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issue 116, April 2018



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## Dear Readers...

As always, we enjoyed getting on the Window Wanderland trail; - such a fantastic, creative event that unites the community, we hope you enjoy sharing in the fun!

As I write this baby Freddie is 12 weeks old and has been out with me several times on Bishopston Matters business. Henry, Freddie and myself enjoyed a wonderful visit to a local Acorn & Oaks playgroup, reuniting the young and older generations. Such a wonderful idea, which I hope many of you will become involved with.

We were touched to be contacted by a local family to share their story about the passing of their dear son Rémi. They are now fundraising in his memory for the Rainbow Centre; please do give generously if you can.

We once again thank Ashley Down School for some fab spring pictures that illustrate details of our local Easter services.

World Book Day was a huge hit with local schools, doubly exciting this year with the addition of snow! Spot the different characters we are pleased to share with you.

Wishing you all a fabulous Easter; I look forward to some family time and of course tucking into some serious choc!

Kerry x

Email: [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) • [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)  Bishopston Matters  
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A very  
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Easter from  
young Henry  
& Freddie x

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## Help Save the Tea Garden in St Andrews Park

At the end of last year, Fay – of the much-loved ‘Tea Garden’ in St Andrew’s Park – received a notice from the council notifying her that she would need to re-apply for a licence in a competitive tendering process. As one can imagine this has been very unsettling for her, particularly since she had never been given a formal lease by the council; this could lead to Fay’s service being replaced by another provider – possibly a catering chain. We all appreciate the great service provided by Fay in the Tea Garden for nearly 12 years, a service which is both welcoming and personal, offering produce that is usually locally sourced and very good value. Fay opens her van for us in all weathers and throughout the seasons; but she provides more than just refreshments: she is also a haven of the community and relaxation in our busy lives, as well as acting as an informal guardian of our beautiful park.

In support of Fay, a petition has been circulated by Simon Davis, a committee member of the Friends of St Andrew’s Park.

**Please see:** [http://epetitions.bristol.gov.uk/epetition\\_core/view/SaveStAndrewsParkCafe](http://epetitions.bristol.gov.uk/epetition_core/view/SaveStAndrewsParkCafe)

At time of writing, on 11 March, nearly 5,000 signatures, both electronic and paper, had been received on the council website. Please add your name if you haven’t done so already. Because the total is now over the required level of 3,500, this will be the subject of a full council debate on 20 March at the Council House. Fay has the support of two of our Ashley councillors, plus the local B&A church and of course the Friends of St Andrew’s Park. The issue is a lot more than just running a café or becoming another branch of a chain, and we want the council to hear the strength of local feeling.

*John Mayne, Chair of Friends of St Andrews Park*



Fay at her popular Halloween party



*"I just want to say a huge thank you to everyone who has signed the petition and the people who have taken the time to write letters to Bristol City Council. Also a massive thank you for the support from The Friends of St Andrews Park, our local Councillors and Bishopston Matters and lastly, Simon Davis for the unlimited help he has given." Fay*

## Running for Rémi

I’m running the London marathon on 22 April 2018 to remember our son, Rémi (13), who died suddenly in December 2016 from heart failure. Both myself, Catrin (Rémi’s mum) and his two sisters, Sian (now 16) and Cerys (now 11) were with him when he died. I’m also raising money for The Rainbow Centre, a local Bristol charity, that supports bereaved children and their families.



Rémi, Cerys & Sian

Rémi was an active, fun-loving boy who lived all his life in Bishopston. We had moved to Bristol from London as a family of three in 2003, and later that year Rémi arrived, an active riot of noise and energy. A people person from the start, Rémi loved company, family, films, gaming, reading and so much more. He attended Bishop Road Primary School and Redland Green Secondary school, and played for Bishopston United football team. Over the years we spent a lot of time on Gloucester Road as a family – coffees and Orangina in the old Spice Route café, frequent visits to Totally Toys, the Green Room in later years for haircuts, regulars at Cheltenham Road library and the Amnesty book shop (Rémi was a voracious reader) and the occasional lime and soda at The Flyer.

Rémi’s death was completely unexpected and the unimaginable trauma continues to profoundly affect us. Our house is quieter now. There is no shouting and whooping from the shared Minecraft games played with friends in various bedrooms across Bishopston, and we get through less Weetabix and

honey. There is a Rémi-shaped hole, never to be filled. As we journey through the changed landscape of our family life we have received love and support by the bucket load from family, friends and the local community. We are grateful to them all.

Death and bereavement are not something I had a lot

of experience of until Rémi died. I don’t think they get talked about much. Now I find myself wanting to talk about them all the time, wanting to say Rémi’s name to anyone who’ll listen. To tell his story, and with it my own.

Rémi watched me run the London marathon several times, and this April when I take part in the event again, I will be running remembering him, wearing a vest with his name and picture on it, and with him in my heart and my soul. I will also be running to raise money for The Rainbow Centre, just off Wells Road. It is somewhere which supports bereaved children and their families. They have provided us, particularly the girls, with uncomplicated care, kindness and specialist support. They are a small local charity which we are very grateful to be able to access. They provide a range of services, particularly for children, who need support, love, care and understanding to move forward in life, alongside grief.

### Can you help?

The link to myJustGiving web page is below. If you’d like to sponsor me please do.

[www.justgiving.com/Richard-Davis21](http://www.justgiving.com/Richard-Davis21)

To find out more about The Rainbow Centre visit their website at: [www.rainbowcentre.org.uk](http://www.rainbowcentre.org.uk) or Tel: 0117 9853 343

As Captain James T. Kirk said, in one of the many film franchises Rémi enjoyed,

*"How we deal with death is at least as important as how we deal with life."*

Love always Rémi.



*Richard Davis*



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## Clifton High School deliver Masterclasses on the Move



As part of the British Heart Foundation's national *Call Push Rescue* training scheme '*Nation of Lifesavers*', Clifton High School recently delivered a CPR (cardio-pulmonary resuscitation) workshop at a local primary school as part of its '*Masterclasses on the Move*' initiative, with the aim of teaching young people vital lifesaving skills. The Heart Foundation's scheme aims to increase awareness about cardiac arrests, CPR and defibrillators and to provide better access to CPR training. Clifton High staff, along with several sixth form students working toward their Gold Duke of Edinburgh's Award, delivered the CPR Masterclass to fourteen Year 6 children, who learnt when and how to act if ever they come across someone who has collapsed, using state-of-the-art CPR training equipment. Children learnt how to check for breathing, perform CPR, place someone into a safe airway position and how to use an automated external defibrillator. The young

pupils were engaged throughout the Masterclass and demonstrated excellent maturity and calm under pressure.

CPR is just one of the workshops offered by Clifton High as part of its Masterclasses provision; its colourful and bespoke Masterclass Bus is now a familiar sight in the area, delivering complimentary and tailor-made workshops to local junior schools and groups. Alongside workshops such as eye dissection, camp craft and WWII experiences for junior-aged children, this spring the School is delighted to be able to offer musical workshops to a younger audience, delivered by its EYFS specialists.

**The School welcomes enquiries from local schools and youth groups regarding its Masterclasses initiative: enquiries@cliftonhigh.bristol.sch.uk | 0117 973 0201**



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[www.irc-sphere.ac.uk](http://www.irc-sphere.ac.uk)



## Welcome to Bakery108:

a new, local, artisan microbakery with its roots firmly in Bishopston & St Andrews. What's more, it gives you the **convenience of online ordering and home delivery** – all with a personal touch.

Friends and bakers Helen Lockett and Carla Shepherd have lived in the local area for over 20 years. They have both always loved baking for friends and neighbours, so when Helen suggested to Carla that they start a microbakery based out of Helen's kitchen, it made perfect sense.

"We knew that we wanted to bake the highest quality breads, cakes and pastries", says Helen, "but we also wanted to have a connection with the people we are baking for. We bake everything ourselves and do

our own deliveries, so we really get to know our customers and value their feedback.



*Our small size and personal approach enables us to meet customer requests quickly; for example we've added Spelt bread to our regular Bakery108 range, made a Dorset*

*Apple Cake as a birthday cake, and created a lovely vegan chocolate cake for customers."*

While home delivery is at the heart of Bakery108, it has also branched into supplying businesses with delicious treats. "Our range of cakes and cookies is always changing, with new specials each month, so there is plenty to keep business customers coming back for more" says Carla.

The Bakery108 website is the bakery's 'shop window', full of enticing breads (think sourdough, proper ciabatta and amazing baguettes) as well as a wide range of cookies, cakes and pastries. Bakery108 delivers every Friday evening, all ready for the weekend and delivery is free with the £10 minimum order.

So why not check out [Bakery108.co.uk](http://Bakery108.co.uk) and see what Helen and Carla are baking this week, or get in touch at [Hello@Bakery108.co.uk](mailto>Hello@Bakery108.co.uk)

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Bakery 108's Helen & Carla



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## ROCOTILLOS – Your perfect local food & drink venue for any time of the day

Rocotillos, a 25-year-old Bristol institution is known for its Americana nostalgia, but owner Craig Collin's new venture on Gloucester Road feels far more sophisticated.

Craig grew up locally and has fond memories of visiting the toy shop on Gloucester Road with his dad when he was little. So he was over the moon when an opportunity arose to bring the graduated version of Rocotillos to the area.

Walking in you are met with a classy bar area ready to serve you a great selection of cocktails, from refreshing and fruity, to trendy gin tipples and old favourites like Mojitos, and as a fully licensed bar you'll be offered a wide variety of wines, beers and spirits.

On the lower area comfortable padded leather bench seating preserves that Old American diner feel, and welcomes you to feast on comfort Americana fare such as – tacos, nachos, burgers, chilli fries, curly fries, sunny-side up eggs and for afters pancake stacks with fresh fruit, sundaes, and milkshakes. Gluten and dairy free options are available, please just ask.

Upstairs is a generous room, which has a vintage lounge feel, ideal for private hire, parties and meetings.

