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issue 120, Sept 2018

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Dear Readers...

I hope you have enjoyed your summer so far, there are a still a few more days to cling onto yet!

Highlights of local seasonal events for Bishopston Matters include a fabulous performance of The Importance of Being Earnest in St Andrews Park, we hope you enjoy sharing the theatrics in our review.

The Ashley Down Infant, Year 2 end of term play is always filled with fun, song and dance, you can't help but sit with a smile from ear to ear as you watch the pupils give their all to the performance.

Bishopston Matters was once again delighted to sponsor the Friends of Horfield Common annual fun Dog Show. It was even more of a pleasure for Henry and I to judge the 'Dog the Judge would most like to take home' class, what a wonderful spectrum of special

pooches to chose from, find out where the ribbons were awarded inside.

I am sure many of you have taken part in the Grommit Unleashed 2 tour, there is still time to spot our delicious, *Glos Rd Grommit* - 'Sprinkles' proudly sitting outside BTP. Many local artists painted spectacular Grommits homed throughout the city.

This month we looked forward to the always fabulous Party in the Park 2018 on Saturday 15 September. Bishopston Matters is once again happy to be sponsoring the fun Horsey Hoppers event, that makes for a great spectator sport! I look forward to seeing many of you there.

We also bring you updates from numerous local groups and coverage of recent events for you to enjoy, throughout the magazine.

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

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Join the Red Dragons Martial Arts School this Autumn

The Red Dragons Martial Arts School is coming to BS7 and BS9. We have years of experience offering quality, inclusive martial arts training to all age groups. Our programmes deliver a brand of martial arts designed to promote confidence, discipline and fitness, while maintaining that all-important element of fun.



Our programs start with our **Pre-school Tiny Titans** for ages 2.5 to 4 years. This is a 30-minute martial arts activity class focusing on improving motor skills and coordination, while embedding the key skills necessary to progress in martial arts. Everyone who joins the club will receive a free uniform and license.

The Tiny Titans programme focuses on developing key skills for life such as fitness, coordination, discipline, leadership, respect and listening.

The Red Dragons Juniors programme develops confident and disciplined martial artists.



The adults' programme is for anyone who wants to improve their fitness, flexibility and confidence in a fun and supportive environment.

We will be launching in Kudacan on Sunday 2 September at 4pm with our first Tiny Titans class. On

Mondays we will be based in the Scout Hut on Eastfield Terrace, Henleaze and on Tuesday we are back in Kudacan.

Our chief instructor Lloyd Lewis is a former two times World Kickboxing champion and has nearly 30 years' experience in martial arts. He is also a Black Belt 4th Dan and has been inducted into the WUMA Martial Arts 'Hall of Fame' as a competitor and as a coach.

For more information follow us on Facebook: Red Dragons Martial Arts or call us on – 07779 740 432 to book your free trial.

Homestay accommodation wanted in 2018 for overseas students aged 16+

Throughout the year, but particularly in July and August.

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

£150 per student per week half board (18+)

£165 per student per week half board (under 18)



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email: accom@elcbristol.co.uk
www.elcbristol.co.uk



Ashley Down's Balloon Adventure

The year 2 pupils at Ashley Down Primary School were in fine voice and had all the moves in their self-created end of year show – Ashley Down's Balloon Adventure.

The story began in The Wild Place, with a sad bunny rabbit in need of companionship. As Ashley Down pupils are experts in friendship, their help was soon enlisted.

In their pursuit of seeking animal friends for the lonely rabbit, they flew to a rainforest, grasslands, Antarctic, the ocean and desert. They even had the assistance of a well performed – Sir David Attenborough, who bestowed nuggets of his wisdom throughout the performance.

The costumes were creative and fantastic, I particularly liked the flamboyant toucan's beak, a masterful sculpted squid head, decorative snake masks and bow tie sporting penguin!

The musical and dance performances were enjoyed by all, the 'Eye of a Tiger – You're going to hear me roar!' and pupil/penguin dance off (incorporating the ever-popular flossing) were particular highlights.

There was even a topical joke thrown in – *What do you call a camel without a hump?* – Humphrey of course!

The end scene saw a happy bunny united with her new animal friends, they all celebrated to the song 'You got a friend in me'.

The story was clearly told by the narrators, who concluded, "The moral of story is we all need a friend to hand". What wise words.

Ashley Down pupils are indeed experts in friendship, as well as bringing joy through their performance. If you weren't lucky enough to attend one of their shows, I hope you will enjoy the positive spirit of their *Balloon Adventure* in this article.



Community music with SENDaWelcome



Community music has long been acknowledged for its ability to bring people together. As a creative practice, it does what it says on the tin: it builds a community through improvising, creating and performing music

together. From speaking to parents of children with Special Educational Needs and Disabilities (SEND), we know that this feeling of community is very much absent for many teenagers with SEND in our corner of Bristol.

"My daughter was diagnosed as autistic aged 15," one local parent told us. "She really wanted to meet other girls she had experiences in common with and who would accept her for who she was, but couldn't find any structured support or groups available for teenagers like her. She found it patronising that she was directed to groups that were really for younger children. It would be so great if other teens didn't have to struggle in the way she did to get support."

It's a view that's shared by another local mum. *"My 11-year-old daughter is a very social child and loves trying new things," she says. "She deserves the chance to develop her skills and confidence as she goes through her teenage years, just as any child does."*

With this in mind, SENDaWelcome is launching a project specifically for young people aged between 11 and 15. Professional musicians Tara Baggott and Tony Gordon from Bristol band *The Rin Tins* will be leading six accessible music workshops aimed at young people with learning disabilities. You don't need any musical experience to join, just an interest in making music, learning new skills and meeting other young people from their community. Kids will be able to try out a selection of instruments including drums, bass, acoustic guitar, electric guitar, ukulele, keyboard and percussion.

Tara will be drawing on her work over the past five years with ground-breaking organisations *Drake Music* and *OpenUp Music*, running workshops and developing orchestras in specialist settings. She also plays and teaches piano, guitar, recorder, ukulele and singing, and is currently learning to play drums. In his 15 years as a musician, Tony, meanwhile, has squeezed in a degree in Contemporary Popular Music, a stint as the bassist

and vocalist with critically acclaimed band *Bastille*, as well as teaching music and running his own music workshops for elderly people with dementia through an organisation called *Musica*.

These music sessions will be running through October and November culminating in a possible performance on 17 November. Places are limited to 10 young people so please contact SENDaWelcome to book your place.



More Details

What time: 11am – 12pm on Saturday mornings.

Where: Front Hall at St Michael's Church on Gloucester Road.

Parents and carers will be able to stay in the adjoining link room and enjoy a well-earned sit down with a cuppa, a chat and cake!

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

When: Sat 6, 13, 20 Oct (break for half term) Saturday 3, 10, 17 Nov (with a potential concert!).

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Learning, friendships, and adventure at BGS

Bristol Grammar School is a very special place. From the early years of Reception, right up to the Sixth Form, pupils are encouraged to get involved and to make the most of the many opportunities available to them, inside the classroom and out. The enthusiasm and energy with which they throw themselves into these opportunities and their willingness to take on a new challenge is a large part of what makes BGS such a rewarding place to be for students and staff alike.

Ensuring your daughter or son is happy and enjoys school life is at the heart of everything BGS does. Their aim is for your child to leave BGS happy, confident and secure, equipped not just with qualifications but with the skills they need to make their way in the world.

The opportunities to gain these skills – such as teamwork, resilience, problem-solving, and communication – are embedded throughout



the School. As a proudly co-educational school, BGS believes girls and boys learn best when they work alongside each other, learning to see each other as peers and collaborators just as they will be in the world beyond school.

To find out more about life at BGS and opportunities to visit the School, see their website: www.bristolgrammarschool.co.uk or join them at their Open Evening on Friday 5 October from 4.00pm–8.00pm.

 **Bristol Grammar School**

Life changing

Open Evening
Friday 5 October

Year 3 to Year 6: 4.00pm–6.00pm
Year 7 to Lower Sixth: 4.00pm–8.00pm

Call Hollie Matthews on
0117 933 9885



YES CHEF!

We are pleased to share with you below, the positive experiences of young Ashley Down resident Harry Caldwell, who once again entered Bristol's Young Cook of the year competition. Harry is 13 years old and attends Orchard School.

Harry learning all about Paella with David from El Camado

We salute his determination and passion for food, he is certainly a cheffing talent to watch out for in the future.

Last year I entered the Young chef awards and came second with my Japanese tuna salad and mango sticky rice. I then went on to try in the competition again this year.

I chose Paella following a trip to Spain because many years ago my mum went to a beach and watched a man cook paella. On this recent trip we were astounded to find that the same man is still cooking paella on the same beach! I ate some and thought it was so delicious and that I wanted to learn how to cook it myself.

Leading up to the competition I went to see David from El Colamado on Gloucester Road. He was a good teacher sharing some of his recipe secrets with me! He told me the best paella has a slightly burnt part at the bottom which gives it a smoked flavour. He also told me the rice is the hardest part to get right.

On the day of the competition I was feeling calm and relaxed. It was different as I had been practicing on an induction hob and I had a gas stove. I did well and I was proud of the dish in the end. I was relieved to find out that I had got through to the final!

As finalists we were invited to go to a wholesale greengrocer's where the workers get up at 2am and work very hard. I got to see the many fruits and vegetables that come from local farms and are distributed around Bristol.

I also visited a pizza restaurant where I learnt how to make fresh pizza in a pizza oven and I made a mocha using an industrial coffee machine.

The final was in a big kitchen with food from the wholesale greengrocer's waiting for us to use. I was calm but there was a tense atmosphere in



the air. I had made slight adaptations to my dessert following feedback from the judges in the semi-final. I was pleased with my Paella and Fruit crunch dessert. I didn't win but it was a great experience. It wasn't even over once the results were shared because that night we were invited to assist chefs from the Square Food Foundation in The Station who were cooking for some V.I.Ps. I got to try some foods I'd never had before including eel, chicken liver and trout. It was a great experience in working in catering and possibly the most inspiring.

The Young chef awards have not seen the last of me I'll be back again next year – perhaps with some fresh pasta which beat me both times!



Building Brighter Futures

Want to become a foster carer? You Can...

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- Already have children or not

Capstone foster care are an independent foster care agency. Our aim is to provide excellent outcomes for children and young people – building brighter futures into adulthood. We work with our foster carers to provide safe and nurturing environments, so children and young people can thrive.

We know that many people can be hesitant to come forward and take the next step to foster and need some encouragement or re-assurance that they will receive a quick and sensitive response with answers to any initial questions they may have.

Capstone Foster Care needs carers for children of all ages but are particularly interested in hearing

from people able to care for sibling groups or children over the age of 11.

Foster carers receive ongoing and regular supervision, support, training and an allowance.

Foster carers can provide care on a short-term basis whilst permanent plans are made for children to return home to birth family or to an adoptive family. Alternatively, they can provide care on a long-term or permanent basis where the child will become a part of the carer's family until they are ready to leave home, but hopefully throughout their adult life too.

Foster carers Liz & Martin say, "Being foster carers gives us a huge sense of pride – knowing we can make such a difference, and to be part of, and share, a child's life is so gratifying".

