and that was to become more involved with their community. Volunteering at the venue has transformed their lives – they now know their neighbours and feel a real part of their community.

Tamsin also stepped up to ensure the future of **Stay and Play**, previously run by Stoke Park, until funding was sadly pulled. This group, that runs on **Tuesdays 1.15–2.45pm** is now parent-led and

thriving. There is a suggested donation of £1.50 (that includes a hot drink and snack). New families are always welcome to enjoy and support this group.

Ben, who helped install the computers and printers (there is free wi-fi and printing services available), felt it was also good for their children to grow up with a sense of community; if you know your neighbours you are much more likely to get on and respect each other.

If you would like to volunteer, do get in touch, they will harness your skills and passions and it doesn't need to be a huge commitment, a few hours once or twice a month is great.

As well as celebrating new Saturday opening, the Old Library team have lots planned for the summer months, to add to their regular monthly activities, so watch this space!

The venue is in the process of setting up **Folk Jam Friday sessions**, with the aim of creating their own Old Library funk/folk 'house band', ready for their September Anniversary party. So, if you play the tin



Volunteer Tasmin Costigan



whistle or are a secret accordion extraordinaire, or just fancy joining in, get in touch via their website.

Not a Pub Quiz remains a popular evening, taking place every third Tuesday of the month. Doors open at 7pm, quiz starts at 7.30pm. Teams of up to 6 allowed, either come as a pre-prepared team or join up with others on the night! It's just £2 per person to enter, and you can bring along your own drinks and food to keep you going into the evening!

Board at the Library – love a board game, fancy some company? Get along on the second Tuesday of the month 7.00–10.30pm .

The Old Library is also available for hire, so do

get in touch if your group is looking for a new home or you art planning a party!

This happy setting both inside and out, in structure and people, is testament to what can be achieved by local people working together. If you haven't yet visited I really must recommend you take a trip to enjoy and support this community hub.

www.theoldlibrary.org.uk



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Local History Matters – Horfield Prison

BHA local history research – text/prison photo Andy Buchan ©.

HMP Bristol or Horfield Prison, which stands in Cambridge Road, was opened in 1883, as the successor to the New Gaol, also known as the Bristol Bridewell or Bristol Common Prison, which used to stand in Cumberland Road – the entrance is still standing.

The New Gaol had been built in 1820 and had been re-built after the Reform Bill Riots in 1831, but by the early 1870's it had been condemned and a new prison was needed. Prisons at this time were the responsibility of the cities/towns in which they were built. The city council purchased the site of the former pleasure gardens in Horfield in the 1870s as the site for the new prison. It was known at this time that a new law would shortly be passed handing responsibility for prisons to the central government, so they waited until the Prison Act came in 1877, before taking any action. Building of the new prison started in 1881 and opened in 1883. The city was fined £21,000 for keeping prisoners in the old condemned prison, but then sold the site of the condemned prison for £22,000. The new Act also meant that the city was saved the expense of maintaining the new prison.

At the time it was opened the prison had 160 cells; the average number of prisoners in the prison at this time was 179.

The clock in the tower in Horfield Prison was moved there from the old gaol in the city.

When built the prison had a large wing for male prisoners, with an attached chapel and office block and a small wing for women. In the early 1900s, the women's wing was used to hold suffragettes, including Theresa Garnett, who in November 1909 attacked Winston Churchill at Temple Meads Station with a riding crop. Arrested, she was sentenced to one month in Horfield Prison for disturbing the peace, Churchill did not press charges for the assault. While in prison she went on hunger strike and was force-fed; she then set fire to her cell and spent the remainder of her sentence in the prison hospital.

Women prisoners stopped being held at Horfield in the 1920s.

In the early days, prisoners were moved to the prison by train and then walked from Horfield Station (Ashley Hill Station) to the prison. There is a report from 1886 by John Gregory of seeing five women shackled in heavy iron chain being moved from Horfield Prison to another prison.

Within the prison male and female prisoners were kept strictly segregated, even in the chapel, at which

attendance was compulsory. Men and boys had their heads shaved and all except remand prisoners wore uniforms – baggy clothing marked with broad arrows for males, striped blue and white dresses for females.

In the early days, during the first two weeks there were no mattresses and prisoners slept on boards. Food was always very basic, and silence was always required of prisoners. At the time it was opened, prison sentences were handed out for what today, might seem minor offences including: stealing a quantity of nails – 1 month; overcoat and trousers valued at £2.00 – 6 months; 3 billiard balls from a hotel – 3 months; a leg of mutton – 2 months. Prison was intended as a punishment; rehabilitation was not a consideration and sentences would be with or without hard labour; hard labour entailed the breaking up of a large boulder, brought into the prison for this purpose, a practice maintained until 1948.