Whether you are looking for a delicious breakfast with family, a much needed coffee, the perfect venue to grab lunch with friends and chill out in the day, or fancy an evening of good food and cocktails and some grown up time, or even if you are planning a surprise birthday party – Rocotillos can be that special place for all.

**Look out for their new evening menu coming soon and be sure to take advantage of Happy Hour – Tuesday–Saturday 17:00-19:30.**

217 Gloucester Rd • 0117 944 5500 • [www.rocotillos.com](http://www.rocotillos.com)



# News from the Ardagh Community Trust

**Ardagh Community Trust held a successful, new membership scheme launch and Project Ardagh update at the Café on the Common on Saturday 3 February, which was attended by around 120 local residents and supporters – despite the terrible weather! Thank you very much to all who came along and supported the event.**

ACT Trustees were on hand to talk to attendees about the membership scheme, which has been designed to ensure that the local community are able to both support, and influence the work of the charity as it develops in the future.

## Why join ACT?

- Be part of an inspiring local charity run by and for the local community
- Have a real say in how the charity is run
- Help support ACT's charitable work

ACT invites all local people who support ACT's aims to join as a member and help ACT to develop and expand the opportunities available for local people to meet, share and participate in community, sports and leisure activities at the Ardagh. Full information and an application form are available on the website at [www.theardagh.com](http://www.theardagh.com). Membership forms will also be available from the Café on the Common when it reopens on 23 March. ACT continues to recruit local volunteers and are keen to hear from anyone who is interested in becoming a Trustee of the charity and/or volunteering to support the wide range of projects and activities that are already taking place at the Ardagh.

*The new garden room with Green Retreats' team finishing off the installation inside*



In addition to the launch of the membership scheme, there was also a presentation of plans for the new year-round community hub and café project, which were enthusiastically received, and ACT staff, Trustees and volunteers were able to update those attending with the latest news and progress for the project. There were lots of questions about plans for the community-hub, regeneration of the sports courts (to enable wider community use and provide informal play and sports facilities for people of all ages) and opportunities for local people to get involved in and support the project through volunteering and donating funding to help the project to completion.

The headlines are that planning permission for the new community hub has been secured, funding is in place (although there is still some way to go – please see below for the fundraiser launch info) and negotiations with Bristol City Council for the Community Asset Transfer lease are progressing well. If all goes to schedule, ACT hopes that the capital project will begin on site in April 2018, with the new facility opening in Autumn 2018 – so providing a seamless move for the café indoors so that it is able to stay open through Autumn and Winter 2018. Next month's BM will include detailed plans for the project, and describe the new facilities and future use of the Ardagh site, which include improvements to meet minimum accessibility legislation so that it is fully accessible to all members of our community.

ACT has done incredibly well to secure more than £300,000 in funding from a range of sources to enable Project Ardagh to go ahead. The team needs to raise a further £20,000 to ensure that the project is able to proceed as planned in April. ACT will be running a range of community fundraising activities over the next few months (keep an eye on BM for full info!) but if you are able to make a donation now to support the project team – every pound will make a difference! **Make a donation via [www.theardagh.com](http://www.theardagh.com)** and follow the links to the 'Total Giving' page which can also be accessed directly here: <https://www.totalgiving.co.uk/appeal/capitalprojectappeal>

## What's on at the Ardagh...

**Tuesday: Ardagh ShedMen** – This great project has now been running for two years. The ShedMen now meet every Tuesday morning, 9.30–1.00pm, and work on a range of projects which help to maintain and enhance the Ardagh and

the wider common. Members also work on a range of their own projects. The group is friendly, provides a space for practical activities in a social setting and welcomes new members. If you would like further information, please contact [info@theardagh.com](mailto:info@theardagh.com) or pop along.

**Wednesday: Craft mornings** – Go along and join the fun at the free, Craft & Chat group on Wednesday mornings 10am–1pm (term-time only). A new evening group will be starting in May; full details will be revealed in the May BM.

**Thursday: My Wild Child** – Aimed at toddlers, these free sessions are run by Avon Wildlife Trust. They take place every Thursday afternoon from 1pm–2.30pm (term-time only), meeting near the café entrance. Kids will enjoy fun outdoor games and activities; each session combines a structured, nature-focused task followed by child-led free play. Find out more at [www.avonwildlifetrust.org.uk/mywildchild](http://www.avonwildlifetrust.org.uk/mywildchild).

**Friday: 1st Friday Gardening Club** – Go along and join this friendly group of volunteer gardeners working towards making the Ardagh gardens award-winning again! The sessions run on the first Friday of every month from 10am–3pm; come for the day or pop in for part of it – all welcome! No experience is necessary.

## Weekends:

**The fab Ardagh Café** re-opened on Friday 23 March. It will now be open Fri–Sun, 10am–4pm(ish) until June, when it will open daily again for the summer (all weather permitting).

## Horfield Repair Café:

Once a month, Ardagh Community Trust runs their Horfield Repair Café at the Ardagh. Volunteer repairers give their time to help reduce the amount of waste that goes to landfill, as well as offering the opportunity for local people to share their skills with neighbours. **The next dates for this project are Saturday – 14 April, 2 June, 1 September, 3 November – 10:00–12:30pm.**

[theardagh.com](http://theardagh.com)



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One man, a disco, some stonking food  
and Some Bears Make a Burger Bear

Tom Realy, his wife Kate and kids Iris and Wilf – South Westerners by birth, temporary Londoners, are now back home to open up their 5th restaurant, Burger Bear.

With four successful Stokey Bears in London, Tom enthused that it was great to be back – and they cannot wait to open this March and bring the Bear family to Gloucester Road.

It all started 5 years ago in London, Kate was expecting, Tom was working 9-5 and one lunch break doodling on an Ipad – he scribbled 2 words – 'Burger Bear'. A burger lover, Tom started making and selling Grizzly Bear burgers from a 3X3 gazebo, and concocted what is now his unique signature relish 'Bacon Jam' all to the sounds of disco! Such was the demand for more, that via kick start funding he was able to open his first restaurant in Shoreditch.

Life has not always been straightforward for Tom, and whilst brick walls are enough for most people to stop them in their tracks, he has pole vaulted over them. One thing he hopes to bring from London are his inspirational workshops for young, disadvantaged people – who can hear his story, see what can be achieved, gain an NVQ and leave knowing that they are a part of the Burger Bear family.

*"Personally, I don't think anyone is doing what we do, like we do it.... Come down and try for yourself and if you don't leave with a massive smile on your face then I'll eat my DISCO BALL!"*

Burger Bear Tom Realy

**So what can you expect at Burger Bear Gloucester Road?**

With Tom oozing energy, warm smiles and inclusivity, whilst serving up sensational food, Burger Bear is set to be a destination burger joint.

The local venue is a haven for all burger lovers (their meat is sourced locally and literally arrives

fresh from a local organic farm to your table) and music lovers. With lots of plans in the pipeline for a variety of live entertainment, we look forward to joining this Burger Bear family for a cheeky burger.

**Official opening is April 2018 – but have you had a taster yet? Burger Bear pop-up opens Saturdays 12–3pm at their home – 213 Gloucester Road (previously Bagel Boy).**

[www.burgerbearuk.com](http://www.burgerbearuk.com)

@burgerbeartom







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## All the world's a stage, and all the men and women merely players

### Brunel Field's Year 6 pupils have fun with Shakespeare and celebrating World Book Day

As if dressing up in your favourite character for World Book day wasn't exciting enough, the arrival of snow took the fun to a whole new level for the pupils. I think you will agree there are some fantastic and inventive costumes displayed.

The whole school enjoyed a visit from the author and illustrator, Simon James. He explained how he got into writing and illustrating, as well as sharing a few of his stories.

Year 6 took part in the fantastic 'Shakespeare day' that saw the children get stuck into acting scenes from Macbeth, learning (and using) Shakespearean insults, a mini-lecture about Shakespeare via video from Renaissance Lecturer at Lincoln College, Oxford – Dr Higgins, building models of The Globe Theatre, designing a set for *Midsummer Night's Dream*, writing sonnets and a spot of fencing as the Montagues and Capulets (with balloon swords). Even Shakespeare himself and Titania from *A Midsummer Night's Dream* popped in (see above, right)! The kids now all know the story of *Romeo and Juliet* too and have begun writing letters from Romeo.



# The Bowen Technique

**Jane Hird**

BA (Hons) ECBS, BTPA, CNHC

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

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

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

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



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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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*"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 Little Foxes Forest School."* Hannah, local mum.



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## Acorns & Oaks

It was lovely to attend a local Acorns & Oaks session at Horfield Lodge Nursing Home. Myself, Henry and Freddie had a wonderful time engaging with the residents, children, parents and staff.

We were invited by local parent and group leader, Claire Sapsford (pictured right), who told me all about this wonderful organisation. Acorns & Oaks reconnects generations by running weekly playgroups in carehomes across Bristol, led by a volunteer. The regularity and structure means the children feel comfortable in the home and the residents get to know the children and the routine.

I was interested to know how Claire became involved and was it something she would recommend to others?

*"I saw a notice on a BS7 Facebook page for volunteers and thought I would give it a go; it does not take much work and is massively rewarding. It has been lovely to build relationships and for the residents to watch my 15-month-old daughter go from toddling to confidently walking. I would definitely recommend becoming a leader to others."*

Some of the residents of Horfield Lodge are living with dementia, sitting and observing the play sessions lifts their spirits immensely. It was both wonderful and touching to see the light come over some of the residents' faces when baby Freddie gave them a beaming smile, their joy was instantly reflected back at him.

### Could you help bring more joy?

There is currently a waiting list (that I will be joining) for the sessions at Horfield Lodge but, the Acorns & Oaks organisation is keen for more groups to



be established in care homes across the city. I can't think of a better way of donating just a small amount of your time each week, which will result in you having such a hugely positive impact on local children, care home residents and of course yourself.