Contact Emily on: 01454 423820 or visit www.capstonefostercare.co.uk to find out more.

www.mockingbirdpressbristol.co.uk

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🌐 www.nbp16c.org.uk


📍 **Redland Green**, Redland Court Road, BS6 7EH
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🌐 www.nbp16c.org.uk





Clifton High School
co-educational nursery school to sixth form

Be Ambitious



Senior School and Sixth Form Open Evening:
Thursday 20th November 2018

admissions@cliftonhigh.co.uk | 0117 933 9087

The Diamond Edge Model  Realising Individual Brilliance

Be Ambitious with Clifton High School

Clifton High is a leading independent, selective, 3-18 co-educational school in the heart of Bristol. From the Nursery School to Sixth Form, as a medium-sized school there is a strong sense of community throughout and pupils are vibrant, inquisitive individuals. Class sizes are small and pupils further benefit directly, or from the philosophy of, the highly successful Diamond Edge Model of education, where boys and girls are taught separately in core subjects in Years 7-9. Clifton High recognises the importance in choosing the right school for the right child. A meaningful education to a child is much more than simply achieving the highest grades and pupils at the school receive an education in the very broadest sense of the word, achieving that ideal balance of personal development and academic realisation. Indeed, every pupil at the School is encouraged and supported to reach their full potential and to realise their individual ambitions. It is important to inspire pupils beyond the curriculum – to foster



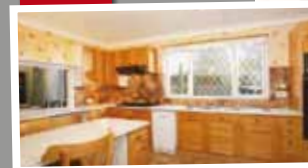
in them an appetite for learning and a drive to succeed, whatever change and challenges life presents. The privilege of excellent education brings with it responsibility and Clifton High prides itself on sending young people out into the world who are ready to make a real and positive contribution to society. 'Realising Individual Brilliance' is the School's tagline, to celebrate each child for who they are and what they achieve.

Clifton High looks forward to welcoming visitors to meet staff and pupils and tour the school at one of its autumn open events: admissions@cliftonhigh.co.uk | 0117 933 9087.

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My First Cricket Experience

Is there anything more English than cricket, perfect grass, picnics and sunshine?

In light of 2018 being the centenary for the Suffragettes and women having the right to vote, it made perfect sense to make my first cricket experience the T20 Tri series – Women's International Game, England V New Zealand at the local Gloucestershire Country Cricket Ground – a warm up to the final of the Tri series held in Chelmsford a week later. I was joined by a friend, also a newbie to the cricket landscape.

Once settled comfortably with our drinks, it wasn't long before our conversation turned to what we had in our picnic and the setup of. We caught up, relaxed, cheered, scrutinised, munched and crunched and learnt how to score with the help of the giant score board and screen. Those memories of long drawn out 5-dayer matches on TV completely wiped from



ALP reporting

my mind as I embraced the T20 format which, with just 20 overs, once the score to beat is set becomes a competitive countdown full of 4s and 6s, music, flames, and plenty of runs to keep it moving.

What a privilege to be able to be local to this top sporting venue and watch the best players in the world of Women's cricket bat and bowl.

Cricket has got itself two new fervent spectators!

Final Score – England Won! England then went on to win the Tri Series the following week against New Zealand.

What I Learnt and Future Tips

Don't ask who is winning in the first five minutes of the game opening! • *Do take a picnic* • *Take a hat and cream up* – it's a very sunny cricket ground • *An over is 6 throws* • *Very family friendly* • *A game lasts about 2 hours* • *It's a bargain!* *Ticket was just £10 for 2 games* • *Check what colours your team is wearing* – *we cheered the wrong team for an hour!*



2018 winners of the U11 Lady Taverners Trophy – Stoke Bishop

Cricket News – Golden Hill Girls' Cricket Club
Winners 2017 Lady Taverners' trophy – at their first attempt. Golden Hill Girls' Cricket Club has taken off since it was founded in 2016 and on training nights you'll find 70+ young people training. Although their youth cricket summer season has now almost finished new training sessions will start in Feb 2019 (indoor). If you have a daughter aged 8–15 years old and they are interested in being a part of girls cricket visit www.goldenhillsports.com

BASS Wanted!

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



OMNIBUS – Latin for Everyone



At last! From September, students from Years 8 – 13 will have the opportunity to study Latin in small classes to be held on Gloucester Road.

Why Latin?

- *Word power: learn more about your own language - and how to use it better -through studying Latin.*
- *Historical and cultural awareness: learn about the Roman people as well as their language.*
- *Future careers: a real bonus for anyone interested in a career in Medicine or Law, professions that still employ Latin terminology.*
- *A brilliant brain workout!*

Your teacher – Helen Currie has taught English and Drama at a secondary school outside Bristol for twenty years. She set up and runs the Latin course there.

Free taster session – To reserve your place on one of the free taster sessions on Thursday 13th September, from between 4.30 – 6pm, email fergandhelen@blueyonder.co.uk



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

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

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

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



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Marathon runner chooses Acorn Property Group's Loft House for her new city home with a park life

Keen long-distance runner Elisabeth Merrett is combining city buzz with an urban park for her new Bristol home.

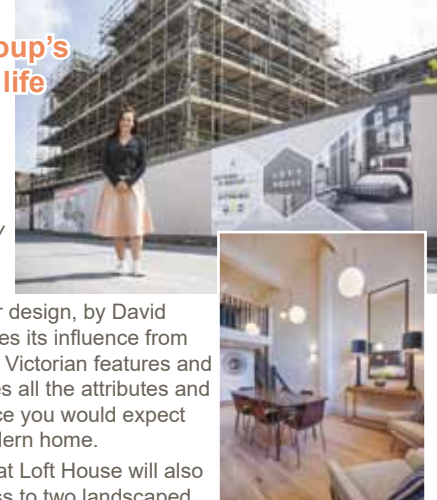
Having lived in the Stokes Croft area of the city for 11 years, the self-employed businesswoman wanted the convenience of city living but with some green space on her doorstep and has opted for an apartment at Acorn Property Group's Loft House in Bishopston. Elisabeth felt that nearby St Andrew's park combined with easy access to the eclectic mix of shops and amenities on Gloucester Road, presented the right pace of home life.

She commented: "I'm looking forward to being able to run in the park as well as meet up with friends."

Loft House is the conversion of a former Grade II listed building into sixty 1, 2 and 3-bedroom apartments, duplexes and houses, many with parking, and it was the mixture of old and contemporary features which also appealed to Elisabeth.

"I had been thinking of moving for a while and was torn between the convenience and luxury of a new build and the character and period features of an older property. The Loft House development was exactly what I was looking for, a beautiful, Grade II listed building with original features, large sash

windows
and high
ceilings
but with a
thoughtfully
designed
interior."



The interior design, by David Hutton, takes its influence from the original Victorian features and incorporates all the attributes and convenience you would expect from a modern home.

Residents at Loft House will also have access to two landscaped communal courtyards, and the popular Gloucester Road just a 10 minute walk away provides a mix of independent shops, cafés, bars and restaurants.

Loft House is now over 80% sold, so potential buyers are being urged to register their interest now to not miss out. Show Apartment open by appointment. Help to Buy available.

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on 0117 946 9838.



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They are experts when it comes to replacing draughty wooden, sash windows, with thermally efficient, UPVC alternatives. You can still enjoy the appearance of traditional frames, but with far greater energy efficiency, as well as the new windows being acoustically very good at blocking out noise pollution.

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

Bi-folding doors are also extremely popular with modern living – blurring the lines between indoor and out. Created in aluminium, these beautifully designed doors come in a wide range of colours.

For further information please contact the efficient team: **Tel: 07957 360927**
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Visit: www.1staztec.com



smartsystems.co.uk

Top trends this season...

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

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

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

Sensory experiences – Treat all your senses while relaxing in the bath. Whether you fancy building in a sound system to listen to your favourite music or adding adjustable lighting solutions to your shower, there is something for every taste.

Rich & dark – Black and dark grey are growing in popularity for bathroom floors and walls. These bold choices can deliver a luxurious finish and are great for complementing clean white bathroom furniture and metallic embellishments.



Kellaway Bathrooms prides itself on offering a high standard of personalised service that the large national chains find it hard to match, while its friendly and knowledgeable team have a wealth of experience in bathroom products and design. Aware that designing a bathroom is a matter of personal choice, the team are always on hand to help make the most of your budget, choice and space.

With modern and contemporary styles through to traditional and vintage designs, they can create something to suit all tastes and budgets. Names such as Crosswater, Grohe, Ideal Bathrooms, Pura and Roca are just a few of the brands supplied, along with designer brand Laura Ashley.

Book your free planning consultation now at www.kellawaybathrooms.co.uk and take advantage of the 25% Reader Discount!

Kellaway Bathrooms, 172-174 Kellaway Avenue Horfield, Bristol BS6 7YQ ■ T: 0117 942 6050

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Dedicated Aveda Salon

They are proud to be an Aveda salon, Nuala told me, "Being an Aveda salon means that we do not just care about quick in and out hair cuts but about the whole wellbeing of each guest."

The word Aveda comes from – AYURVEDA

- An ancient holistic system of healing in India
- Treats the whole person for balance and well-being
- Considers the effect of products on body, mind and emotion

Nuala goes on to say, "Aveda soothes and fulfils you mentally and is about winning back yourself. Every guest is taken on a journey and will get to experience the Ayurvedic way. We are pleased to have three new massaging wash basins to assist with this."

Look out for the fabulous, new cherry and almond shampoo and conditioner.



New Talent coming through

The team would like to congratulate Katie, who has passed her level three, and has now been promoted to a Fresh stylist.

The place to be!

Nuala enjoyed taking a phone call from Vogue recently, inviting her to feature in the prestigious magazine.

If you haven't already been convinced to pay a trip to this wonderful, freshly refurbished local salon, we leave you with the words from a client's review – "Lovely environment, friendly staff, wide selection of beverages, relaxing complimentary neck massage, pleased with my hair cut, overall very good experience so would definitely recommend."

178 Gloucester Road, Bristol BS7 8NU
Tel: 0117 924 0940
www.nulahairdressing.com

Celebrate their New Look

Based on Glos Rd Central, the popular Nuala Morley Hair and Beauty are having a fabulous refurbishment. Owner Nuala invites you all to their **Grand Relaunch on Thursday 27 September, 5–9pm**. Enjoy an evening of complementary beauty treatments, hair consultations, cocktails as well as the generous gift of a voucher to use towards a beauty treatment as well as a goody bag – well worth a visit!

Offering their clients more

The front of the salon is being refurbished and they are opening up a second beauty room. As well as the wonderful makeover, they will be introducing some new services to both the beauty and hair side. The updated space will enable them to open up a second salon room with six new stations. Clients will also be treated to a range of delicious new beverages.

Nuala has a strong, talented team of eight and is pleased to welcome their new full-time beauty therapist to their team.



Curly Hair Specialists

As well as offering all the current cuts, colours and styles, they are specialists in curly hair, and were voted one of the top 10 salons in the UK to get your curls cut,

by Naturally Curly (a magazine for curly girls).

"Nuala is fantastic! Not only did she bring out my natural curl in a way I have never seen before (smooth, defined, soft), but she also gave me some great tips on care and styling.

She knew exactly what she was doing and made very astute observations about my hair that no other hairdresser has ever picked up on. I certainly won't be going anywhere else ever again."



You are invited to join us for an evening of complementary beauty treatments, hair consultations, cocktails & canapés.

This is to celebrate the Relaunch of Nuala Morey.

New guests will be given a voucher to use towards any service, and current guests will be given a voucher to use towards any beauty treatment.

Everyone will head home with a goody bag on the evening.