The prison accommodation was increased by the addition of a 'T' shaped wing in the 1960s and a further similar wing in the 1970s; the wing built in the 1970s was one of the first designed with integral sanitation. Further significant changes were then made in the 1990s, particularly to the entrance area. The prison also has a number of workshops, which were built in the 1930s.



This picture of Theresa Garnett was taken after she was released from prison following her assault on Winston Churchill – she received for her actions, from the WSPU, a brooch for her imprisonment, and a medal of honour for the hunger strike.

Photograph is 'By Col. Linley Blathwayt – www.bathintime.co.uk/image/249330/suffragette-theresa-garnett-1909, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=35318410>'.

News from our Ashley Down, Bishopston & Redland Councillors

Ashley ward news

People in our area are trialling new technologies as part of the EU-funded research project Replicate. You could be eligible for financial help to make your home feel warmer for longer, reduce your energy bills and reduce your carbon footprint. Funding from REPLICATE can go towards installing loft installation, solar panels or a new more efficient boiler. To find out more, visit www.connectingbristol.org/replicate.

The Replicate project have also funded a fleet of 10 new electric cars available to rent in Bristol. The 100% electric Renault Zoe cars will allow more people to rent zero emission vehicles in Bristol. The national car club, Co-wheels, is hiring out the electric vehicles on a pay-as-you-go basis for its members. The cars are based at nine locations across the city, including three locations in our area: Effingham Road, Wolferton Road and Station Road (Montpelier) – see www.co-wheels.org.uk/locations.

A major review of Bristol's 20mph speed limit has determined that no significant changes are needed to the measures introduced throughout the city between 2012 and 2015. The review identified that only minor adjustments on a small number of roads were needed to support compliance with the limit, which was introduced to improve active travel, street safety, and health and well-being for citizens. A public consultation about this last year received over 3,500 responses, with the majority supporting the existing situation. We are pleased that there is such wide public support for 20mph and that the council will not be raising the speed limit.

Bristol City Council's Cabinet have been presented with two options for a Clean Air Zone, which have been put out for consultation. A Clean Air Zone is being introduced to ensure that the city reaches compliant legal standards of nitrogen dioxide (NO2) emissions. Option 1 includes a local scrappage scheme; improvements to buses and taxis; bus and local traffic interventions in the most polluting areas, including a bus lane on the M32; a targeted diesel ban on the highway past the BRI and Children's Hospital and a charging scheme for polluting buses, taxis, vans and lorries. Option 2 would be a small area diesel car ban (between 7am to 3pm) to cover a specific central area, plus the scrappage scheme and some non-charging measures around buses, taxis, vans and lorries. Initial analysis suggests that, for both schemes, compliance with legal limits for NO2 could be achieved by around 2025. The consultation on these options begins on 1 July and lasts for six weeks – visit <http://bristol.citizenspace.com> to have your say. Once the preferred option is chosen, a further consultation

will begin on the details of the scheme; the Full Business Case for the scheme will be submitted to the government by December 2019.

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

Please do get in touch

Cllr Mike Davies, Labour Party
cllr.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

Parks sports facilities consultation – Thanks to ever-present budgetary pressures, the council has an aspiration to 'operate chargeable sports facilities and other facilities in public parks only when they generate no cost to the council'. The council is currently consulting on detailed options to achieve this and needs your feedback! This is an especially important consultation for our area as it includes the Ardagh Bowling Green on Horfield Common and the Wellington Hill football pitch. You can review and take part in the consultation online here: <https://bristol.citizenspace.com/management-of-place/parks-sports-facilities/> until it closes on 9 July.

Road lines painting – We're aware that residents are waiting for road markings to be painted across the area. This includes the new double yellow lines near the cricket ground, and also repainting of lines on roads that have recently been resurfaced. We will continue to chase progress on this on behalf of residents.

Wetherspoon's – Passers-by may have noticed hoardings outside 349 Gloucester Road promoting a new Wetherspoon's pub. This is not the first time the chain has tried to gain permission for opening a pub at this location, and they do not yet have planning permission.

We met recently with Wetherspoon's representatives to discuss the proposal, and they assured us that they were seeking to address the issues raised with the previous, refused, application (which included noise, odour, design, access, sustainable transport and more). However, the design does still incorporate a roof terrace, which we know will be of concern to local residents.

The application will be formally made in the next few weeks, after which point citizens will be able to view

the proposals and pass comment on the council's planning website.