**If you would like more information about becoming a volunteer or joining one of these groups, please visit [www.acornsnoaks.org.uk](http://www.acornsnoaks.org.uk) or email: [acornsnoaks@gmail.com](mailto:acornsnoaks@gmail.com)**

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## News from Friends of Horfield Common

**Horfield Common Litter Pick** took place on Saturday 10 March 2018, as part of the National 'Spring Clean' campaign.

Thank you to all of the brilliant volunteers (not all pictured!) who came along to the first 2018 litter pick and helped us to clear 16 full bags of rubbish from the common – helping to keep it clean and safe for enjoyment by people and wildlife. We will be organising more events through the year, and hope that the amount of litter will reduce each time. It is horrible to see litter across the park, as well as causing a hazard in some cases. We are lucky to have a small, dedicated team who pick up litter daily on individual walks around the park, so the problem is kept under control, but this recent team effort has made a huge difference to removing the debris that has built up in hedgerows, water courses and corners of the park over the winter months.

Please keep an eye open for next dates and come and lend a hand – it is so satisfying to see the common looking so lovely and clean; this will also hopefully inspire other park users to think twice before littering in future.

**FoHC are celebrating the completion of two long-term projects which volunteers have been working hard on over the last 2-3 years!**

### Horfield Common Accessible Footpath

We were thrilled to see the speed at which the new accessible footpath was installed once the work started and we have received dozens of emails from park users thanking FoHC volunteers for their work

to fundraise to get this much-requested path installed.

The requests were for three main reasons – to enable all to walk a circuit of the common without needing to go too near to Kellaway Avenue; to enable people with limited mobility to be able to access the common



during the winter; and to enable the hundreds of people who walk across the common every day to access the shops and bus services that run from Kellaway Avenue to use this route year-round.

FoHC Volunteers submitted a funding application to the Bags of Help scheme which was shortlisted and put to the public vote at Tesco Golden Hill in late 2016. Thank you very much to all who used their tokens to vote for our new pathway!

While the grassed areas around the path will take time to re-establish fully, this is being carefully monitored and will be reseeded if necessary later in the year.

### FoHC Volunteers 'Garden Room'

The Friends Volunteers Garden Room installation was completed in February and is available for use in the Café yard at the Ardagh. This space replaces the previous container-space, which was refurbished by FoHC volunteers in 2015 to provide an indoor meeting space and place where volunteers could meet, share ideas and shelter from the rain on the rare (!) occasions that we experience it!

It has been fantastic to see the space being installed and we are looking forward to hosting FoHC meetings in this lovely, light and fully accessible garden room throughout 2018.

### FoHC meetings for 2018

Meetings take place on **Mondays – 16 April, 4 June, 23 July, 10 September, 5 November – 7-9pm**. If you would like to get involved with the Friends group and help to support improvements to the common for the benefit of all park users – please do come along – new committee members are always welcome.

[www.friendsofhorfieldcommon.com](http://www.friendsofhorfieldcommon.com)



# in the family way

When our second baby arrived, Freddie fed well, was a good colour and was bright in himself. He did however have spells in the day and particularly at night, of laboured, noisy breathing. The midwives referred us to the Children's A&E at the BRI. We received great treatment there but the cause of the breathing problems was inconclusive – something he should grow out of. The doctor reassured us if Freddie was suffering with any serious heart or lung conditions, the laboured breathing would be all the time and not intermittent. This was indeed good news but not any help when you are fraught with worry when your precious bundle is struggling with breathing in the middle of the night.

Freddie was born very quickly and as a result was mucously for several days. Right from the start I felt the speed of his birth, being forced out quickly was key to his breathing issues, and I had every confidence that Juliana and her skilled team at the Family Practice would be able to resolve this problem. My confidence was born out of the positive and effective treatment of our first child Henry, who was the opposite to his brother and took 32 hours to eventually arrive with the aid of ventouse. Henry's head was positioned awkwardly during the birth and as a result he was only happy feeding from me on one side. After a couple of cranial-sacral sessions at the Family Practice, he was a different baby.

On examining Freddie, they found he had incredibly tight muscles at the back of his neck (due to the pressure of arriving so quickly) and a tight rib cage (due to not taking a big first breath and needing some encouragement to do this). Juliana and Nina gently worked on him and sent me away with some simple exercises to do with him each day. I returned a week later with a much happier baby and they were delighted with how well he now felt. As I write this, Freddie is 6 weeks old and has not suffered with laboured breathing since his cranial-sacral sessions, and is even sleeping better at night – every parent's dream!

## Prevention is better than cure

Both Freddie and Henry's problems were typical of those that the practice sees, frequently linked with the impact of birth on the baby. While observing as they worked on Freddie, Family Practice owner, Juliana, explained they were slowly starting to change the way they approached mother and baby's health. Herself and colleague Niamh were currently taking a 2-year women's health diploma that has revolutionised the way they feel about their

work in the treatment room.

Juliana explained, "We would like to encourage women to come in for a session with one of our specialist practitioners when they are thinking about trying to conceive. We will then assess how prepared their bodies are for birth. Key to this is the pelvis – is it in the correct position, how strong are the muscles around it, etc. Based on what we find, we can advise on strengthening exercises, yoga, walking, etc. tailored to your specific body needs. We can also assist with nutrition; a healthy gut is key to our wellbeing. It is our strong belief, if women are in strong physical health, this can only result in more positive births with less intervention and therefore far fewer babies who will require our treatment."

Until they are at a time when they are treating women pre-birth, the practice is now giving joint sessions to mothers and their babies. Juliana told me, "It cannot be underestimated how the physical and mental health of a new mother impacts on the health and wellbeing of their baby. Mums will always find the time and money to do whatever is best for their little ones but push their own needs to one side. It is essential women take the time to ensure they are fit and well too so they are best equipped to care for their family." This rings true with myself and knowing how exhausting life is with a new baby and keeping the rest of the family going, I urge all fellow women in my position to make the time for themselves. I can assure you that, yourself and precious bundle will be in the best skilful and compassionate hands at the Family Practice.

**The Children's Clinic runs on a Thursday afternoon; to book in, call 0117 944 6968.**

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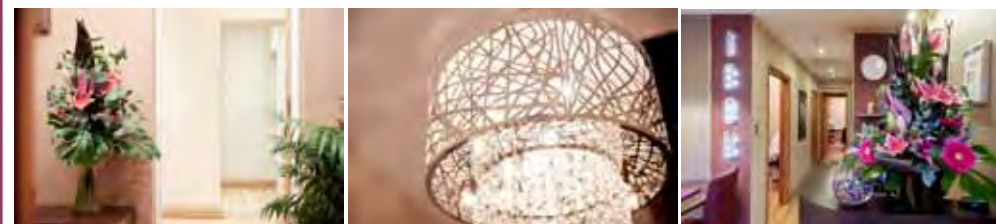
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# News from Glos Rd Central - Mayfest 2018!

Spring is getting into its stride here at Glos Rd Central – we hope you've been enjoying our planters full of daffodils and other flowers. As ever, we appreciate help with our mini pavement gardens – any plants you can donate to get us going for summer are all much appreciated.

**Snow place like the Glos Rd!** We've had an exciting time recently. None of us will forget the Snow Days, which gave most people a chance to go sledging in St Andrews Park or tuck up in front of the fire rather than going to work or school. While national supermarkets ran out of stock, Joe's Bakery, Giles' Butchers and Pawsons continued to supply our community with fresh produce.

Many of our art and gift shops also stayed open, giving customers a chance to have a relaxing browse on their surprise day off. This showed the true benefit of shopping locally on Gloucester Road and our snowy high street had a wonderful neighbourly feel.

**Window Wanderland 2018** – The community spirit had already taken hold the weekend before, when almost 200 households got creative for Window Wanderland. Room 212, Joe's Bakery, Lunar Optical and Boston Tea Party all sponsored Window Wanderland and decorated their windows.

## Pearce's Hardware Store

**Trading for 125 years! Pearce's Hardware is a traditional store with traditional values, we sell just about everything you can imagine you might need for your home and garden.**

We are proud of our heritage and our contribution made to the Gloucester Rd over many years.

*We sell... tea pots, draught excluders, big chains, little chains, strong chains, weak chains, watering cans, mouse traps, glues, plugs, shower heads, thermos flasks, duct tape, plant food, umbrellas and staple guns. We are happy to provide goods by special order if we do not have it in stock and provide advice on your home improvement projects.*

**If you want it, the chances are we will have it!**

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Who spotted the fantastic mechanical baker and cake display at Joes or the tropical rainforest at Room 212, which continued to brighten up the street once the snow fell? We are thrilled to learn that Window Wanderland has made it through to the final of the Bristol Life Awards 2018 in the creative category. Fingers crossed for Lucy Reeves Khan and her team, we really hope that they win at the glittering Award Ceremony on 26 April. Room 212 owner Sarah Thorp has been invited to be a judge for the Bristol Life Awards but she isn't judging this section so we're crossing all our fingers and toes!

**Reader Competition: Xpress Computers is offering a FREE PC health check – worth £50** to one lucky reader; simply email your details to – [xpresscomputers176@gmail.com](mailto:xpresscomputers176@gmail.com) or [www.xpress-computers.co.uk](http://www.xpress-computers.co.uk).

**Goodbye to Glos Rd Icon** – March was tinged with sadness because Elaine Weston of Bliss passed away (please see tribute opposite).

**Easter Goodies!** This month begins with the Easter school holidays. Remember to stock up on hot cross buns, Easter biscuits and other treats freshly made at Joe's Bakery, and pick up all your fresh produce from Pawson's and Giles'. Visit Paper Plane, Fig and Room 212 to find lovely Bristol handmade gifts if you're going off visiting friends. Meanwhile



treat yourself to something lovely from the newly launched Spring/Summer collections of gorgeous jewellery at Artemis or try out one of the new range of treatments at Osna Therapy.

**Mayfest 2018 – Saturday 5 May** – Due to unforeseen circumstances Mayfest will be a slightly pared down affair as we will not be organising the street closure on Bishop Road. However, our shops will still be spilling out onto the pavements with live music, creative activities, lovely food and drink, facepainting and a festive feel.

Spend your time with us and await the Jack in the Green procession which will be passing by at about 3.30pm on the way up Gloucester Road to Horfield Common. Anyone interested in holding a stall, raising money for charity or offering an activity at our Mayfest should get in touch with Sarah Thorp at Room 212 or Martin at Joes Bakery.