Nuala Morey

Thursday 27th September 5pm - 9pm, 178 Gloucester Road, BS7 8NU



Riff Raff Choir – Why not join us?

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

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

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

Our next term starts on:

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



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

www.RiffRaffChoir.co.uk

Come and see us in action, we'll be performing on:

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

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

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



JOE'S BAKERY – NOW ALSO AT THE BREAD STORE

It is always sad when a local store closes on Gloucester Road, especially one as well loved by its customers as The Bread Store, but thankfully, the venue will continue as an independent bakery. Yes, Joe's Bakery launched their second shop – Joe's Bakery at The Bread Store at the end of June.

Understanding how important it is for the local community of that area to be able to buy real fresh bread, Joe's are pleased to be able to give them this opportunity.

The team are currently settling in and gaining an understanding of the ranges of bread and confectionary best suited to their second location. All the delicious breads and cakes are currently still baked at Joe's original home of 240-242 Gloucester Road, but over time, baking will also take place at their Bread Store venue. You will also see new signage going up over the coming weeks.

So far owners Jane and Martin have been delighted by the hugely positive feedback they have received from both new and existing customers.

Joe's are currently gearing up for another busy *Sourdough September* – showcasing a specialist range of scrumptious breads the bakery excel at. Do ask in either store for more details on the wide range of Sourdough products they produce.

It goes without saying, the high standard of quality, delicious baked items will be sold across both of Joe's Bakeries for us all to enjoy.

Joe's Bakery at The Bread Store, 45 Glos Rd, BS7 8AD
Joe's Bakery, 240-242 Glos Rd, BS7 8NZ
 0117 975 5551 ■ www.joesbakery.co.uk



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Egerton Road, Bishopston, Bristol, BS7 8HP - 0117 353 2830
www.st-bonaventures.bristol.sch.uk - Email: st.bonaventures.p@bristol-schools.uk

OPEN DAYS

Wed 19th Sept
Tues 2nd Oct

@ 9.30am, 10.30am & 1.30pm

OPEN EVENING

Tues 25th Sept
@ 7pm

St Bonaventure's is a well-established and highly regarded Catholic School that covers the Bishopston, Henleaze and Westbury areas.

We are an inclusive school who welcomes all children to our community.

Ofsted noted:

"The shared commitment to educating the 'whole child' shining through wherever you step."

"Striving to be the best we can guided by the light of Christ"

Spaces available in various year groups - please email admissions.stbonaventures@bristol-schools.uk for more info!



Feast Day at St Bonaventure's

On Sunday 15 July, St Bon's celebrated the Feast Day of St. Bonaventure at their school. They were joined by the parish and many of the local community in an outdoor Mass, followed by a BBQ, Indian vegan food, bouncy castle, children's games, facepainting, tea and cakes all under the sunshine!

Look out for their next community event!



PARTY IN THE PARK 2018!



Saturday 15 September

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

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

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

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

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

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

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

For more details on the event and up to date news please visit our website - www.goldenhillsports.com or our Facebook page.

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

News from the Ardagh Community Trust

Events at The Cafe on the Common

It has been wonderful to see so many people enjoying using the cafe and the wider common (including the Ardagh) over the summer. We've hosted lots of community events and activities and enjoyed them all! Working with partners locally has been particularly enjoyable and inspiring. Our cream tea and guided walk around the park in support of the Marmalade Trust's 'Anti-Loneliness Week' campaign was wonderful, and support from the Coop and their fantastic Community Champion, Ruth invaluable – thank you for helping us to make it happen! We also took part in the national 'Great Get Together' which saw people all over the country meeting up to make new friends and celebrate the importance of communities – thank you to everyone who came along to support these events.



Community Asset Transfer –

The 'call-in' of Bristol City Council's late in the day decision to remove six of the tennis courts at the Ardagh from any CAT lease offer to ACT was upheld by a cross-party committee in a detailed meeting at City Hall on 26 June. The committee acknowledged that engagement with ACT and consultation about this decision had not been adequate. Thank you very much to all of our local Councillors who



supported ACT in raising this and the issues caused by this decision. Since June we have been meeting with a range of departments at BCC and with Councillors, funders and other partners to explore how any issues can be resolved and are hopeful that solutions can be found which will enable regeneration of the Ardagh site to proceed. We hope to be able to report back with a definitive outcome in October's BM, as key decision-making meetings will take place in early Sept at BCC.

Repair Cafe – The Repair Cafe project at the Ardagh has been a fantastic success to date – with lots of volunteer repairers committing their time and energy to fix things brought along by local people. It's been

really enjoyable and helped to reduce landfill, household costs and waste. In response to this we are delighted to confirm that the **Repair Cafe will start to run monthly from September** on the first Saturday of the month. Upcoming dates include: 1 Sept, 6 Oct and 3 Nov 2018. Please do come along if you have items that need to be repaired – our brilliant volunteers will work with you to see if they can help to

fix them – and we have a good success rate to date! ALL WELCOME!

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Fresh Air Fridays with Mo

Fresh Air Fridays is a self-development community that offers clarity, growth and connection in nature. We talk about total wellbeing and provide opportunities to learn and practise skills so we can be responsible for our own mental and emotional wellbeing.

Sessions are always outside, take place whatever the weather and aren't just on Fridays!

I found Fresh Air Fridays when I was looking for something to keep my head above water in an emotional sense. I recognised in myself a pattern of mental ill-health that sometimes tipped over into depression, which I have addressed in various ways over the years.

My ongoing involvement in Fresh Air Fridays supports me to take responsibility for my total wellbeing. It provides me with the freedom, structure and support to create the changes I want in any area of my life. The biggest change so far was admitting to myself that I no longer wanted to be a Speech and Language Therapist after nearly 14 years in the profession. My job was a huge part of



how I defined and valued myself and I wondered what would be left if I did not have that. The short answer is plenty! To find out more about my story check out my website and articles www.morwennasanders.co.uk



I am so inspired by what Fresh Air Fridays makes available to me that I want to make this available to you too. As a Facilitator I am very much on the journey with you, exploring the themes for myself, engaging in the discussions and practicing the skills which allow me to be the best version of myself more of the time.

I currently offer one Friday and one weekend session a month in the North Bristol area.

Curious? Why not come along to a FREE faster session and see if it could be for you.

Email: mo@morwennasanders.co.uk
Website: www.morwennasanders.co.uk
Facebook: www.facebook.com/moFreshAirFridays

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Multifaith Chaplaincy, 1 Woodland Road BS8 1AU
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Bristol Buddhist Meditation Meeting

www.sakyabristol.org
www.dechen.org

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T: 07796578793 • E: keonwilliams20@gmail.com
www.bristol-natural-health-service.co.uk

Help Make Our Community a Greener Place to Live

Clean Air Bishopston

For a healthy future

Clean Air Bishopston Invites You to Make Your Local Pledge

June saw Bishopston address the local environment and the air that we breathe, with an awareness day on 21 June. Clean Air Day was organised by local group Clean Air Bishopston, formed as an arm of The Bishopston Society.

Their community call out meeting was held locally at Boston Tea Party. Residents and speakers were able to voice their concerns and discuss ideas to improve local air quality. It probably will come as no surprise that Gloucester Road is one of the most polluted places in Bristol and, with eight air quality monitors positioned along the stretch, the news is that Bishopston is frequently over the acceptable air quality recommendation – notable hot spots being down by the Arches and by Bishopston Library.

So, what can we do as individuals? Clean Air Bishopston has begun with a pledge scheme, whereby you – as a local business or resident – are invited to make a pledge to change a behaviour that may in turn help improve local air quality with the added benefit of improving your health and wellbeing. Pledges to date include people committing to cycling more, turning off the engine when making a delivery, planting more greenery to absorb pollution, walking to work when they can, shopping locally and not leaving their engines running. The more of us who pledge, the more significant the impact can be.

Make your pledge here <http://bishopstonsociety.org.uk/cab/pledge/1075-how-pledge>

What About Local Businesses? Bristol's Independent District (managed by GRBID) also put on a Go Eco Event in June, to showcase how traders were adapting with our environment in mind. Schemes include reducing single-use plastic, offering bamboo straws, Eco Shopping Bags (now available from many local shops), eco cups and water bottles, bread-bags and eco packaging. Local businesses had stalls to raise awareness of their eco-friendly services, to include: shopping delivery service Good Sixty, which uses electric power; Travel West sharing and advising on smarter ways to work – including electric bike free loans and taster bus tickets. Green Cllr Martin Fodor discussed with traders 'greening up' your business and seeing if



it's as energy efficient as it could be. Bristol-based company, Livegraft, showcased their fantastic living wall solutions, which are popular across world cities – which not only look attractive but also help tackle pollution. This is because plants are natural filters – taking carbon dioxide from the air and replacing it with much-needed oxygen. They also help to filter pollutants from the air.

Visit www.bristolsindependentdistrict.co.uk and keep updated on our projects and events **Facebook @Bristolsindiedistrict**

What next? Clean Air Bishopston will continue to build on the foundations they have begun with further events, awareness campaigns and collaborations with local groups to work collectively in making Bishopston a better place to live and breathe.

Please visit: <http://bishopstonsociety.org.uk/cab/>, for updates and a full summary of Clean Air Day.

Article for Bishopston Matters, by ALP

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September News from Hair Mechanics

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

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

Don't forget to book please – Hair Mechanics are delighted to be so busy but they hate to disappoint their customers, so to avoid frustration, it is advised that you make future appointments well in advance; it is

best to book in your next slot at the end of your appointment at the salon. A cancellation list is in operation, so if you need to cancel, please do so as soon as possible so they can offer your slot to another client. The team thank you for your continued support.

Hair Mechanics, 69 Ashley Down Rd, BS7 9JN • Tel: 0117 924 3611

For more info on offers, check out the A-board outside the salon or visit their Facebook page.



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News from the Goldenhill Community Garden

Hi everyone,

We've had a fab summer in the garden munching tomatoes off the vine, scoffing juicy blueberries, and pouncing on the sweet fresh corn on the cob! It doesn't get any better than that! Now as the summer season starts its last hurrah, it's time for our **Harvest Fair!**



Fair! Saturday 29 September! 1pm-4pm! £1 suggested donation for adults and kids come free! If you haven't been to one of our events then you can expect **live music, delicious cake, pizza – fresh from the clay frog oven, apple bobbing, veg monster creation, pond dipping, facepainting, giant games and garden-wide gnome hunt** and if the summer has been kind to the apple trees, Pete's going to get the apple press out and we're going to be pressing apples, so bring any along and let's get juicy!

We've also got **spaces in our toddler group that runs Tuesdays 11:30am – 1pm** described by one parent as **definitely the BEST thing to do with a pre-schooler** and **"for sure the best toddler group ever"** by another! It's a safe space that's wild enough to kids to really explore nature, find newts, help with the garden, make things, sing, or just dig big holes and get really muddy! We run every Tuesday in term time and have a warm indoor space as well as the beautiful garden. We take bookings by the term and it works out as £5 a session including hot drink and snack but you're very welcome along for a free taster! Just get in touch! Also, the waiting list for the 9:30 group isn't very long at the mo



so it's a good time to get in touch about that.

And we're open every Wednesday for anyone to come and get involved, children and dogs on lead are welcome, you don't have to stay all day or come every week and no experience or tools necessary, just bring yourself and you can just pop in for a chat and a look around or get stuck in! We're through the gates at the end of Monk Rd behind Horfield Prison. See you in the garden!