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

Dangerous traffic – Fi and Martin are increasingly worried at the rising number of reports of accidents and dangerous driving in the area, including on some streets close to our local schools. We have helped set up meetings with local people and the police to discuss ways of tackling the problem, including setting up Community Speedwatch monitoring (which gives evidence of excess speeds and gets warning letters sent to those going too fast). Fi was shocked to witness several cars travelling well above 40 mph in a 20 limit. We have also secured some extra 20mph signs to be fitted in some streets. Martin has been talking to residents keen to see traffic calming techniques to lower speeds.

We are deeply disappointed that there are no funds available for schemes that should be taken forward, even where accidents have already occurred, such as the crossing at Cranbrook Road. However, we are pressing for practical options to be drawn up, so that if and when funds are available from the Area Committee or elsewhere, we can act quickly. Fundamentally, however, we need assistance from the highways department and funds to make our streets safe before a serious accident occurs. Please do let us know if there are similar issues in your street

Waste issues – the saga continues – We have had many reports of both black bins and recycling remaining uncollected in our area. Initially we were told that the situation would improve with the introduction of new recycling vehicles but his doesn't seem to be the case. Together with other councillors in the area, we are asking why this is happening and what can be done about it. In the meantime, please let us know if you are experiencing problems on your street.

20mph – After a review lasting several years and tying up much of the highways department we were delighted and relieved to see that 20mph speed restrictions will remain in all but a tiny handful of streets in the city. We feel that this reflects not only the large swathes of academic evidence that supports 20mph but also local feedback which tells

us that slower cars lead to quieter more relaxed neighbourhoods where people feel safer walking and cycling.

Pavement parking – The House of Commons has been holding an inquiry into pavement parking. This is an issue we get plenty of emails about and Martin drafted a response from the Green councillors' group. The inquiry follows years of frustrations about the problems caused in all areas outside London (where it is banned). Our case work has continual frustrations by lack of clarity or action to deal with obstructions and safety issues. The submission draws heavily on the work of the Bristol Walking Alliance (ref <http://bristolwalkingalliance.org.uk>) as councillors support their work, and also includes many points based on issues raised by residents.

We've all found how there are daily problems of road safety, blocked access, and obstructions, with residents having to walk in roads, being unable to get access in wheelchairs, mobility scooters, or with buggies. We think it's time the government provided clarification of the right to an unobstructed pavement and that the mix up between civil and criminal offenses got resolved.

The submission calls for clarification and a memorandum of understanding between the police and local government to resolve who does what, and asks for education, design guidance for shared space and play streets, and a review of the Traffic Regulation Orders, which could be used to resolve some issues.

Air quality – At the time of writing, the Mayor has just proposed a consultation on two options to sort out Bristol's appalling air quality (see <https://democracy.bristol.gov.uk/ieListDocuments.aspx?Cid=135&Mid=3684>).

We are disappointed to see that key evidence continues to be deemed confidential by the Mayor, which makes it hard to form a view on what's being proposed. Most of the proposals lack any meaningful detail. It's worth noting that delays to this whole process have resulted in hundreds of lives being cut short by toxic air. Please do copy us in to any of your responses to the consultation.

Parking – Fi and Martin had a meeting with the latest Cabinet member for transport and local residents asking for support for people affected by parking chaos in their streets. We believe that it's only a matter of time before there is a serious incident resulting from emergency vehicles not being able to get through the streets blocked by dangerous parking.

▶ Continued from page 61

We've been told that 'an overwhelming majority' of residents must support any changes but have not yet been told what this means. We're also frustrated at reports that the Mayor will not allow any changes before the 2020 elections despite promises last summer that residents could have help from the highways department to look for solutions. We've been told that the council PR department will be devising a survey to help inform any future decisions but over two months after our meeting, we have yet to hear anything.

In the meantime, please carry on alerting us to any issues in your area relating to parking or other transport issues. It really helps us build up an accurate picture.

Water fountains – We were pleased to see the council's announcement in November that there will be funds for 12 new water fountains across the city. No further details have since emerged so Fi has been trying to find out from the Cabinet member and officers whether one of these can be in Redland, but this is taking some time. We know that there is considerable local support for a water fountain on the Green, so if the council can't help, we will explore other avenues.