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## Billie-Jean Pop Up Cashmere Event

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## Sad farewell to Gloucester Rd Icon

Elaine Weston, owner of Bliss on Gloucester Road, was sadly taken from us on 1 March 2018, after a battle with cancer. She was the grand age of 74, although her heart was that of a 30-year old!

From the age of 12, she worked in her parents' sweet shop, then left school at 14 to help them full-time. She started her own career as a social

worker in 1980, before deciding that the antiques business was more suited to her. She began trading in Clifton Antiques market in 1983, and also ran jewellery parties in people's homes – often taking advantage of a new crowd to sell to while visiting family around the country!

She owned Bliss for 7 years, and prior to that owned Paraphernalia on Ashley Down Road. She never truly worked a day in her life, as she loved what she did so much. She recently told her friend that she, "did not have any regrets".

She had far more friends than she realised, a great deal of them met through her business – she was on first-name terms with lots of her loyal customers. Many of these left flowers outside her shop in the days following her death.

Elaine was vibrant, kind, caring, loving, fun and stylish – she often knew what was "up and coming" before it even happened. She was in no uncertain terms The Boss! She has left a huge hole in the lives of her family and friends, and Gloucester Road has lost an icon.

## What's new this month at Joe's Bakery

**Easter Goodies!** All of Joe's scrumptious Easter range is available now; it includes their famous Easter biscuits made with oil of cassia, fresh, white or wholemeal hot cross buns, as well as their special Easter Bread – people travel far and wide to purchase this special bake.



Image courtesy of louisewender.com



New! 100% cotton, re-usable drawstring bread bags

### Environmentally conscious –

Joe's Bakery are passionate about the environment, reducing waste, and promoting environmental sustainability. Their main use of plastic bags is for putting sliced bread in, some customers requested that they use paper bags. In addition to this, they have recently launched their re-usable drawstring bags – made with 100% natural cotton (not bleached or dyed), which also help to keep crusty bread for longer.



**Tasty new products –** kicking off with their deluxe Chocolate Almond Cookie – studded with roasted almonds, every chocolate lovers dream! In response to customers' requests, Joe's are happy to now be able to offer Wholemeal Sourdough (with a sunflower seed dressing), and Fruited Sourdough (with raisins, sultanas and fresh orange zest), both delicious additions. All of Joe's fine products, are baked with love using the best possible ingredients, no short cuts are ever taken.



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

## Osna – to sigh, to exhale, to relax (Irish Gaelic)

This year Osna Therapy Centre is proud to be celebrating 20 years of trading on Gloucester Road. To mark this happy occasion, they have given the Centre a fresh and exciting new look.

Owner Bridget Tyrrell told us, "We have enjoyed this incredible journey with all of our loyal clients. We are just as passionate about our work today as when we launched all those years ago".

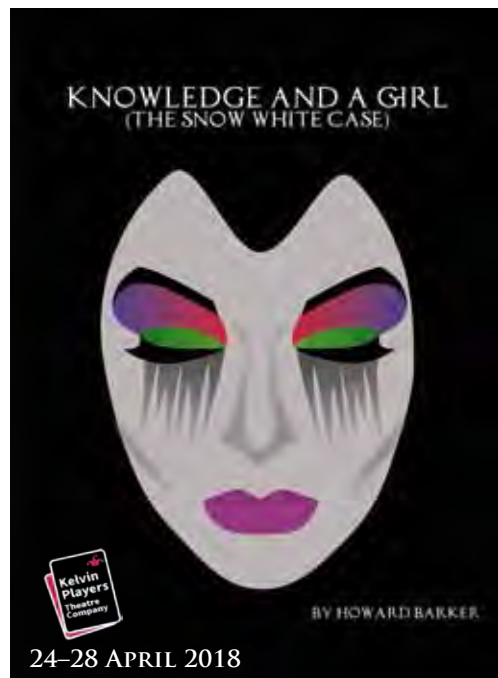
The team at Osna are continually updating their skills and techniques, which enables the therapists to give the best possible experience and outcomes for their clients.

The local therapy centre is delighted to welcome Nadine to Osna, who will be offering Reiki and energy healing. She will use her sensitive and intuitive approach, working with energy medicine techniques, having attended various Donna Eden workshops.

Bridget went on to say, "We are all very excited for the future!"

Throughout 2018 we are planning on running regular workshops and talks. These sessions will be available to the public, to introduce them to our various therapies and give them a greater understanding of how they work and which therapy may be appropriate for them."

To find out more, check out their Facebook page: [Osna therapy centre](#) or get in touch directly, call 0117 907 5884 or visit 234 Gloucester Road, Bristol BS7 8NZ



## KNOWLEDGE AND A GIRL

by Howard Barker

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'Knowledge and a Girl (The Snow White Case)' is a dark fairy tale told through the eyes of the wicked step-mother: a childless melancholic whose pain is justification for her cruelty. The absence of Snow White's father from the original fairy tale is remedied in this intriguing tale of marital sexuality. We're not sure who will live happily ever after...

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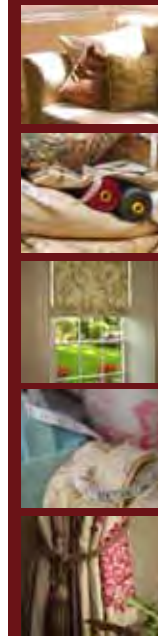
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## Is Gloucester Road the last great high street?

This is the big question about Bishopston set to be re-opened at The Bishopston Society's next public meeting, on Tuesday 17 April 2018, 7.30pm, at Gloucester Cricket Club.

It's 13 years since The Independent billed Gloucester Road as "the last great British high street". Now it's time to look again at the vitality of our area in economic and community terms.

The Bishopston Society is lining up a talented panel of speakers and aims to get guests, to examine hopes and fears for Gloucester Road over (say) the next 13 years.

So far, they've secured contributions to their panel from Councillor Eleanor Combley, Anne-Louise Perez of Gloucester Road BID, Sarah Thorp of Gloucester Road Central, and Chris Wallace of The Gloucester Road Story.

They'll focus on Bishopston and Gloucester Road from a local traders' perspectives, look at trading history and trends, and share their hopes and fears for the future. The Society will celebrate all that's so good about the combination of retailing and community spirit in the area, and look ahead to the warnings of decline that are evident. They'll identify what we as local citizens can do to preserve and develop this area, in a positive and forward-looking, not nostalgic, way.

**So, please commit this meeting – 'The last great British High Street? – the future economy of Bishopston' on Tuesday 17 April 2018, 7.30pm, at Gloucester Cricket Club – to your diary, and stay tuned to the Bishopston Society website for further details nearer the time.**



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## Nola Interiors

opened in November 2017 on the busy, vibrant Gloucester Road, renowned for its array of independent shops promoting and selling local wares.

With 18 years experience in the interiors business, formerly being the Manager at Fired Earth, I took the plunge to fulfil a dream and open my own shop, and having grown up in Bishopston, I knew the area well.

With an ethos in mind of selling environmentally friendly products and with a passion for paint and colour, I have become the local specialist for *Little Greene* and *Earthborn* who both produce natural and virtually VOC free paint. I feel that people are more aware of the effects of chemicals on the environment and the impact within their home surroundings.

*Weaver Green*, another environmentally aware company, produce beautiful throws, cushions, rugs and bags made from 100% recycled plastic bottles but with the look and feel of wool. This incredible range has appealed to many customers who want to be environmentally conscious.

*Mini Moderns* is a very cool, retro British company selling exciting, original wallpapers made from recycled paper with every design "telling a story". A colourful range of scented candles and diffusers complement the designs and patterns of the wallpapers.

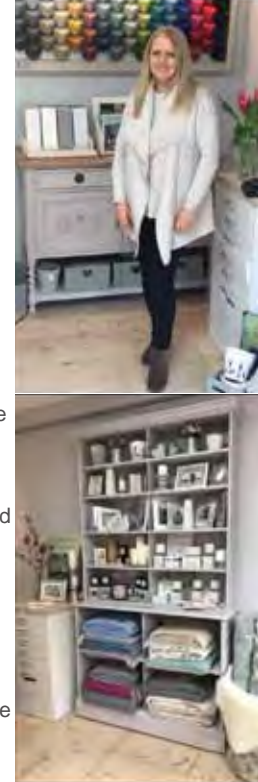
A lot of customers comment on how lovely the shop smells. This is attributed to a gorgeous range of aromatherapy candles containing essential oils with harmonious names such as Tranquil, Sanctuary and Happy.

We also stock a wide range of homeware products and gifts that complement the home decorating products including sheepskin rugs, pure wool throws in gorgeous colours such as orchid pink and turquoise, storage baskets, pillar candle holders, photo frames, pots and vases.

Nola Interiors may be bijou but it has a big heart and has been described as a gorgeous treasure trove of beautiful things for your home.

If you are looking for colour inspiration, we also offer a colour consultancy service.

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**earthborn**  
Beautifully different paint

Vibrant, mid-century inspired patterns are used across the range of wallpaper and homewares. Made in the UK to minimise the carbon footprint.



**mini moderns**

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# Walking to heel in Bishopston



Whether you are out and about with your loyal companion or taking your first steps with a new puppy, it can be difficult to know what collars and leads will best suit you and your dog. Not just as a fashion accessory but in a practical sense too. Are you training a young dog? Going for a walk in the

countryside? Or walking to the shops?

This article is a quick run through of things to consider when choosing collars, leads and harnesses for your dog.

**Collars** are important for emergency situations when you need to catch hold of your dog quickly. Dogs can be sensitive to people touching their collar and so make sure they have a positive association with you going to reach for it. By law, see Control of Dogs Order 1992; every dog out on the highway should wear a collar and ID on it. Be careful that the collar doesn't get caught on a fence or when playing with another dog.

**Leads** are mainly for safety but are also a legal requirement. If your dog is not on a lead on a public highway you could receive a fixed penalty fine. It is also a good idea to check the rules for your local park or dog walking area. Different leads give varying levels of control to the owner. The retractable leads can be good for giving your dog a bit more freedom but can send mixed messages and produce a nasty burn if tangled. Long lines are good for training whereas stretch leads can help with dogs that pull.