Lucy Mitchell

For more info – 07506 905 394
thegoldenhillcommunitygarden.com

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Thursday 20th September 6-9pm

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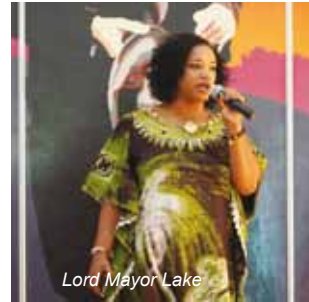


“The sheer quantity of opportunities FHS provided to progress & improve our passions and interests is unbelievable - Alex (student)**”**

www.fairfield.bristol.sch.uk



News from Fairfield High



Lord Mayor Lake

Lord Mayor Lake gave a motivating talk to Fairfield High School (FHS) students about the role of a Lord Mayor, what individuals have to do in order to achieve this accolade, her history, heritage, education and values/beliefs.

A parent of a Year 10 student at FHS, Lord Mayor Lake is relishing the responsibility she has to her home city, including the public engagements and meeting various members of the community. Although she did mention that, whilst she loves wearing the traditional chains and robes, the robes weren't advisable during the recent heatwave!

Lord Mayor Lake strongly advised the students that they should be vocal if they wanted their voice and wishes to be heard (especially through the Student Council Body). She also said that students should have a plan of action – they don't have to necessarily know what they want to do, but having an idea will help guide them on their way.

She spoke about the Lord Mayor position being non political and how she enjoyed chairing her first Council Meeting. This requires giving everybody a chance to be heard; something only achievable with a strict time limit on how long individuals speak!

Fairfield High School would like to thank Lord Mayor Lake for taking the time to visit and being such an inspirational role model to those she met.

Inspirational Mags Patten visits FHS

We were delighted to welcome Mags Patten, Executive Director of Public Policy and Communication for Arts Council England, to speak with 30 Year 10 students who are following creative options and may have an interest in pursuing a career in the Arts or Media in the future.

Mags, who ensures the leadership and workforce in the arts, museums and libraries are diverse and appropriately skilled, was a truly inspirational speaker.

Before arriving at FHS, Mags had a long telephone conversation with our Vice Principal in order to learn about our school, our students, and exactly how they would benefit from her visit.

As a result, the students were fascinated to hear her experiences, her reflections on herself at aged

14, the three things "I did right" and the three things "I did wrong". She also showed great interest in getting to know our pupils; what media they watch and listen to, plus their ambitions and interests.

As always, our students made us proud as they listened with great interest and respect, before asking original and insightful questions. We hope this talk has given them food for thought about possible future career choices.

We would like to not only thank Mags for all her time, but also Robert Peston, Founder of the education charity 'Speakers for Schools', which helps share unique insights, spark inspiration and create exciting conversations for students with big questions for individuals who have come to be a leader in their field or industry.

"Mags spoke well and I learnt a lot about her career, how she got into it and why persevering is essential in any career I may choose in the future" – Antoni 10Q



Janice Callow, Vice Principal of FHS with Mag Patten

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

At the end of June 2018 GRBID Ltd entered Gloucester Road, Bristol's Independent District in to the Great British High Street Award 2018.

And in July we welcomed the GB High Street Team

to the District and they spent the day visiting local indie shops and businesses, chatting to shoppers finding out about what makes our trading community so special.

We hope we are one of the lucky 38 across England, Scotland, Wales and N Ireland to be picked to for the shortlist on 10 September. We'd love the local community to help us win it!

So during September and October, one way to register votes, will be for shoppers and shopkeepers to take 'Shopkeeper Selfies' then tag your location with the #MyHighStreet #GloucesterRoad #Brizindistrict, hashtags and @bristolsindiedistrict (facebook page)

Keep updated on our journey via

Facebook: @BristolIndieDistrict

Twitter: @GloucesterRoad

and Instagram: @LoveGloucesterRoad.

www.bristolsindependentdistrict.co.uk

Bristol's Independent District Summer Round Up

Summer kicked off with our **World Food Passport** during Bristol Food Connections Week – a pilot scheme of food exploration. The evidence that it was a success was compelling – with one review, "Please do this again!" And so not to disappoint, next summer the **World Food Passport** will be back – and with interest already we'll have more local food venues joining in – it proved to be a popular way to taste new foods, meet new people and explore the area.

Go Eco Event – introduced us to **Good60** – an eco local delivery service, **Bricking-it** – Eco brick makers and vertical garden specialists **Livegraft**. All inspiring things to think about!

And we said thank you and goodbye to Liz Kew of Street Scene, who after 10 years of volunteering in the community retired to spend time getting to know her new home in Portishead.

Tours – The popular charity shop tours with a personal stylist went ahead, as well as the new Gloucester Road Food Tour, from Bristol Food Tour. New tours coming in autumn – follow our Facebook page for news.



Martin – Paul Roberts Hifi



Louise – Reason Interiors



Clare – Fox & Feather



Mel – Scrumptiously Sweet



Emma – 7th Sea



Nik – Romantica

Good Customer Relations –

David, owner at El Colmado on Gloucester Road was a great example of shop and community linking, as he mentored a local school boy this summer, who had chosen to make a Paella for his entry in the Bristol Young Chef 2018. *Read more on page 8.*



David – El Colmado

Eco Bags – These shopper and eco friendly bags are available to purchase from local shops including – Flo Jo Fabrics, Totally Toys, Reason Interiors, Co-lab and more. Support your local shops!

This Summer We Welcomed – Koocha – Vegan Mezze Bar, Joes Bakery at The Bread Store, Tincan Cafe, Persian Deli and Icecreams.

A New BID Initial Consultation – Further steering group meeting dates to come for further consultation for GRBID members.

Other GRBID News/Events



Is Your Business Brexit Ready?

20 September 2018 Information Evening – All businesses in the local area are invited to a Brexit Business Information Evening – Local MP Thangam Debonnaire will be present to answer questions and offer updates from Westminster. Book your free place here <https://www.eventbrite.com/e/is-your-small-business-ready-for-brexit-tickets-48365996999>



Date – Thursday 20 September 2018, Venue – Bishopston Library, Time 6:30 – 8:30pm.

GRBID LTD AGM – For GRBID members and stakeholders.

Date – Thursday 18 October 2018, Venue – Bishopston Library, Time 6:30 – 8:30pm.



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The Bristol Cookhouse

A Local Venue for all your Parties and Cooking Experiences

The Christmas season cometh – and with that the venue hunt begins, whether it's a works do, gathering with friends, end of term drinks, a birthday celebration or community event. This year go local and support a unique and independent venue – *The Bristol Cookhouse* at 405 Gloucester Road.

This place offers a fabulous canteen, food studio, dining club, rooms for hire and your own personal chef all under one roof. An ideal party space or cooking experience completely tailored to your taste. Perhaps you need some gluten free recipe inspiration or would like to learn how to clean and prepare fish, or want to brush up on your culinary skills, or have never cooked before, or just simply want to cook with friends or meet new people. Sam Waterhouse the driving talent behind *The Bristol Cookhouse*, is ready to meet you and discuss your requirements.



A Little Bit about Sam

Inspired by her fond memories of her grandfather's Bristol bakery *Bawden's*, (which used to be on New Foundland Street), in April 2018 Sam moved from London to Bishopston and opened *The Bristol Cookhouse*. With over 30 years of experience as a chef in restaurants

across the world and as a personal chef to many A-listers from the music, fashion and movie world, *The Bristol Cookhouse* ticked Sam's outstanding ambition to run a cooking school and become a part of the local community. She told us, "*Working and living on Gloucester Road is so convenient, I'm able to source fresh and delicious ingredients right here on the doorstep and support my local suppliers – ideal for a busy chef.*"

The Venue – A Canteen, Food Studio and Dining Club

– The modern and fresh design of the venue encompasses Sam's skills and love for sharing food and recipes with others. It's a well defined, attractive space to unite, connect, and learn and importantly this season – party! On the ground floor is the canteen, and upstairs is the food studio.



The furniture purposely chosen so it can be removed easily to create open space if you need it. You can hire one or both of these areas – whatever suits your occasion.

Supper Clubs – The popular Syrian Supper Club which raises funds for aid projects in Syria takes place every third Wednesday of the month, three courses of beautiful and seasonal Syrian-inspired food –with chef and author Ruth Quinlan at the helm, it never disappoints. Come along and try.

Coming Up!

Guest Chef Trish Hilferty – in October award winning cookery writer and chef could be cooking for you! Places are limited – call to 0117 942 0250 to make your reservation.

Also look out for – Date Nights, Murder Mystery Evenings, Anthropological Dating, Cooking with Beer and Courses for Teens with Ruth Quinlan – A week of recipes (handy if you are thinking of doing some au pair work or off to the snow and mountains to work the ski season or getting ready to fly the nest). And more...

All enquiries about room hire or workshops contact: sam@thebristolcookhouse.co.uk

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A Treatment Room with a View

For over 50 years, The Parker Clinic has been serving the community and providing a high standard of chiropractic care to generations of families around Bristol. Chiropractic is the natural way to improve your physical health.

This summer I arrived at the Gloucester Road based practice to meet owners, husband and wife team Simon and Katriona. I was taken through to the back garden – which to my surprise was not only immense, but an extremely beautiful space. So it made perfect sense that they would like you all to enjoy it as much as they have done, and to enable this, the treatment rooms are being relocated to overlook this peaceful view. The refurbishment started in July and is due to be completed next summer – including the new under floor heating in the treatment rooms.

The renovations do not inhibit the high level of professional care you receive from the practice. Whether you're experiencing pain, want to improve the function of your body for sport or general health, would like support during and post pregnancy and paediatric treatments for your little ones, try acupuncture or just indulge yourself with a massage – simply call the team and they'll get you booked in.

The clinic is also delighted to inform you they have recently welcomed new chiropractor, Stephanie Miles (pictured right) to their talented team.

The Parker Clinic, 132 Gloucester Road, Bishopston, BS7 8NL
Tel: 0117 9245842 • Visit www.parkerclinic.co.uk for more information and a £10 voucher off your first visit. *Small free customer car park available.*



The Parker Clinic owners Simon & Katriona in the clinic's lovely garden



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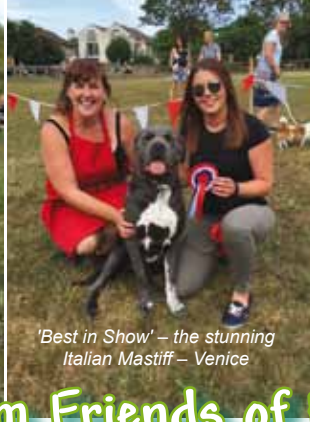
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'Best in Show' – the stunning Italian Mastiff – Venice



Facebook: [Friends of Horfield Common](#),
Twitter: [@FOHC_Bristol](#)

News from Friends of Horfield Common

2018 Horfield Common Fun Dog Show

Thank you to everyone who came along to enjoy our annual *Horfield Common Dog Show & Fundraiser* over the summer. It was a brilliant morning, with people of all ages and their canine friends, lots of fun for spectators too! We raised over £150 of funding which is crucial to support the ongoing work of FOHC throughout the year.

Thank you very much to *Bishopston Matters* for sponsoring the show – we are really grateful for the support and it means that every penny raised on the day can be used to support the Friends' work in the park. We're already looking forward to the 2019 event and seeing you all there!