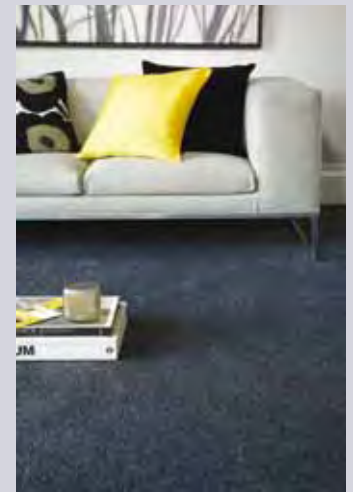
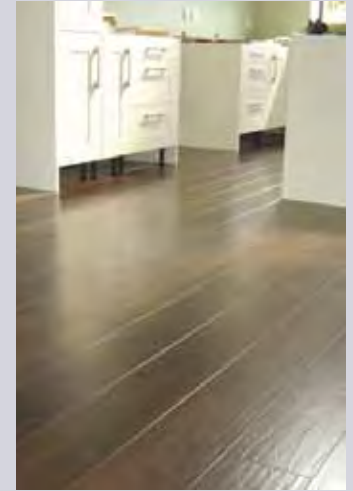
Park concessions – Like many local residents we were delighted that Fay was granted permission to trade in St Andrews Park. However, the concession in Redland Green has been more problematic, with no trader as yet being granted any concession. We were also disappointed to see that, despite years of pressure from local groups and significant funds being raised by local people, it now appears that an electrical power supply to Redland Green (that would have eliminated diesel fumes from any ice cream vans or similar) has been deemed unviable. We shall continue to seek some kind of solution.

Euro elections – Finally – we were delighted to see Molly Scott Cato re-elected as one of the South West's MEPs. Overall the Green Party came first across the whole city, with 35% of all votes cast – 13% more than the next party. Congratulations Molly and thank you to everyone who took the time to vote. ■

Please do get in touch

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

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



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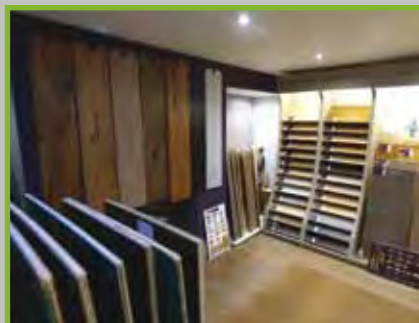


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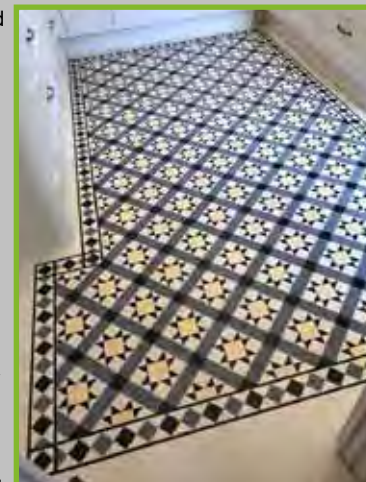


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Community Noticeboard

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For the online 'What's on' diary
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MORE...**



Community News/Events...

Lockleaze & Horfield Strollers, now part of The North Bristol Walking Group – www.walkingforhealth.org.uk/walkfinder/north-bristol-walking-for-health. Contacts for further info are jlgowin@btinternet.com / joanaharvey@gmail.com.

9 July, Following Strad Brook to Magpie Bottom – Meet at Horfield Leisure Centre 10.00am (Bus 17). A walk down the leafy Strad Brook valley to Magpie Bottom in the heart of Hanham. Leader: John.

23 July, Poet's Walk Clevedon – Meet at Bristol Bus Station at 10.30am (Bus X6). Enjoy sea views and fresh air on this walk, which has become a favourite over the years. Leader: Julienne (Tel 0117 924 1398 for more info).

6 August, Castle Park Tree Trail – Meet at the back of Primark, Horsefair at 10.00am. These trees have been planted to commemorate people who have served our City. Also a chance to visit the physic garden. Leader: Joan.

20 August, Portishead Coastal Path – Meet at Bristol Bus Station at 10.00am (Bus X4). There are some steep sections at the beginning and end of this walk with some wonderful panoramic views in between. Leader: Julienne (Tel 0117 924 1398 for more details).

Glos Rd WI meets on the third Tuesday of every month. Doors open at 7.30pm for 8pm start, at St Andrews Bowling Club, Derby Road, BS7 9AQ. Membership is £42 for the year or you can go as a guest for £5 to try the group out. Forthcoming meetings –

- 16 July – Car maintenance (off-site at PC motors).
- 20 August – Macramé craft session.
- 17 September – Bhangra drumming workshop.