**Harnesses** are particularly good for brachycephalic breeds, such as pugs, and small dogs, such as Yorkshire terriers, because they do not restrict the airway in the same way as a collar. Also, for dogs who have had neck or eye surgery. It is important to choose a non-restrictive harness which leaves the entire front leg free to move and therefore will not cause movement problems. It should fit snugly but without causing friction or excessive pressure. A harness is less suitable for directional control.



Veterinary surgeon  
Holly Rowe

**Coats** are great in the wintertime especially for dogs with shorter fur and thin skin, such as whippets. The light reflective designs are perfect for when it is dark.

We wish you safe and happy walks! And, of course, for any more information on dog health and behaviour, do give us a call at the surgery on 0117 924 7832 and we will be very happy to advise you.

### Holly Rowe

Veterinary surgeon at The Animal Health Centre



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### The perfect harness for your dog, cat, rabbit or ferret!

Harnesses are the preferred choice for many dog owners these days, and the staff at Roxfords certainly recommend them for training young dogs and getting them used to walking, as you have more control and it prevents the dog from choking when pulling on a collar.



Like your favourite pets, harnesses come in all shapes, sizes and colours. When I visited the pet shop recently I was amazed at the huge variety available. Popular and effective brands include Ancol's padded harness, Doodle Bone's mesh harnesses and Go:Walk's padded harness with easy grab handle – handy if you need to lift your dog out of a situation or water quickly. There is also a specialist travel and exercise harness or strap adapter to use with any harness in the car.

There is a good range of harnesses for our feline friends too; these are often used when people move house or with kittens, to get your cats used to their new environment in a safe way. There are even some vest harnesses for rabbits or ferrets!

To find the perfect fit for your pet, pop into the local pet shop soon to try on the different ranges available and get advice on style and fitting from one of the friendly team.



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## Art Matters

Back in September 2017, we reported on the latest project by St Andrews-based photographer and long-time North Bristol Artist (NBA), Paul Bullivant, who is aiming to photograph in portrait style all of the (now more than 100) NBA members. After nearly 18 months, he has met over one-third of his target, photographing his fellow artists at home, in their studios, in their gardens and sometimes on their street.

Here we focus on three of Paul's subjects, founder members of the trail, Cath Read, Laura Cramer and Sarah Cowper, who all share enthusiasm for Paul's ambitious project.

For Laura the trail is an important way of keeping in touch with her clients and supporters:

*"It is lovely to meet people who are interested in my work. It doesn't always result in an immediate sale, but helps me to stay in touch with them and spread the word more widely on upcoming events. It's all valuable and it's great to see the same faces coming through the door year in and year out."*

Sarah and Cath met when they both put on a weekend house art exhibition in 1999. The following year they joined together and the third year its popularity increased to 8 artists opening up their homes. So, they decided to put an advert in St Bart's community newsletter and, with 20 artists getting in touch, the first trail with 7 venues was born. It's now almost 20 years that they have been sharing their homes with the public for the North Bristol Arts Trail. Now Cath, whose experience is in community arts, specifically the Bristol Playbus, sees an exciting future for the North Bristol Arts Trail, and with growing interest from younger artists they could lead to some surprising developments.



*"For me the fact that it has become an established part of our community's annual calendar is great and I love the buzz on the streets during the Trail." Cath shared.*

*"The trail is a great way to promote local artists and crafts people of all ages working in a wide variety of mediums, and over the years has encouraged new members launching their careers as well as those more well-established artists. With now over 100 artists showing their work in around 40 venues over one weekend in November, the trail has helped us to place 'ART' very much in the heart of the community and on the cultural map of Bristol. Paul's portrait project forms a unique record of this creative collective and is also another way of spreading the word about some of the many artists living and working in north Bristol."*

When completed, Paul hopes to exhibit the portraits and possibly to self-publish another book to celebrate the 20th anniversary of the first North Bristol Arts Trail.

To see more of Paul's portraits, visit the NBAs' website at: [northbristolartists.org.uk](http://northbristolartists.org.uk) (click on the 'Portrait Project' in the menu bar)

To see more of the work of these creative NBAs, visit their websites:

[paulbullivant.co.uk](http://paulbullivant.co.uk) / [cathread.co.uk](http://cathread.co.uk)  
[cramerpaintings.com](http://cramerpaintings.com) / [sarahcowper.fapc.co.uk](http://sarahcowper.fapc.co.uk)

AND don't forget to put the date of the 2018 North Bristol Art Trail in your new diaries NOW:  
**24-25 NOVEMBER – more details will appear on the NBA website in the late summer.**

*Pictured: top left: Laura Cramer, top right: Cath Read, central: Sarah Cowper.*

## Wanted: 8 discerning travellers

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[www.cataloniaunlocked.co.uk](http://www.cataloniaunlocked.co.uk)

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

## Window Wanderland Wonders 2018

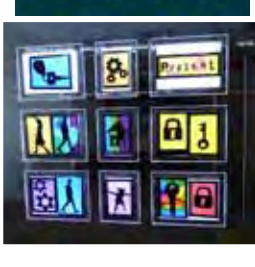
We were delighted to participate this year in Window Wanderland. It wouldn't have been possible without the creative support of our local schools and community groups. From the 20 + Traders a big warm and grateful thank you! And looks like next year more businesses will want to be a part of it.

*"We had an awesome Saturday and Sunday trading – it was our second-best weekend this year, which is great for Feb. There were definitely more people around and it was really beneficial (even though we didn't take part!). Thanks."*

Rhiannon Wild – Edit Restaurant

*"I sold out of black card and tissue paper!"*

Peter Probyn – Art @ Bristol



**Tours** – Bristol's Indie District (managed by GRBID) is working in partnership with local Bristol based Tour Experience Guides to bring local tours to on and around Gloucester Road. We think this is a great way to showcase the fantastic neighbourhood we have and get people to explore the district in a fun way all the while supporting traders. They kicked off with a Charity Shop Tour just in time for Mothers Day on 9 March, where people were taken on a tour with personal stylist, Becky Barnes on the longest stretch of independent shops in the UK. They spent time at each stop browsing and trying on fantastic garments. They picked up tips on styling trends, what colours and shapes suited best, and some simple styling tricks. And

best of all came away with a new-found love for shopping in this eco-way while supporting the work of some amazing charities.

On 23 March Bristol Hoppers took a group around the area trying out local craft beers on an all-inclusive beer filled early evening out. They enjoyed at least 7 different locally produced beers across 5 Gloucester Road venues, a snack, a goodie bag (which included local beer from Brewers Droop to take home) and they got to learn a little about the history of beer and Gloucester Road.

And this June we will be bringing Food Tours – yum! So this is just the start and there will be more tours coming from Becky Barnes and Bristol Hoppers. Keep updated on our Facebook @BristolsIndieDistrict.



## Easter – Sees the return of the popular Bunny Trail

26 March – 2 April 2018

This is a fun trail - where you are invited to find all the bunnies hiding in shops on and around Gloucester Road and collect yourselves a little treat from Scrumptiously Sweet when you're done. There is more information on our Facebook page @BristolsIndieDistrict. Entry forms available from Totally Toys or The Library. Or download from [www.bristolsindependentdistrict.co.uk](http://www.bristolsindependentdistrict.co.uk)

**Bristol Food Awards** – Congratulations! Bristol Food Awards saw our own local eateries named and adored by the people of Bristol. We are a foodie destination!

**Cox & Baloney** 182-184 Cheltenham Road – Top 10 Best British & Top 10 Best Café Food

**Flour & Ash** 203B Cheltenham Road – Winner Best Pizza & Top 10 –Best Family Restaurant

**Greens** 25 Zetland Road – Top 10 Best British

**The Library** 208 Cheltenham Road – Winner Best Wine List

**Soul Fish** 4A Gloucester Road –

Highly Commended Best Fish & Chips & Top 7 Best Seafood

**Eat a Pitta** 67A Gloucester Road –

Top 10 Best Vegetarian & Top 10 Best Express/Takeaway/Deli

**Hobgoblin** 69 – 71 Gloucester Road – Top 10 Best Burger

**Pigsty** (Coming any day to Gloucester Road) – Top 10 Best Burger

**Planet Pizza** 187 Gloucester Road – Top 10 Best Pizza

**The Grace** 197 Gloucester Road – Top 10 Best British

**Bomboloni** 225 Gloucester Road –

Highly Commended Best New Comer & Highly Commended Best Pizza & Top 10 Best Italian

**GRBID – Call Out** – If you are a GRBID member and would like to get involved with the GRBID we have openings on the Board of Directors. It involves donating a bit of your time, about one evening per month when we meet up. It's an opportunity to work as a team delivering elected projects to the area. Email the bid – [grbidoffice@gmail.com](mailto:grbidoffice@gmail.com) if you would like to find out more.

## Your News, Events, Accommodation and Job Vacancies

– Please do send us any events, news, holiday accommodation and jobs you have so we can share on our

website and social media pages – [grbidoffice@gmail.com](mailto:grbidoffice@gmail.com) ■ [www.facebook.com/BristolsIndieDistrict/](http://www.facebook.com/BristolsIndieDistrict/)

Bristol's Independent District



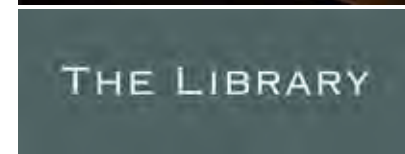
CHELtenham RD GLOUCESTER RD ZETLAND RD

## Bristol's Independent District Easter Bunny Trail



Image by local artist Boodie Boutique

[www.bristolsindependentdistrict.co.uk](http://www.bristolsindependentdistrict.co.uk)

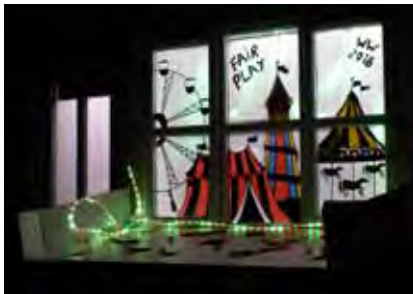


Visit [www.bristolsindependentdistrict.co.uk](http://www.bristolsindependentdistrict.co.uk) for downloadable maps of the area and keep up to date with what's happening in the District.