FOHC's 2018 AGM took place in July. It was a lovely evening with inspiring presentations from FOHC volunteers who have been working on a range of projects over the last year. These included *Horfield Seedlings*, our wonderful new gardening club for children and families, which has been supported by the RHS' Community Outreach team, as well as a brilliant team of volunteers including Mo, Manas, Lindsey and Ashlea. The range of resources produced for the sessions and activities that took place, were developed by the volunteers



'Dogs the judge would most like to take home' – left to right: Boris, Nicha & winner Digby!

with a clear focus on learning practical skills while enjoying being outdoors and understanding how plants grow and how to care for them. Please keep an eye on our website and social media pages for information about the group and dates and activities for Autumn/Winter 2018 – the group is working on them as we write this update!

We also set our priorities for 2018/19 which include: Continuing our engagement with and participation in Bristol Parks Forum, Horfield Seedlings, setting up Junior Parkrun, further developing the Friday gardening group and exploring more planting across the wider common and Wildlife working parties – including a focus on the pond.

Our next meeting is on Monday 10 September from 7–9pm in the Friends' Garden Room at the Cafe on the Common. We are always keen to recruit new committee members who are interested in getting involved – if you would like to help FOHC continue to deliver projects and help to enhance the common for the enjoyment of everyone – please do get in touch and come along. FOHC is entirely volunteer-led and run and new energy and enthusiasm is always welcome!

www.friendsofhorfieldcommon.com



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Earnestly the Best Play I've Seen in Ages!

"A Handbag!"

I was lucky enough to be one of the spectators – now turned fan, of The Pantaloons production of Oscar Wilde's ever popular *The Importance of Being Earnest*. The second-best bit was it was played outdoors locally on a gorgeous sunny and balmy Sunday evening in St Andrews Park – courtesy of the Friends of St Andrews Park.

My 14-year-old son and I set up camp – with picnic and all. The allocated 'park theatre' was soon full of picnic blankets, people and chairs all getting comfy for the show. Looking around the audience, all members of the community were represented – from students, to families, couples and friends.

The set was simple but blended perfectly in to the park setting and at 7pm the show got underway. And what a show – 4 talented actors, playing ukuleles, guitars AND acting two roles each – which meant some super lightning fast costume changes behind the trees. It was snappy, witty, and energetic. There was not a moment you weren't a part of it including their audience interactions, from drinking their wine, eating their picnic treats and talking to them personally and drawing them in to the show. Great fun!



Congratulations to the Friends of St Andrews Park's – Paul Bullivant for introducing us again to the delights of the Pantaloons (last year they performed *A Midsummer Night's Dream*). Paul had seen a play by them some years before, and having already brought Art to The Park, his gut instinct told him to book them for the park and that surely, they would go down a storm. They did not disappoint.

"A wonderful wacky evening of anticipation and relief to see people laughing and enjoying themselves."
Paul Bullivant.

This was a non-profit event, with proceeds going to the upkeep of St Andrew's Park and future events.

Article for Bishopston Matters, by ALP



All images thank to Paul Bullivant – www.paulbullivant.co.uk



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BAND Turns 40

In 1978, six Afterschool Clubs and Holiday Playschemes in Bristol came together to form BAND (The Bristol Association for Neighbourhood Daycare Ltd). This year BAND celebrate their 40th birthday

and now have over 200 member groups including many in the Bishopston area providing Preschool, Nursery, Breakfast Club, Afterschool Club and Holiday Playscheme services to over 10,000 Bristol children and their families, with many other groups accessing the support services BAND offers.

BAND is a voluntary sector organisation that works to promote community development and empowerment to support the growth of high quality, sustainable, inclusive childcare provision. They offer a range of services to help providers get a setting up and running and then to carry on to meet and exceed statutory requirements.

BAND's Chief Executive, Paul Dielhenn said, "Although many things at BAND have changed and developed over the years in response to the needs of the childcare sector, the fundamental



BAND Playscheme 1991



BAND Playscheme, Barton Hill 1978

principles and our ethos remains the same. High quality, reliable, accessible and inclusive childcare remains a basic need for many parents and carers, particularly those who are working and training, it offers children a safe, stimulating and fun place to go providing a huge range of activities and opportunities".

Maureen Walford, Playleader at Bishop Road Activity Clubs said "We have received a lot of support from BAND and it has been brilliant, at times it has felt like a lifeline that kept us afloat in difficult times".

BAND are celebrating turning 40 with a series of events throughout the year: a Grand Prize Draw for its member groups, BAND Birthday Picnics being held at different childcare settings, a '40 Things To Do' activities sheet and a party planned for the Autumn at their AGM. www.bandltd.org.uk



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Dinner is served from 6pm and is a slightly different affair at Bomboloni, as the lights dim and the candles are lit, there is a more varied, delicious menu.



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News from Glos Rd Central

We've had a lovely, long summer here at Glos Rd Central. One of the highlights was having a Gromit based at *Boston Tea Party*. 'Sprinkles' was designed by Bristol artist Tom Hovey, who was the illustrator for the original series of the *Great British Bake Off*. Other local artists – Jenny Urquhart, Katie Wallis and Bev Cavendar designed Gromits which are dotted around the city as part of the *Gromit Unleashed 2 Trail* until 2 September. You can find their regular artwork at *Room 212* and *Fig* or on the *North Bristol Art Trail* which takes place in our area at the end of November.

Other exciting summer news was that *Joe's Bakery* took over the *Bread Store* at the bottom of Gloucester Road. Luckily this has not affected their supply of scrumptious bread up our end! You may also have noticed a lovely new cafe just up from *Pearce's Hardware*. *Fed 303* is owned by Charlotte Hawes and Ross Rawlings, who used to manage our local *Boston Tea Party*. With all that experience under their belts its no surprise that the cafe has been buzzing from the moment they opened the door. Do try out their scrumptious, freshly prepared breakfasts and lunches in a lovely high ceilinged, plant filled space.

Preserve, our new zero waste shop, has been going strong since they opened in June and have been thrilled by the response of their customers. So many shoppers in our area understand the need to go plastic free and have been taking in their own bags and containers to top up on a wide range of foods and cleaning products.

Glos Rd Central shops and businesses are now rolling up their sleeves to get ready for a fun and busy September, and are inviting you to join in. One of the busiest shops at this back-to-school time of year is *OddSox*, who have a fantastic range of school shoes plus footwear to get your kids prepared for the autumn.

A little bird tells us that the *Venus bar* is changing hands so watch out for news and developments on that front...

Happy Birthday Artemis – 15% Discount for Bishopston Matters' readers at their party!

Amazingly, *Artemis* is enjoying their 8th successful year of trading. Join in the celebrations with an evening of drinks, nibbles and special offers on the evening of **Friday 14 September, 5– 8pm. Artemis are offering a 15% discount to Bishopston Matters' readers on the night** so do go along to enjoy a drink, browse all the lovely gifts and jewellery.

Marialina – 10% discount on fabrics this September!

Continuing with the excellent offers for the readers of *Bishopston Matters*, *Marialina* are offering a **10% discount on fabrics ordered this September**, on production of their advert opposite – do take advantage of this.

Win a FREE PC health check with Xpress (worth £50) now, simply email your details to – xpresscomputers176@gmail.com.

Celebrate with Nuala

Nuala Morey Hair & Beauty are having a refurbishment, and introducing some new and exciting changes to the salon. To celebrate, they are holding a **launch night on Thursday 27 September**, when they will be offering complimentary beauty therapies, hair consultations, cocktails and canapes. New guests will be given a voucher towards any service, and current clients will be

given a voucher towards any beauty treatment. Everyone will leave with a bag of goodies. You are warmly invited to pop in anytime between 6–9pm.

Launch of Pure&Natural by Osna

On Saturday 8 September *Osna* will welcome visiting therapists who will give talks and demonstrations. Most importantly, it will be the **launch of Pure&Natural by Osna**. Their exciting new bodycare range. Do go along on the day and tryout the many samples available.

New pop up *Art & Chocolate* opened their doors during the summer offering a great opportunity to



treat yourself or a friend to some lovely chocolate handmade right here in Bristol. Next door, *Millards* are promoting sales of new and used bikes with offers of 0% finance on selected bikes including their range of Dawes Electric Bikes.

We've enjoyed an amazing amount of sunshine over the past few months, and *Room 212* are hoping it will continue as their theme for September is Indian Summer. One of the many artists contributing to the display is Safa Aslam, a teacher at Bishop Road School. Safa's Women of Colour print was inspired by Rupri Kaur's poem, *Milk and Honey*, and her cultural heritage. Sharing a connection with many women who embody eastern and western heritage, she felt deeply moved and empowered to create a print that contains a small glimpse of the many different narratives a woman can hold within herself. Safa has created a print that celebrates and respects the sacrifices, responsibilities and duties many women of eastern heritage may have experienced.

So, all in all, an exciting time for everyone and, as always, the perfect excuse to celebrate our wonderful array of local, independently owned shops.

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This month is dedicated to the born and bred in the West Country, 100% natural dog food – *Nature's Way*. It has a high meat content, naturally derived prebiotics, Omega oils and joint supplements. And it's not just what's in the food but what has been left out that is equally important! The feed is dairy, maize, wheat and wheat gluten free and contains no preservatives, artificial additives or GM products – every ingredient is 100% traceable to source.

There is a feed to meet every dog's need, starting with *Puppy & Small dog to Mature & Light recipe*, with extra joint supplements. There is also a *Chicken recipe, Lamb recipe and Fish & potato recipe*, that is particularly good for dogs that suffer with allergies, as it has the addition of an effective Itch-Eeze, natural formulation, veterinary approved. The knowledgeable staff at Roxfords will be happy to discuss with you which is the best formula for your dog.

Pet shop owner Sarah, cannot speak highly enough of *Nature's Way*, it's so good it is their feed of choice for their much-loved Leonberger, Massey.

The feeds come in 2 and 12KG bags and are VAT free (except puppy). We are lucky to have such a local supplier, as **Roxfords is the only stockist in Bristol of this sought after feed.**



French Bulldog knocks Labrador off the top spot!

For the first time, French Bulldogs have overtaken Labradors as the UK's most registered breed. In the last 10 years, the French Bulldog has increased in numbers by 2964%. And this figure only includes those dogs that are registered with Kennel Club! Their numbers increased by 44% in 2016 alone. At the Animal Health Centre, I have seen this rise in popularity and we are definitely seeing more of these types of dogs through our door.

What is a French Bulldog? The French Bulldog is a brachycephalic, utility breed. It is derived partly from the UK, when Toy Bulldogs were taken over from England to Northern France due to emigration. It is thought that some crosses were made to other short faced breeds and, after three decades, a new breed known as the French Bulldog had evolved. In 1906 the Kennel Club gave official recognition to the breed.

What is a brachycephalic dog? These are dogs that are bred to have shorter muzzles or flat faces. Their genetics make their skulls grow wider and shorter. This characteristic can be greatly exaggerated; with the most pronounced being Pugs and French Bulldogs.

Why are they so popular? People find their big eyes and wide faces very cute and endearing. They are small, companion dogs with short coats and suited to small walks. However, there is more to these fashionable Frenchies than just a squashed face....

Are there health problems to be aware of? Unfortunately, these breeds do have more than their fair share of health problems. And these problems begin even before the puppy has entered the world! That is because these dogs struggle to give birth naturally. This is due to the wider face shape in proportion to the mum's birth canal.