Follow on social media and visit their website for more information. gloucesterroadwi.org.



a sparkling performance of 'Razzle Dazzle' from the hit musical 'Chicago'. The concert, featuring a range of music from Brahms to Gilbert and Sullivan, was in aid of the charity Home-Start Bristol, which

offers a lifeline of support and friendship to families with young children who are going through difficult times. £250 was collected at the concert, and further amounts raised through a Facebook-linked appeal meant that a total of £860 was given to the charity.

Henleaze Ladies' Choir, which meets on a Thursday afternoon at St Peter's Church Hall, Henleaze, performs two charity concerts each year, in December and May, with the charities chosen by the members. There are no auditions to join the choir and the aim is to enjoy singing a wide repertoire of music together and to give pleasure to audiences. The choir is now on a summer break, but will be back to start singing again on Thursday 12 September. New members are always assured of a warm and friendly welcome, so do come along and give us a try!



The Redland Green Choir – will be giving a concert of English music on Saturday 13 July at 7.30pm in the new Redland Hall at Redmaids'

High School. Tickets are £12 (£10 concessions) from www.redlandgreenchoir.org.uk or at the door.

The programme will feature The Music Makers by Edward Elgar, for which the choir will be joined by the Long Ashton Orchestra and soloist Katy Garden. The choir's gifted young director, Nicholas Bromilow, says "this varied and rousing programme illustrates changing musical and social thought, and gives the choir the opportunity to demonstrate its abilities across a range of musical styles."

The concert builds on the success of previous summer concerts, which have featured works such as the Verdi Requiem and Beethoven's Choral Symphony.

Keep fit with dance moves – at Horfield Baptist Church, 279 Gloucester Rd/Brynland Ave, BS7 8NY, Tuesday mornings, 10.15–11.15am. Improve your mobility and general well-being, have fun, challenge yourself and feel more confident, keeping fit to music. The class also includes some body conditioning including seated exercise. Working at your own pace, the class is suitable for all abilities. Go along and make new friends at this very social and friendly class. Pay as you go at £4 per session. Wear comfortable clothing and appropriate footwear. For further information contact Eileen Scott, on 07969 929733, or email scottyartois@hotmail.com and visit the website: www.keepfit.org.uk.

Bristol Choir Celebrates 10th Birthday with 'Gurtest Hits' Concerts

Supported by its younger sibling Bristol MAN Chorus, Gurt Lush choir is celebrating its 10th birthday with two concerts this summer and a further two in the autumn, together reviving at least 20 of its 'gurtest' hits.

Founded by local resident and musical legend Sam Burns in 2009, the famous choir (whose following includes 5,000 global YouTube subscribers) is best known for its fearless and enthusiastic embracing of different musical styles and genres from a kaleidoscope of cultural origins – a diversity that will be reflected in the birthday concerts.

The repertoire for the birthday concerts includes songs from Bristol composer Robert Pearsall, tunes from Africa, the US, and England, passionate Bulgarian and Russian folk tunes, a Beach boys medley, an ancient Swedish rhyme, heartfelt protest songs and spirituals, silky Bossa Nova rhythms and gloriously flowery and yearning Elizabethan tunes about love and sex.

The first two concerts are:

Sunday 7 July, St Bart's Church, Maurice Road, St Andrews BS6 5BZ, 4pm

Saturday 13 July, St Paul's Church, 2 Southville Road, Southville, BS3 1DG, 7.30pm

For tickets visit: gurtlushchoir.com



Can you help The Bartholomites find a new stage to perform on?



At the start of this year The Bartholomites performed their pantomime Red Riding Hood, which was enjoyed by over 400 people! We would like to thank everyone for supporting us in this, our 50th year.

Sadly, this was to be our last pantomime performed in St Bartholomew's Church Hall, as the church are redesigning their space, and there will no longer be a stage there for us to use. After 50 years The Bartholomites are determined to try every way we can to find somewhere else to continue performing and providing this community supported event.

If anyone knows of a space with a stage that might be available and suitable for us, we would be very grateful if you could let us know. Please email us at: thebartholomites@gmail.com. We are still

hoping to hold all rehearsals in the church hall, but need to find somewhere to perform the show.

Once again, thank you so much for your support in everything we have done. We are looking to the future with optimism. If you would like to join us in our next performance rehearsals start for our 2020 show in September.

For more information, please email: thebartholomites@gmail.com.

The Bartholomites need you



We are a pantomime group based at St Bartholomew's Church Hall, St Andrews.

Rehearsals for our 2020 show will begin in September for adults and October for children.

We are looking for people to join us, both on stage and off.

All ages welcome.
No prior experience necessary.
Good sense of humour needed!

For more information please contact us – thebartholomites@gmail.com



The show must go on!

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Nick T – Westbury on Trym

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Mrs Jones – Bishopston

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