## Community: The condition of sharing or having certain attitudes & interests in common = Window Wanderland 2018

It's without a doubt that Window Wanderland defines community rather well. The idea for Window Wanderland started while Lucy Reeves Khan, local resident, did short therapeutic night walks around her local streets to improve her mobility, and she noticed seeing inside homes with the lights on and curtains open took her away from her pain. Sometimes it was as simple as noticing the fluffy cushions; sometimes it was imagining she knew these neighbours, as she had done where she grew up. Living in a city was far more anonymous but it was this curiosity/nosiness that took her out of herself so she asked her friends:



*"What would you do if I asked you to put something in your window for a night for others to see?"* And in 2015, Window Wanderland Bishopston lit up our windows for the first time.

Three years on with Window Wanderland thriving residentially in Bishopston, it seemed a natural progression to continue it along

our much-loved Gloucester Road. Lucy met Anne-Louise Perez of Bristol's Independent District (managed by Gloucester Road Business Improvement District) for a coffee and the planning began. Recognising the challenge with small

businesses was their lack of time, this also presented the ideal opportunity to invite and engage with the local and wider community. GRBID was delighted with the positive response they had when they approached schools and community groups who were only too happy to volunteer their time to support their local shops.

***"The displays were really good, they were really imaginative and creative. I especially liked the owls at Lynne Fernandes Optometrists and the keys at Andrews Estate Agents because they were pretty, colourful and bright."***

Trail walker – Thea, aged 11 – Ashley Down

*"It was really heartening to see these groups and their ardent support for local businesses and their willingness to help and enable traders to take part in Window Wanderland 2018."* Said the GRBID Team

Businesses along Glos Rd Central, such as Joe's Bakery, Lunar Optical and Room 212 were

all pleased to both take part with a display and to sponsor the event. Boston Tea Party had a wonderful display thanks to the local group SENDaWELCOME (see page 49 for more details).

With this multitude of local schools and groups all volunteering their time, they brought around 22 displays to the area!

On Window Wanderland Saturday, Gloucester Road and Bishopston were buzzing with people, young and old, local and from afar. The atmosphere was brilliant – literally. With teachers from Glenfome on Gloucester Road, local families admiring their kids' artwork, some groups visiting Bristol for the weekend and lots of posing for photos – this was definitely a celebratory occasion.

Window artistry ranged from a

pretty spring forest display made by Little Foxes Forest School for Flour & Ash; delicious cakes, tiles and signs created by Glenfome Art Club for Bishopston Tiles; flashes of colour displays for Andrews Estate Agents from Fairfield High School; Brunel Field children created a most



colourful panel of designs for Totally Toys; Sefton Park a beautiful ocean theme for CJ Hole; The Old Library for Elephant; some wise

owls for Lynn Fernandes Optician from St Bonaventure's; Flo Jo's made their own with a sewing theme; and Bell Communications paid homage to Lego.

Window Wanderland created the perfect platform to unite the community and we hope next year will be even bigger and brighter!

***"I was picking my daughter up from guides, and we took the long way home walking all the way down Gloucester Road, just to see the Window Wanderland displays, and they really brought smiles to our faces – we didn't even mind the cold!"***

Paul and Amy from Redland

***"Vivid and bright – the perfect tonic for a very cold February evening. It was our pleasure to host! Thanks."***

Jonny Green – ZZZone Photography Studio, Zetland Road

***"It was great to be able to walk around the houses and look at all the amazing displays. This year it was brilliant to be able to go down Gloucester Road and see the businesses getting involved and both our children's schools creating windows – it gave us a good excuse to go and have a meal out as well."***

John, Bishopston





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Locally based Cinead, has a simple aim with her new business, Wag and Ramble. "I want all the dogs I look after to have a fantastic time with me and return to their owners happy, exercised and looking forward to their next visit."

Having relied on a dog-walker for her own miniature schnauzer, Teddy, when she was a full-time researcher for the BBC, she knows only too well that it's a huge step trusting someone to look after a much-loved member of the family.

"Peace of mind is essential when it comes to your pet getting a good walk, as well as company and a cuddle when you're out of the house," Cinead says. "Now I've found time to walk dogs myself, I want to offer the very best service possible. I pride myself on being friendly, reliable and professional and though Teddy can dawdle on occasion, I make every effort to pick up your dog at the agreed time and return them home on time too, clean and honk-free, ready for their lunch or an afternoon snooze."

**All about the ramble** – Ordinarily Cinead takes dogs out in the morning, but she's always happy to be flexible and try and work around a client's schedule. Numbers are limited to four dogs on each walk, so it's worth booking in advance to ensure there's availability. "But I do understand when last minute is the only option," she explains, "so I always encourage clients to ask if I can fit their dog in."

As puppies need company more than long walks in the early months, Cinead offers a 'puppy playdate' service, too. "It's great for young dogs to feel confident and socialise with other dogs early on," she says. "So, I give them tickles and fuss on tap, while Teddy provides the in-house entertainment. He's even happy to share his toys and basket – he's proving to be a brilliant business partner!"

For more information and prices, visit [wagandramble.com](http://wagandramble.com) or call Cinead on m: 07787 121822. Follow Cinead and Teddy's adventures on FB @wagramble and Instagram @wag\_and\_ramble



Cinead with best friend Teddy



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 **Easter Services** 

**B&A St Andrew's Park, Maurice Road, BS6 5BZ**  
 Maundy Thursday – 7.30pm, Maundy Thursday Service  
 Good Friday – 2pm, Good Friday All Age Service  
 Easter Sunday – 9am, Easter Day Communion Service  
 10.30am, All Age Celebration

**Bishopston Methodist, 245 Gloucester Road, BS7 8NY**  
 Maundy Thursday, 29 March, 7.30pm – Holy Communion  
 Easter Sunday, 10.30am – Easter Worship and Holy Communion

**Horfield Baptist, 279 Gloucester Road, BS7 8NY**  
 Good Friday service – 30 March 10.30am  
 Easter Sunday service – 10.30am, All-Age Celebration Service

**Horfield Methodist, Churchways Avenue, BS7 8SN**  
 Mon 26 March, 7.30pm – Prayers for Holy Week  
 Tues 27 March, 7.30pm – Prayers for Holy Week  
 Wed 28 March, 7.30pm – Prayers for Holy Week  
 Good Friday, 10am onwards – Good Friday Reflections  
 Easter Sunday, 10am – Easter Worship and Holy Communion

**St Bonaventure's, Egerton Road, BS7 8HP**  
 Maundy Thursday – 29 March 2018, 8pm Mass  
 Good Friday – 30 March 2018, 9.30am Stations of the Cross  
 11am Children's Station of the Cross – this is particularly special for children and is followed by a charity soup lunch where all are very welcome.  
 3pm Mass The Passion of the Lord  
 Holy Saturday – 31 March 2018, 8.30pm Holy Saturday Easter Vigil  
 Easter Sunday – 1 April 2018, 9.30am Easter Sunday Morning Mass  
 7pm Easter Sunday Evening Mass










*Spring has sprung!  
 Thanks to Year 2  
 pupils at Ashley  
 Down School*





**Are you recently separated or divorced?**  
**Are you finding it difficult to reach agreement with your ex-partner on settling financial affairs or arrangements for your children?**

*education, health and welfare that is essential to their future well-being.*

Here at Progressive Mediation in Bishopston, we specialise in the mediation of family issues, where resolution has become difficult. We can help with any of the following:

*Arriving at a fair and reasonable financial settlement, including division of assets, property, vehicles, savings and pensions.*

*Reaching agreement in respect of any children's living arrangements, taking into account their needs and your circumstances including work commitments, resources and obligations.*

*Agreement on how and when the children spend time with each parent.*

*Ensuring that financial support takes realistic account of both parents' circumstances as well as the child's needs.*

*Lay a foundation for the kind of co-operation and communication in respect of the children's needs,*

Our **confidential and affordable** mediation service helps you to work together to resolve these, and any other issues without the considerable expense, stress and uncertainty of going to court. This allows both parties to maintain control over the settlement of the dispute.

**Free MIAM** – We are able to provide everyone with a free individual initial meeting or MIAM (Mediation, Information and Assessment Meeting). In this first session, we can speak with both parties to assess what each person wants to achieve and whether mediation will help in your situation. **During this session we can also see if you are eligible for legal aid, which would make subsequent sessions free.**

To find out more about our mediation services, Tel: **0117 9243880 / 0788 903 9393** or visit [www.progressive-mediation.co.uk](http://www.progressive-mediation.co.uk)

**4 Melita Road, Bishopston, BS6 5AZ**



SENdaWelcome is having a busy start to the year. We've already exhibited and enjoyed stunning art displays from local children with Special Educational Needs and Disabilities (SEND) in the windows of Boston Tea Party as part of Window Wanderland, had a mention in parliament from local MP Thangham Debonnaire in a debate on accessibility and inclusion, presented to over 50 learning disability nursing students at U.W.E and continued our great partnerships with local providers such as Kings Lawn Tennis Club, Baby Bites and Golden Hill Community Garden!

Our project is working locally with groups, facilitators and families to support better access for our children with SEND to local space and provision, and to ensure that they have a platform on which they are seen, heard and valued. Ensuring our children with SEND are part of their community is something everyone can play a part in. Please check our website for ways you can get involved or show support by following us on Twitter @SENdaWelcome and on Facebook @SENdaWelcomeBristol.

We are in particular need of help with fundraising at the moment as we have loads of exciting projects in the pipe-line but not enough time to find the cash to get them going! Please contact us if you can spare some time and have skills in fundraising.