Another problem is Brachycephalic Obstructive Airway Syndrome (BOAS). Some dogs with flat faces struggle to breathe properly and make snorting noises because of their restricted airway. This leads to a difficulty to cool down and they are unable to exercise normally. In some dogs it can be so bad that they retch and regurgitate stomach contents.

Skin problems are also common. Allergies and folded skin make these dogs prone to itching and infections; especially skin fold dermatitis around the muzzle, vulva and tail.

Bulging eyes due to shallow eye sockets also mean

that these dogs cannot blink properly and so are at risk of eye ulceration.

These breeds can also be prone to spinal problems if they have oddly shaped vertebrae in the spinal column.

All these health problems often mean that an owner of a brachycephalic breed has to spend more time and money at the vets. Insurance companies are aware of the above health conditions and so their fees will be much higher. Due to their sudden popularity, it is a worry that puppy farms will start to produce more unhealthy dogs to meet demand. As a vet, I like to see well-bred, disease free dogs and it is sad to see dogs struggling with genetic problems. Therefore, before buying a dog, please do your research and choose a breed right for your lifestyle. Visit the Kennel Club website to research breeds, talk to dog owners and always buy from reputable breeders; such as one that is part of the Kennel Club's Assured Breeders Scheme.

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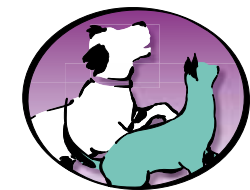
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Local History Matters

Seyer's Parsonage

BHA local history research – text copyright Denis Wright.

In 1804, the Reverend Samuel Seyer published a pamphlet on the Causes of Clerical Non-Residence. His main argument was that the major 'cause' of non-residence amongst the clergy was nothing more nor less than a lack of parsonages. In 1810, Seyer was appointed to the curacy of Horfield and then, in 1813, to the perpetual curacy of Horfield (ie, curacy for life) with no mention of a parsonage in either case. The whole process, from pamphlet to slate roof, lasted for close on twenty years and involved the 'written consent' of people of a wide social status.

A typical example is the following (draft) letter written by Seyer in April 1823 to the Reverend Henry Hare, a copyholder of Horfield manor, who lived at Curtisknowle, near Totness, Devon, reminding him of what he had already signed up to a decade earlier.

I take the liberty of requesting your attention to the following statement. The Parish of Horfield in which I understand that yourself & Mrs Hare have an interest is without any Parsonage house to the great detriment of the inhabitants & I have been for several years endeavouring to procure a plot of ground fit for the purpose. I have at length prevailed on the Bishop & his lessee Mr Shadwell to mark out an acre of ground on the Common close to the churchyard I have taken great pains to procure the consent of the Commoners to this measure. Some years ago I wrote to Mr. Wm. Hare (your father Sir, as I believe) on this subject; and I have his answer now in my hand dated 14 April 1814 in which he gives his full consent; I shall have very great pleasure (he says) as far as my interest extends in acceding to your wishes with regard to two acres ('one' intended) from Horfield Common being inclosed for the purpose of erecting a Parsonage house'. Allow me to add, that I have the written consent of all the Principal lessees and of the others, farmers in Horfield. I know that they tell me that they are desirous of having a resident minister & they will signify their Consent whenever I ask them. Under the Circumstances, my request is that you will signify your Consent (yourself & Mrs Hare) to the measure proposed, in any form of words which you may think proper with the signature also of a witness & send it to me in a letter by the Post; and for myself & my successors in this poor curacy I shall hold myself obliged.

One copyholder, Sophia Henderson of Camden Town, was an enthusiastic supporter of Seyer's work, wishing him 'success in his undertaking which she is convinced will be of great benefit to the Parish of Horfield'. Jane Smith, of Heath House, on the other hand, could only bring herself to write to a social inferior in the third person or perhaps through an intermediary :

Mrs Smythe's Compts to Mr Seyer & informs him she can have no Objections to what the Landowners & the Lord of the Manor have consented to respecting the Glebe & Parsonage House.



The Rectory today
Andy Buchan ©

Illustration of Rectory thanks to Gloucestershire Archives



Plan of rectory thanks to Bristol Archives



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Bishop Road do Swimmingly!

The swimming team at Bishop Road School have completed another successful year in the pool.

The team competed over six rounds of the local Percy Smith Gala League, ending up in a creditable fourth position, and also took part in three development galas organised by Bristol Penguins Swimming Club. However, the main successes were saved for the major competitions of the year.

Nine children made it through the highly competitive qualifying heats to represent the school in the final of the Bristol Schools' Swimming Championships, and across the individual events they claimed a total of four gold medals, four silver and one bronze. In addition, the girls' medley and freestyle relay teams both finished in first place, thereby earning a trophy for the school, and they also picked up the silverware for the overall girls' points trophy.

The final event was the inaugural canon relay, and a mixed team of boys and girls once again triumphed in a dramatic finish to make an overall haul of four of the seven trophies on offer.

Just two days later, the boys and girls relay teams travelled down to Millfield School in Somerset to take part in the south-west regional heats of the English Schools Primary Team Championships. Despite swimming superbly, the boys narrowly missed out on qualification for the national finals, but the girls became unofficial south-west champions by finishing first in both the medley and freestyle relays.

The finals were held at Ponds Forge swimming pool in Sheffield in mid-June against the top swimming schools in the country. In an elite-standard competition for this age group, the girls acquitted themselves superbly, recording their best times as a team and qualifying for the B final in both events where they finished 5th, and therefore 13th overall in the country. A superb achievement by this group of girls, and also the seventh year in succession that Bishop Road has been represented at this prestigious event. Well done to everyone who has represented the school at swimming at any level this year.



A helping hand to tackle loneliness



Did you know that there are 1.2 million older people in England who are chronically lonely? In Bristol, up

to 10% of people aged over 50 feel socially isolated, and 15% of people aged 75 and over say they never talk to family or friends.

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

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

Community Navigators Bristol is a free signposting and support service for people over 50 who are feeling isolated. Friendly, trained 'navigators', make

contact with older people, get to know them and share information on different things that are happening where they live to help them connect with their community. The service is run by a partnership of trusted local organisations, including North Bristol Advice Centre.

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

Karen's role also involves helping clients overcome barriers to getting out and about by connecting them with other community and health services to tackle these problems. She will even go along with them when they try something new for the first time if they are feeling shy or lack confidence.

"As a volunteer I am so well supported by the wonderful team at North Bristol Advice Centre," says Karen.

"Training opportunities are plentiful and we are given the very best support to deliver the very best of services."

If you can spare a few hours a week like Karen, consider becoming a Community Navigator volunteer.

They are currently recruiting, particularly in Bishopston, Ashley Down, Cotham and Redland; get in touch to find out more: contact Laura (North Bristol) on 0117 951 5751 Ext 231, e-mail laura.t@northbristoladvice.org.uk or visit www.communitynavigators.org.uk



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My name is Karen, I am passionate about helping people to be healthier and happier. I am a Solution Focused Hypnotherapist, a compassionate, experienced and knowledgeable healthcare professional. Please contact me to talk about how I can help, or to book an initial appointment.

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www.blueskieshypnotherapy.com**

Strength training for weight loss

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

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

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

Kurtis Walters, Everyone Active



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News from the green room Natural Hair Salon

New Look Green Room – The Gloucester Road salon has enjoyed a makeover and is looking fabulous!

There are still some finishing touches to be made, as the salon is only closed one day a week, and the team do not want to disrupt appointments. Next time you visit for your style, cut or colour, you will be able to sit back and relax in their gorgeous new chairs and sofa.

New from Kevin Murphy – Introducing 'ANGELS' the newest range from Kevin Murphy UK COLOURING. There are five fabulous treatments for all different types of blonde – COOL / CRYSTAL / BLONDE / AUTUMN / SUGARED. The range is designed to freshen and tone blonde or lightened hair. Add shine, moisture and repair to your beautiful blonde locks. Purchase in salon.

Time out for Jo – Salon director Jo is undergoing a much-needed hip operation this September and will be off to recover for 6–8 weeks. We wish her all the best and look forward to seeing her back, creating fabulous colours and styles.



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

Tel: 0117 942 75 75



The Green Room

Lynne Fernandes Optometrists – SALE - Up to 50% off designer frames!

Our designer frame sale is on. Pop into our Gloucester Road practice and explore some of our most desirable eyewear brands now with **up to 50% off***. There's a style for every look from cool cat-eye, iconic round, to classic square and oval shaped frames.

Here's a peek at some of the designer brands in the sale.

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

Okki – Unique, handmade frames designed in beautiful colours with vibrant patterns that are bright, bold and fun.

Michael Kors – This award-winning designer brings glamour, timeless chic and sophistication to his eyewear collection.

Oakley – Form and function blend seamlessly to create these industry-leading designs.

Ronit Furst – Hand painted to create quirky, individual styles that capture the wearer's personality. Worn by Prue Leith, 'The Great British Bake Off' Judge.

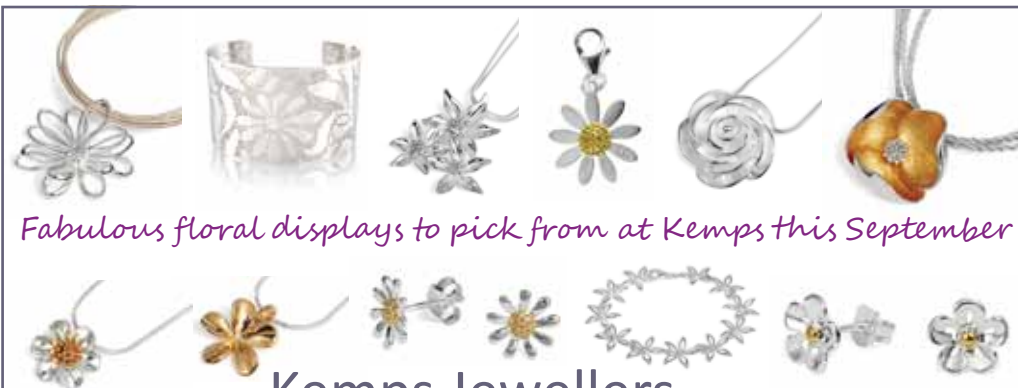
John Lennon – Iconic frames created to reflect the perfectly round, wire-rim glasses, worn the man himself.

Available while stocks last

Our sale runs for just a few weeks and stock is limited, so we recommend you book an eye appointment now. Our expert team will be on hand to help you find the perfect designer frame for your lifestyle, look and your pocket!

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Always in the garden



Recently at Secret Garden, we've been creating gardens that can be used round the year. Often the garden space is only utilised in the warm summer months. It's great to be able to use the garden throughout the year, as it's a fun place to be with a different ambience in each season.

A garden is like a room in a house, but usually with more space. A garden is an ideal place for kids to play and to socialise with family and friends.

People are often put off from using their garden in the cooler and damper months, so why not adapt the garden around the weather.

One of the main features of a garden is having an attractive and comfortable place to sit down. Often this is a patio or deck. Both are hard surfaces, which are also good in wet weather. We often enhance a seating area by building a pergola above it. This provides an ideal frame for climbing plants and some shade in hotter months. Pergolas are also a good structure when it is wet, as retractable awnings can be attached and easily pulled down when it's raining.

In one Bristol garden, we built a timber structure that could be used all year. It had open sides with a wooden shingle roof, which meant it was water proof. The shingles have a lovely natural look that blend into most gardens. It was a cosy place to be that could be used for eating outside or for kids to be out of the house and play. In the summer evenings and cooler days, a chiminea was lit to warm up the room, even a wood burner could be used. A good thing with these structures and

rooms is that they are easy to modify, making them unique to each person.

When it is dark outside, it's nice to make a garden more inviting. Adding different types of lighting can highlight interesting plants and features. Lighting can allow more time to be spent socialising or even pottering around, looking at new plants growing or looking at night time wildlife.

Being in the garden throughout the year is fun, but not so much when it's wet. A seating area with a hard surface allows rain to run off, but a lawn can be messy and wet. Often we use artificial grass, which looks realistic and is practical. It doesn't need any maintenance and can be cut to fit into any shape. Its best feature is that it can be played on all year. When it is wet, the lawn won't get muddy, so it carries on looking good and kid's clothes won't be dirty.

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Celebrating 30 Years of Clyde House Day Nursery

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

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

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

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

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



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

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

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

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Events at Bishopston Library



On National Writing Day in June we were well entertained by performance poet Ralph Hoyte, who took us on number of journeys. One of these was a

Quantock walk, which you can follow by GPS and hear the ballad in audio, ending up at the gibbet where John Walford was hanged. We also travelled to Japan, a journey enhanced by Japanese words and music. Ralph uses words in a rich variety of ways, and certainly demonstrated the joys of writing.

Autumn Dates for your Diary

On Friday 28 September, the Friends of Bishopston Library will be holding a brief **AGM**; please have a think about getting involved, either as a committee member or event volunteer. Just to make sure there is no foul play, Bishopston crime writer **Penny Kline** will be our **speaker that evening**. Two of her books, including her most recent, *The Sister's Secret*, are set in Bristol. Penny will talk about her experience of writing and getting published and will be happy to discuss any aspects of the writer's life – booking details in due course.

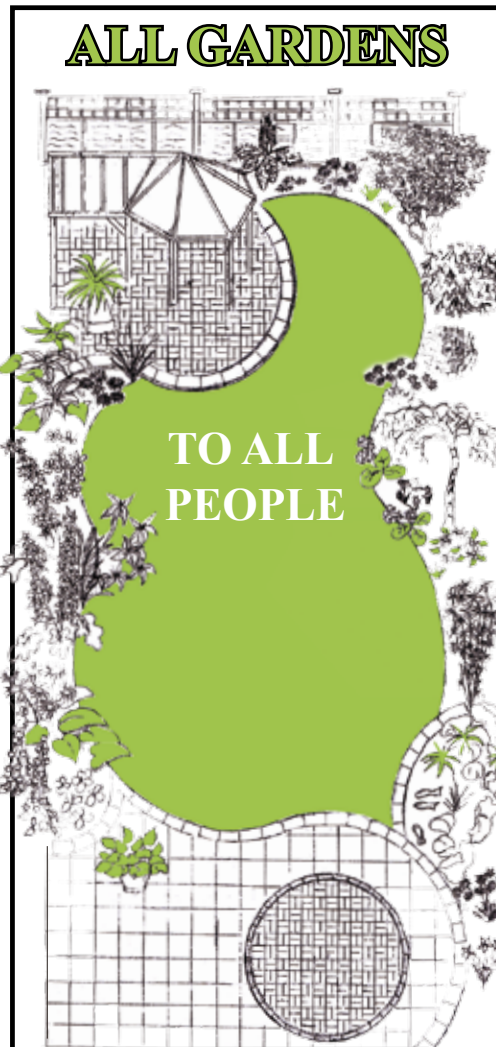
On Thursday 11 October, **Dr Sumita Mukherjee** will talk about **Indian suffragettes**. That same week is Libraries Week, with the theme of libraries and wellbeing, so there will be a variety of events and information available during the week, including a coffee morning on Friday.

And looking forward to **Friday 2 November**, we will welcome the **Hotwells Howlers**, giving one of their last performances of *Stony Broke in No Man's Land*.

Remembrance Sunday 2018 – In common with other Bristol libraries we want to mark the Centenary of the end of the First World War. We are looking to put on display copies of mementos that local families may have from the First World War. This could be copies of letters, diaries, photos, pay books etc. that have been handed down from generation to generation. In addition, if you have any family stories that you would like to share about the First World War we'd be keen to display them. Because of the obvious value of these items we are only looking for copies to display. If you are interested in contributing please either drop into Bishopston library or email us at Bishopston.library@bristol.gov.uk

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](https://www.bishopstonlibrary.org.uk), or email friends@bishopstonlibrary.org.uk

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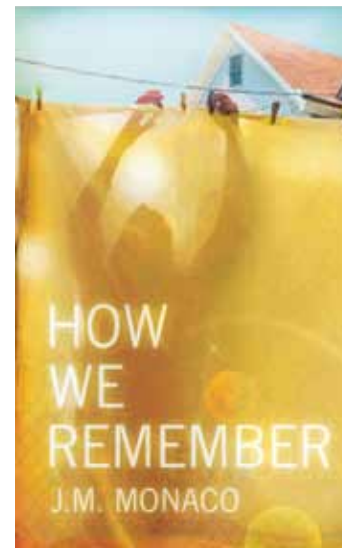


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Reading Matters

Interview with local author **J.M. Monaco**

Bishopston Matters was pleased to catch up with local author **J.M. Monaco** in the run-up to the exciting release of her first novel *How We Remember* this **September**.

also making decisions about her future relationship with her brother and father.

The main character has MS, do you have a link with this condition?

I was diagnosed with relapsing remitting MS in 2005 when my children were ages six and nine and I was right in the middle of a full-time PhD. It was an awful time that stopped me in my tracks and took a long time from which to recover. The main character of the novel is in her fifties and has secondary progressive MS. She's a childless academic who was successful but is later worn down by illness and increasing career demands. This aspect of her character, along with some other content that drives the narrative, is an example of a writer's experiment with the 'what if' scenario. I examined my own experience of MS (which has not progressed to secondary). I then imagined what a stressful academic working life in London would feel like for a woman like Jo who has secondary progressive MS and has to travel daily on the underground to work with fatigue, constant pain in her leg and a walking stick at her side keeping her upright.

There are many book clubs in Bishopston, will you be visiting any of them?

I have mentioned this possibility to a few contacts and would love to hear from any others who are interested in reading the novel and sharing their thoughts.

Are you having a book launch?

A launch date is booked with Waterstones, The Galleries, Broadmead, for Saturday evening 13 October, 2018, one month after publication (check website for details). All welcome. A reading is planned with Q and A and book signing over drinks.

Where can people purchase *How We Remember*?

How We Remember will be published on 13 September 2018. It is available to order or pre-order through RedDoor Publishing, Foyles, Waterstones and Amazon (UK and USA).



Bishopston author **J.M. Monaco**

Is this your first book and what is it about?

*This is my first novel. After delaying my creative writing since undergrad days, I decided to return to fiction and commit to a novel. Reflecting a tradition of US fiction that centres on dysfunctional families, it is a story of a family struggling to survive on its own terms. It is also a part coming-of-age, part retrospective narrative. Every family has its secrets and some have sibling rivalries. When Jo O'Brien returns home after her mother's death she is forced to confront both. An unexpected inheritance fans the flames of existing tensions between Jo and her brother, and it's their mother's long-forgotten diary that recalls the messy aftermath of an uncle's sexual advances towards Jo when she was a teenager. Like the diary, Jo's memory of events is full of gaps, but one thing is certain – she will never regain what was lost. *How We Remember* traces the effects of alcoholism, mental illness and abuse on one Irish-Italian-American, working-class family. RedDoor Publishing believes the novel will attract fans of Anne Tyler and Sylvia Brownrigg. Book clubs will love it for its probing possibilities.*

How did you come up with the idea?

Early ideas were inspired after my own mother died and I was grieving, trying to make sense of complex family dynamics, their histories and secrets. This led me to ask what might happen to a family after the 'manager of family relationships' dies. I pondered about the nature of inheritances, not so much the financial sense (although this features in the book), but how children inherit their parents' histories and may adopt certain characteristics within the family. What emerged was a narrative about a middle-age female protagonist who is a failing academic and must come to terms with her mother's death while



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The Bishopston Society

How powerful is the community voice in shaping our area?

The power of ordinary citizens and community groups to shape the character of our area will be the focus of The Bishopston Society's autumn public meeting.

Scheduled for **Tuesday 2 October 2018 (at 7.15pm for a 7.30pm start, at Horfield Quaker Meeting, 300 Gloucester Road, BS7 8PD)**, the event is titled **'Planning our neighbourhoods – the character of Bishopston and how we can improve it'**.

It will hear from experts on the planning system, city design and the issues Bishopston Society is representing you on at the moment.

You will have the opportunity to review the current character of Bishopston and say how you would like to see it improved. A fresh view of citizens' voice in local planning, and how we can use the planning system to make improvements, will also be on offer.

Expert contributions will be from:

- Peter Insole, Bristol City Council City Design Group
- Neil Embleton, Bishopston Society Planning Advisor and Conservation Architect
- Alison Bromilow, Bristol Neighbourhood Planning Network

Nick Plant, Bishopston Society Chair, said, "We want a chance to 'go back to basics' by taking a fresh look at the Society's mission to secure the improvement of local amenities and the social, environmental and historic character of Bishopston".

"So, we'll take stock of our built environment on this occasion, find out more about how the planning system can work for us, and how TBS can encourage citizen involvement in shaping our area."

The meeting will also include our usual strictly time-limited Annual General Meeting formalities, at which all paid-up members will be entitled to take part and vote...and new volunteers to help run the Society will be sought.

The event is however open to all, and will be concluded with our usual lively Open Forum, featuring shout-outs on local events, issues and concerns. Free refreshments and opportunities for networking and informal discussion will be provided.

Further information on this and other TBS matters is available as always at www.bishopstonsociety.org.uk.

Let the good times roll!

When you hear the word "Cajun" you may think of Cajun cooking and hot spices, which is quite right. Famous Cajun dishes like Jambalaya, File Gumbo and Crawfish Pie give a flavour of Cajun music too! Cajun music is an earthy, rootsy French-influenced music particularly found in Louisiana around the New Orleans area. The music has a motto "Laissez les bon temps rouler!" which means – "Let the good times roll!"

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

Grace and myself started up Bristol Cajun Swamp Club just over 2 years ago, when the festival was taking a year's sabbatical. We missed the music and dancing so much that we decided to set up our own club with fellow enthusiasts in the area. It is a totally non-profit making club run wholly by volunteers. We have a Saturday Night Cajun Dance once a month at COGS (Church of the Good Shepherd Hall) off Kings Drive, BS7 8NA and always welcome new people.

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

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

Our next Bristol Cajun Swamp Club dance is on Saturday 21 July at COGS with London-based band Joli Blon – an all-female group with fiddle, accordion, guitar and vocals – We hope you can join us! For more information contact myself, Tony or Grace at bristolcajunswampclub@gmail.com / **07766761251 / 07815714522**.



www.facebook.com/bristolcajunswampclub



Grace & Tony in Louisiana

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News from our Ashley, Bishopston & Redland Councillors

Bishopston ward news

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

The consultation, which closed on 31 August, sought to gather evidence to guide decisions around where to increase or decrease speed limits on particular roads. Whilst the concentration was on roads the council know are an issue for some people, there was the opportunity to discuss any road. The consultation also invited people to point out where additional calming measures or signage is needed to make 20mph work. The results are now being analysed and will be released soon.