Finally, put **Sunday 24 June** in your diary as we are running our **Summer Social** at St Michael's Church Hall, Pigsty Hill 2-4pm with the old favourites – the Sensory Truck, cake decorating with Baby Bites, Nelly the Therapy Dog, cake, play and more! We couldn't run the event without the support of Bristol Association for Neighbourhood Daycare Ltd (BAND), who are funding the sensory truck to be with us and providing brilliant toys for all to enjoy.

[www.sendawelcome.co.uk](http://www.sendawelcome.co.uk)  
 e: [sendawelcome@gmail.com](mailto:sendawelcome@gmail.com)  
 Follow us on Twitter @SENdaWelcome and on Facebook @SENdaWelcomeBristol

*WW workshop facilitated by local artist Barbara Disney and run in partnership with SENdaWelcome and Room 212. Keep an eye out for the mosaic Barbara will be creating for Room 212, based on the artwork by the children.*

## Homestay accommodation wanted in 2018 for overseas students aged 16+

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[www.elcbristol.co.uk](http://www.elcbristol.co.uk)

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# VEGFESTUK BRISTOL 2018

May 26-27 2018  
11am - 11pm (SAT), 11am - 9pm (SUN)



Ashton Gate stadium  
(BS3 2EJ)

<b>strongman</b> Patrik Baboumian	<b>triathlete</b> Kate Strong	<b>cyclist</b> Christine Vardaros	<b>marathon runner</b> Fiona Oakes	<b>kickboxer</b> Omowale Adewale	<b>bodybuilder</b> Hench Herbivore	<b>powerlifter</b> Pat Reeves	<b>freerunner</b> Tim Shieff	
<b>DAYTIME EVENTS</b> (before 6pm)	<b>PLANT-BASED DIETS</b> Optimum Performance Optimum Health	<b>VEGAN LIVING</b> The Vegan Academy Vegan Activists Hub	<b>FOOD</b> Cookery Demos 18 Caterers	<b>SHOPPING</b> Around 250 Stalls Special Offers				

<b>psychologist</b> Casey Taft	<b>Youtuber</b> Vegan Geezer	<b>food blogger</b> Vegan Nigerian	<b>chef</b> Nishma Shah	<b>presenter</b> Kirty-Sue	<b>MP</b> Thangam Debbonaire	<b>MP</b> Kerry McCarthy	<b>MP</b> Darren Jones	
<b>EVENING EVENTS</b> (after 6pm)	<b>COMEDY</b> BLUES LOUNGE ELECTRO SWING	<b>OPEN ALL WEEKEND</b>	<b>LIVE MUSIC</b> Circus Stage Kids Area	<b>RESTAURANT HOSPITALITY</b> EXECUTIVE BOXES				

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## ADVANCE TICKETS

Prices include 30% booking fees

<b>Standard</b> £11.00 (adults) £5.50 (concessions)	<b>Supporter</b> £27.50 includes a goodie bag, priority entrance + access to Level 3
-----------------------------------------------------------	--------------------------------------------------------------------------------------------

**BOGOHP** until Apr 30th at [bristol.vegfest.co.uk](http://bristol.vegfest.co.uk)

## ON THE GATE

Subject to availability

£12.00 (adults) / £6.00 (concessions)  
Kids under 16 free (accompanied by adults)



## VEGFESTUK BRISTOL 2018 – Get your discounted tickets now!

**Fantastic day out for families at plant-based food festival at Ashton Gate stadium on 26–27 May.**

Families in Bristol and beyond will enjoy an amazing weekend at the upcoming VegfestUK Bristol plant-based food and lifestyle festival at Ashton Gate stadium (home of Bristol City football and rugby clubs) over the Bank Holiday Weekend, 26–27 May 2018, with literally something for everyone in the family: from eating and shopping to learning about healthy living from professional experts in the plant-based living circuit.

Visitors to this event can sample and purchase a wide array of plant-based foods from a selection of local food producers plus around 200 other businesses, with many products on one-off special discounts only at the event. Options include multi-flavoured and eclectic raw cakes from Elspeth's Kitchen, lush chocolate truffles from Harth Truffles, rich and hearty pies from Pie Baby and vegan ready meals from VeGain Meals, with lots more stallholders to be confirmed.

Those looking for plant-based recipe ideas will have plenty to look forward to in the Cookery Demos section, with chefs who are well versed in the unique flavours and textures of plant-based food ingredients bringing visitors an array of tips for either entertaining special guests or quick-bite meals on the go.

Those who wish to thrive in sports whilst eating 100% plant-based will get a once-in-a-lifetime opportunity to hook up with dozens of exclusively plant-fuelled sports stars from both within the UK and abroad. Athletes confirmed include champion kickboxer Omowale Adewale from New York City, international cyclist Christine Vardaros from Belgium, strongman Patrik Baboumian (the world's strongest man in 2013) from Germany, alongside ultramarathon runner Fiona Oakes, triathletes Kate Strong and Dave Sheahan, powerlifter Pat Reeves, personal trainer Hench Herbivore, plus bodybuilders such as Jon Venus, Nimai Delgado, Izzi Von Kohler, Stephen Coote, Robert Webster and many others.

Meanwhile, those looking to supercharge their health will enjoy a treasure trove of advice from a number of experts on plant-based diets and optimum health. A number of health professionals alongside those having thrived on plant-based diets will be shedding light on both professional advice as well as personal experience to help you get the best out of plant-based living on a health level.

No festival is complete without a conveyor belt of mouth-watering food and VegfestUK Bristol is no different with up to 18 globally inspired caterers, an in-house restaurant and a pizzeria/bar all showcasing a delightful plant-based foodgasm throughout the weekend. Currently confirmed on the food menu are stacks of dairy-free pizzas, Indian street food, meatless burgers, churros, crepes, Greek bakery and olives, wraps, cupcakes, pies, doughnuts, cinnamon buns, pastries, beer and coffee, plus many more varieties to be confirmed.

With also comedy, live music and other entertainment to look forward to at this event, **tickets are now available on BUY ONE GET ONE HALF PRICE (offer running until the end of April) at [www.bristol.vegfest.co.uk/](http://www.bristol.vegfest.co.uk/) tickets**, providing a great opportunity for everyone to #BringAFriendToVegfest. Day tickets in advance cost £11.00 for adults and £5.50 for concessions (including 10% booking fees), whilst tickets on the gate cost £12.00 for adults and £6.00 for concessions. Kids under 16 free (accompanied by adults).



# Create a Garden Design Strategy this Spring

As we head into spring, do you have plans for your garden but don't know where to begin when it comes to turning ideas into reality? Secret Garden are here to help.

In my experience, as the owner of the garden you are the most qualified person to do the design because you live with it. That is the key to a good design, to intimately know the garden. Are there particular problems? Like drainage, shade or nowhere to sit. Does the space suit your needs? All of our circumstances change. The arrival of children can completely transform a garden from sun a bathing haven into a mud bath!

**Things to consider** – After taking a realistic look at what we need from the garden, we can then begin to make plans. When it comes to structure, the key things to know are – **Aspect** in other words what direction does the garden face. Where and when do you get the sun? This will affect where seating, planting and play areas go. **Movement** – how do you move around the garden? This is important in both a practical and aesthetic sense. Paths can be laid out in a way that gets you from A to B while influencing how parts of the garden are viewed.

Aspect, movement and what we need from the garden are key to the design; they determine the way the garden is set out. Other important things to look at are: Does the style of the materials, plants and colours go with the architecture of your house? Are there any views you would like to hide or expose? Is the garden balanced? Sometimes a garden can have all the tall or heavy things on one side. A new garden can often be flat. It makes sense to create a height dynamic in the garden with structures like pergolas or maybe an investment in a semi mature tree. Planting is essential to a beautiful garden and really determines the level of future maintenance. If you don't know much about plants, then some research would be wise; the trick is to have the right plant in the right place. So often I see



a garden of blobs where large shrubs are cut to size losing their natural form and engulfing all the other plants. Sometimes it's best to go to a small garden centre and ask the staff's advice about the final size of a plant. The great thing about planting is that you can move things around and experiment; nothing is final.

If you have any questions about garden design or other gardening issues, please drop us a line or give us a ring. In the meantime, enjoy your little piece of the countryside which is your garden.

**Ali**

Dear Ali,

*Just wanted to thank you for the terrific work you and your team have carried out on our garden, it's now a pleasure to be in.*

*The men worked very hard in all weathers – in some instances during horizontal hail – without stopping, which meant the job was completed as quickly as possible. They are all also a pleasure to have around and very knowledgeable about their work – we really enjoyed their company.*

*The standard of work is great and we are delighted with the end result, so thanks again for a great job. We will recommend you to anyone looking to transform their garden.*

*Very best wishes, Jim and Alice, Bishopston.*

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**39 Horley Road, St Werburghs, Bristol**

LtoR: FoSAP's Paul Bullivant, John Mayne & Steve Perry. The FoSAP were, pleased to raise funds and organise the wonderful tree sculptures in the park.



friendsofstandrewspark.com

## Love St Andrews Park? Why not become a friend?

Dear Friends and Supporters:

The Friends of St Andrews Park (FoSAP) have been working on the issues surrounding this beautiful public open space for nearly 10 years. We have lobbied and worked with our Council to protect and develop services and facilities and have raised money for essential improvements such as the signposts, the flowering meadows and the tree sculptures. We also organise events including concerts, the annual ceilidh and the summer play in the park. This obviously requires the dedication and energy of an active committee with key individuals taking a lead to maintain the momentum of the group.

The dramatic reductions in Council spending on parks and open spaces will place even more demands on groups such as FoSAP and on its members and other volunteers.

Our current Chair John Mayne has decided to step down after eight years' involvement and our Secretary, Paul Bullivant, who also organises events, is retiring after nearly five years in post. Both John and Paul will remain actively involved in FoSAP after they step down at the AGM on 10 April 2018.

The FoSAP committee is obviously keen to replace these two key members but also wishes to take this opportunity to review how it works and how it involves a wider public. We want to hear from anyone who enjoys our wonderful park and who wishes to bring new energy to our committee and who might wish to stand as Chair or Secretary. Without new members and the energy that they can bring, FoSAP may not be able to meet the challenges that the next few years will bring.