Muller Road Transport Improvements –

Council officers have briefed us on their initial plans for sustainable transport improvements along Muller Road. The key aims are improved traffic flows, better bus infrastructure and an enhanced walking and cycling environment. Details aren't available at this stage as the plans are still being worked up, but there will be public consultation on them so watch this space!

Slim My Waste – Feed My Face – You've probably spotted the yellow tape on black bins across the city, and the faces that are appearing on peoples' brown food bins. It's all part of *Slim My Waste – Feed My Face*, a campaign by Bristol Waste to encourage people to recycle more food waste. Did you know that the average Bristol black wheeler bin is nearly a quarter filled with food? By slimming the amount of food waste that goes in your black bin, and instead feeding it to your brown bin, you can save the council money, feed a more sustainable power source, and help the environment. Look out for details posted through your letterbox about the campaign, or go to bristolwastecompany.co.uk to find out more.

Vehicle and Rough Sleeping Encampments Consultations –

The council has also been consulting on its approach to managing vehicle dwelling and rough sleeping encampments in the city. The council has a duty of care to everyone living in the city and does not believe that sleeping on the streets or in a vehicle is a safe, long term option. There is a need to balance the needs of people who are in desperate circumstances with those who live or work near encampments. The proposals involve unconditional offers of bed spaces for those who have set up rough sleeping

encampments, supporting them towards a route off the street and ultimately into more permanent accommodation. It is important that we do not just displace the problem from one part of the city to another. The consultations closed on 26 August, and the results will be released soon.

Waste Collection Problems – Due to the stretch of hot weather in June and July, Bristol Waste experienced some disruptions in its collections. Their crews have been working hard to rectify the problems, and hopefully by the time you're reading this, the issues will be resolved. Crews will be starting at 6am in hot weather to get their rounds done before the midday heat, so do make sure your bins out early, or the night before. You can report a missed collection at bristol.gov.uk/bins-recycling/missed-bin-collection, but if there are any outstanding problems then don't hesitate to get in touch with us.

Please get in touch with us if you have any issues or feedback!

Tom Brook, Labour Party

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

Eleanor Combley, Green Party

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

Redland ward news

Sale of the Bristol North Baths building –

We've received the news that around seven offers were made on the old baths building, and that pending examination by the legal department, the process to sell should be well underway by September. Any profits from sale will be ring fenced for affordable housing across the city. Like many residents we're concerned that the bid selected, if based purely on maximum income, would end the option of community uses in the listed building. We challenged officers on what criteria would be used to assess the offers with a view to retaining some kind of community involvement but they are firmly of the view that the Library fulfils the community element of the overall project. The aim of the sale is therefore to maximise funds for affordable housing. This is a great disappointment to us as well as many people, we are sure.

Parking – Fi submitted a motion at the July full council pleading for some highways resource to help solve the increasingly hazardous parking problems in the area. We are sent photos almost daily of dangerous parking and obstructed roads and several local residents have now attended the Full Council themselves to address the Mayor on parking problems and to ask for council support to develop solutions. See <https://bristolgreenparty.org.uk/news/dangerous-parking>

We believe residents are doing what they can and

having formed groups and attended public meetings, they are looking into their options for a safer, better managed street environment, but they can't be expected to come up with solutions on their own without some technical help.

As a follow up to addressing the Mayor, we were able to support a meeting for residents with the Cabinet member for transport to ensure their voices get heard. The good news is she says that after the various parking reviews of existing RPZs there will finally be officer support to work with residents in areas like ours from October onwards. This will be with a view to helping develop practical proposals for dealing with parking problems, which might involve various options including a possible parking permit scheme. The most notable finding from all the reviews of RPS areas across the city is how popular they have been (with traders, not just residents) and in two cases extended hours or an extra day have been requested. The 30 mins free parking for shop customers to pop in and buy items ensures a regular cycle of shoppers. Do keep us posted with any problems or ideas you may have.

Fly tipping and lack of enforcement –

Several people have contacted us about the lack of enforcement from the council over fly tipping, even where residents have clearly identified the offender. We're pushing for increased resource on this, as once again, we feel that residents are doing everything they can but aren't getting the right support from the Council, which is disheartening.

Libraries – The Mayor has confirmed that all existing libraries will continue to be funded until election year in 2020. In the short run, the reprieve is good news, although yet another community consultation is in the offing. The down side is that solutions to library developments and future plans are still uncertain, and we know some library users, supporters and staff are getting very frustrated by the prolonged process. We'll let you know of developments.

Brexit – We've had emails from a number of residents concerned about the impacts of Brexit on the city, its economy and institutions, and themselves.

Rebecca Ramsden
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The Future of the Ardagh Community

Asset Transfer by Cllr Eleanor Combley

Like many local people, including the dedicated volunteers who put so many hours in at the Ardagh, I was delighted to hear that the whole site was going to be taken over by the Ardagh Community Trust and run for the good of the local community. It was therefore a blow when the Mayor and his Cabinet decided that six of the tennis courts on the site should instead be run by a private operator. This totally undermined the community group's business plan, which was to use the fees from the courts to support play for young people.

To rub salt into a wound, this decision seemed to have been made with very limited consultation with the local community. This is why I took the serious step of 'calling in' a decision made at Cabinet: asking a committee of councillors to review the way the decision was made and rule on whether it had been done properly.

As a Council, we really rely on the huge contribution of voluntary and community groups. As a city, we need people to get involved and work together to strengthen communities, combat isolation, and promote wellbeing. So as a City Council, we are shooting ourselves in the foot if we disrespect and disregard people when they do.

I am happy that the call-in committee agreed with me that the right thing to do was to ask Cabinet to pause this decision and to go back to working with the Ardagh Community Trust to come up with a plan which will benefit the whole site and the whole community. I know that the Mayor met with representatives of the Trust on a recent visit to the ward, and spoke openly with them about their plans for the site and how these would meet the needs of disadvantaged groups in the community. Hopefully, there is now a real opportunity to build on that conversation and create a facility rooted in the community, run by and for local people.

They have asked us to get the council to back a Ratification Referendum when the final deal is clearer. In July, at Full Council, Martin Seconded a motion calling for a 'People's Vote' on the final deal and spoke out about these concerns, and the impacts Brexit was already having on bodies like the Universities, access to funds and grants, and so on. The motion was debated but amended by Labour who removed any reference to a referendum so it just expressed concern at the process. See: <https://bristolgreenparty.org.uk/news/brexit-deal>

Please sign up so we can keep in touch!

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

Fi Hance, Green Party

Cllr.fi.hance@bristol.gov.uk / 07833 484346

Martin Fodor, Green Party -

Cllr.martin.fodor@bristol.gov.uk / 07884 726101

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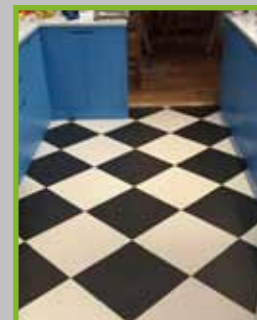


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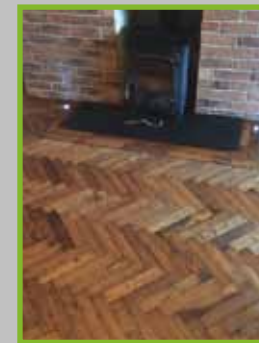
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All meetings are on Tuesday and start at 7.30pm at
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17 Sept Members evening –
Personal memories of our area and beyond.

6 October Research Group Evening – Subject
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bishopstonhistorysociety.wordpress.com



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Susannah teaches as we go along, so you can
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Warm, informal community dance evenings for all
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Watch this space!

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New U3A
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225 Gloucester Road, BS7 8NR (near the
library).

Members will meet for a coffee and a chat. and in
particular to learn and discuss what is happening
in the U3A.

Non members are welcome to pop in before
they decide whether or not to join the U3A. For
more information about the Bristol branch of the
University of the Third Age, please have a look at
the website: www.u3asites.org.uk>bristol

Horfield Families Group

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New Friends Group

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26 September – Musical Instrument Session

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Thursday 13 September

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play traditional & modern pieces. If interested email
keithripley27@gmail.com or phone 9444241. They
can be seen on YouTube at <https://www.youtube.com/watch?v=4ND4zoKbhQs>



News from Ardagh Bowling Club

It's been a busy summer at the Ardagh! At time
of writing, both the men and women are second
in the Bristol and District League. Josh Phillips,
the youngest member of the club is through to the
quarter finals of the Gloucester Cup and in the finals
of the County Junior Pairs.
So all in all a fantastic season!

The award winning gardens were judged in July and
we are hoping for continued success.

Luncheon Club – Since launching in the early part
of the year, the Luncheon club has generated an
extraordinary response. Numbers are rising steadily
each week. It provides an opportunity to help combat
loneliness, as it is difficult to say you are lonely
when everyone else seems to have many friends.
This Group is building a community of support and
friendship that will put a smile on your face.

**Every Wednesday 12–1.00 pm, £3.50 pp for two
courses and a tea or coffee.**



Community News/Events...



Children and teenager courses at Yogawest start up again this September. Children thoroughly enjoy doing yoga, the classes offer a fun, creative approach to yoga, encouraging flexibility, focus and relaxation in growing bodies and busy minds. Older children really benefit from a weekly yoga class; it can help with the stress of secondary school and with focus and concentration. Visit www.yogawest.co.uk to book in.

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

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

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

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

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

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

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

The BCCS Choral Society is a small and friendly choir who meet weekly at the Bristol Cathedral Choir School, on Wednesday evenings. They sing material spanning the core choral repertoire, as well as traditional songs and contemporary arrangements. The new year starts in September and they'd love to welcome new members to join them! If you're interested in finding out more, please contact Christina May on maylearner@outlook.com



Bishopston Cotham & Redland Community Partnership

Invites voluntary

groups to be part of their directory of local organisations on their website.

Many groups have already signed up as partners of BCR CP, but they know there are many groups across the BCR area who could be interested in applying for Community Infrastructure Levy funding allocation, and if BCC or other organisations are consulting on service provision or changes.

BCR CP would also like the directory to become a useful way for people to find out what groups there are in the area, and how they can find out more about the many organisations they can support or enjoy. So, if you are a PTA member, a book group, a choir or a scouts/ cubs/ guides group parent or leader, an after-school club or a sports organisation, or any other local organisation set up to benefit members of the BCR community, let them have your contact details and website / Facebook address of your group, so that they can put them on the list of BCR organisations. They will then also ensure you have notice of opportunities to have an input on local consultations, funding allocation and decisions.

BCR CP works with the local councillors and police to bring about improvements in the area and in Bristol City Council services. BCR CP has been appointed as the organisers of cross-party local ward member meetings for 2018 /19. Their next forum will be in the Bishopston and Ashley Down ward area in October.

www.bcrp.org.uk



WALK FOR PARKINSON'S

Ashton Court
Bristol
Sunday 30th September 2018

Join this walk and unite with thousands of people across the UK. Every step will take us closer to a cure.

parkinsons.org.uk/events/walk-parkinsons-ashton-court
#walkforparkinsons
020 79633912

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (218187) and in Scotland (SC037054). © Parkinson's UK. Created in RightMarket.

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HAL

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■ General Building ■ Handyman jobs ■ Gardens



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All our tradesmen are fully insured and accredited and all work is guaranteed.

Professional • Local • Competitive • Fully insured • Free Quotes

HAL

MAINTENANCE

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