The roles are informal and are not too demanding as tasks are shared between a committee of active and enthusiastic individuals who meet every 6

weeks or so. Your involvement will certainly bring much pleasure and a real sense of community.

If you want to stand for one of these key roles at the **AGM on 10 April**, or just want to become more involved in FoSAP, then please contact **John [johnmayne@blueyonder.co.uk]** or **Paul [paul.f.bullivant@gmail.co.uk]** for more information and an informal chat.

We look forward to hearing from you.

Good wishes – Paul Bullivant for FoSAP



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## News from Fairfield High

**“don't mess with my future” in a new poster campaign recently unveiled with Marvin Rees, Bristol Mayor** – Team Regen from Fairfield High School, winners of last year's Community Apprenticeship competition, were invited by Mayor Marvin Rees to design the poster campaign to tackle Bristol's litter problem. The campaign is aligned to the Mayor's Clean Streets campaign which launched in November 2016, with a pledge that Bristol will be measurably cleaner by 2020.

Mayor Marvin Rees said, *“I think young people can be a powerful force for change, and it's really encouraging to see a new generation leading the way with this. I am very aware that the issue of litter and the state of our streets is something that a lot of people in Bristol are concerned about, and it is something we should all be taking responsibility for. The young people really inspired me with their commitment during this project, and I want to harness that passion to inspire others.”*

**Disadvantaged students – narrowing the gap: FHS chosen to share successful practice** – Fairfield High School (FHS) is delighted to have been selected by the Regional Schools Commissioner to take part in a pilot scheme to help reduce the gap between disadvantaged and non-disadvantaged students. Long term it is hoped this practice will be recognised and shared at regional and national level.

James Barnes, Director of Individual Development and Co-Leader of this initiative adds: *“We help facilitate teachers, support staff, tutors and faculties to collectively identify and address the*

*gaps between disadvantaged students and non-disadvantaged students to ensure they have the best possible opportunities open to them”.*

**VOTE: 100 March saw International Women's Day celebrated at Fairfield High School** – Pupils from Year 7, Art Textile students, The School Feminist Society, Textiles Club and the Library, through ‘craftism’, designed and unveiled their banner. Many of the individual pieces of fabric have been stitched using a wide variety of stitches including French knots, satin stitch, cross stitch and backstitch. The banner will be a permanent feature within the Library, to be enjoyed by hundreds of staff, students and visitors every year.

*“This project makes me proud to be a part of Fairfield.”* – Elijah Rushton (Year 7 student)

**FHS awarded foundation level of the British Council's prestigious International School Award, in recognition of its work to bring the world into the classroom** – The International School Award celebrates the achievements of schools that do exceptional work in international education. Fostering an international dimension in the curriculum is at the heart of the British Council's work with schools, so that young people gain the cultural understanding and skills they need for life work in today's world.



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## Match your colour to your mood this spring at Hair Mechanics

**New! Wella Colour Create** – The team at Hair Mechanics are enjoying working with the new Colour Create product from Wella Professionals. Salon manager Vickie told me, these fresh colours are perfect for the festival and summer sun season. Once you have selected your desired shade, you can have the colour intensity as vibrant or subtle as you like. The colour can be effectively applied to a full head of hair, mid lengths or ends. Once applied, the fabulous colour will last up to 20 washes and fades quite naturally. Brighten your mood and look – book in and select the perfect colour for you!

**Wedding Hair** – If you are in the process of planning your big day, why not tick one thing off your list and book in with Hair Mechanics to take care of your wedding hair.



The salon was sad to say farewell to stylist Chris at the end of February, at time of writing, the team (pictured left) were preparing for a big night out to see him off in style!

**Hair Mechanics,  
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For more info on offers,

check out the A-board outside the salon or visit their Facebook page.





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## BCR Community Partnership launch at February 2018 AGM

At the Bishopston, Cotham and Redland Community Partnership inaugural AGM, the constitution was approved and the new committee appointed. The group members are – Alison Bolton – Friends of Bishopston Library, Alison Bromilow – Redland & Cotham Amenities Society, Peter Browne – Gloucester Road Enterprise and Trade, Kevin Chidgey – Westbury Park Community Association, Roger Gimson – Sustainable Redland, Kevin Molloy – Bishopston Society and there is one individual partner, Sarah Nutchey.

Andy Stamp Neighbourhood Beat Manager for Redland A&S Police confirmed that the beat teams would be happy to attend future meetings to continue their engagement with the local community.

The Mayor had agreed to attend the forum meeting but at short notice pulled out. Cllr Nicola Beech, cabinet member for Strategic Planning and City Design, spoke about how the council is responding to the need to provide housing especially given the proposed university expansion of 25%. She introduced the Local Plan review consultation which will update Bristol's planning policy to take account of the Joint Spatial Plan which Bristol is working on with other West of England councils.

A number of people had attended to put questions to the mayor, and there was general disappointment that he had failed to explain his absence. Cllr Beech agreed to take back any questions and get responses. There was a request for information on how the council proposed to work with communities now Neighbourhood Partnerships were no longer being supported, how communities could influence decisions on local issues and how groups with funding for projects could bring them forward.

There was concern about the lack of openness in council matters, e.g. Cllr Negus, as chair of the scrutiny commission for libraries, had not

been allowed to see the brief for library closure options without a Freedom of Information request.

An update as given on the North Bristol Baths – when the baths closed, there was an opportunity for development of building a car park and public toilets, new home for GP, flats and library to replace Cheltenham road library. The developer failed and there have been issues with the poor-quality workmanship. The council still owns the baths building which was to accommodate a GP practice, hydrotherapy pool and chemist, etc. The flats above the new library are finished and occupied and the Cheltenham road library site has been sold and is being developed. Cllrs Fi Hance and Martin Fodor have met up with the property department and have finally had an update: nothing has been done to complete conversion. The future of many council assets is in question; possibly the baths building will be sold as it is, or BCC may finish it or find alternative use. The property department is suggesting putting it on the market. Martin and Fi are still on the case.

Updates on Libraries, new walks in the Walk to Heath programme, and on Houses in Multiple Occupation licensing proposals are included in the full report on the BCR CP website: [bcrcp.org.uk](http://bcrcp.org.uk)



Bishopston, Cotham & Redland Community Partnership

## Events at Bishopston Library

**Babybounce** – runs weekly (term-time only) on Wednesdays at 11.30am.

**Storytime session** – for children, runs weekly (term-time only) on Saturdays at 11.30am. The Friends of Bishopston Library invite you to the following events...

### Thursday 19 April – Rediscovering Cabot: Bristol's Age of Discovery, c1470–1508

More intriguing facts and hitherto unknown evidence about this period of exploration and its connections with Bristol will be revealed by Dr Evan Davis, University of Bristol.

John Cabot's voyage to North America in 1497, on *The Matthew* of Bristol, has long been famous. Many of us have set foot on the replica ship. But who was Cabot? Why did he come to Bristol? And what did he achieve? We do know that under the commission of Henry VIII Cabot was the first European to explore the North American coast after the Norse visits in the eleventh century.

However, Dr Evans and his research team have delved deeper into this period, and he will be talking about the bizarre genesis of the Cabot Project, a project of international renown.

This talk will appeal to those who have a specific interest in maritime history, but also will be of interest to those who want to understand more about the development of Bristol, why the interest in North America and the process of untangling new evidence from a wide range of international sources.

Doors open at 7, tickets are £3 each available from the library or via Eventbrite. There will be a cash bar with quality fruit juices, coffee, and tea.

### A series of Climate and Energy talks

At Bishopston Library on Thursday evenings. Starting with **What is Climate Change?** on **Thursday 26 April**. Is climate change an issue for future generations – or for us?

- *What does 'two degrees warming' mean?*
- *What did the Paris Agreement achieve?*

Nikki Jones, researcher/writer on global energy will be giving an overview of the scientific consensus on climate change. She will explain greenhouse gases, possible tipping points and the risks posed by our warming world. This talk is aimed at those who need clarification of what is being discussed by politicians and media. There will be opportunities for questions throughout. This series of six Thursday evening

Right: William H. Bishop, 'The Matthew approaching the coast of Newfoundland in 1497' (1995)



talks will focus on climate change and energy use; further topics will be:

- 3 May – *Global Energy Trends*
- 10 May – *UK Energy, Emissions & Targets*
- 17 May – *Is Nuclear The Answer?*
- 24 May – *Land Use and Climate Change*
- 31 May – *The Way Forward*

Doors open at 7pm. Hot and soft drinks available. Tickets can be booked online at [bishopstonlibrary.org.uk](http://bishopstonlibrary.org.uk) or at the library.

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

Facebook: [@bishopstonlibrary](https://www.facebook.com/bishopstonlibrary).

Alternatively, you can email the friends on: [friends@bishopstonlibrary.org.uk](mailto:friends@bishopstonlibrary.org.uk)



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[www.dechen.org](http://www.dechen.org)

## News from **the green room** Natural Hair Salon

**KEVIN.MURPHY concept salon** – This association with Kevin Murphy means a fantastic education for all the stylists at the Greenroom. 2017 saw the team visit KEVIN.MURPHY in London 26 times, to take part in courses to learn all the latest techniques, to pass on to their clients.

**RETOUCH.ME is here!** Colour Maintenance Made Easy! RETOUCH.ME is the newest member of the KEVIN.MURPHY & COLOR.ME family. These all new colour 'touch up' sprays seamlessly blend greys, cover regrowth or add temporary colour to your hair.

**NEW!**



You can maintain your salon-perfect hair and keep your colour looking its freshest, vibrant best in-between salon visits. Easy and quick to use, with a long-lasting formula that will see you through to your next wash.

Available in the four most sought-after shades – Light Brown, Dark Brown, Black and Auburn, which blend seamlessly with the existing hair colour to create a natural, multi-tonal result.

Key ingredients Orange and Tangerine Peel Oil help to create natural shine. Vitamin E keeps the pigments true to colour. Ask in salon for more info and to purchase this new fabulous product.



*Tennis champ Elina Svitolina getting ready for the Australian Open Gala dinner. Hair by Kevin Murphy (pictured). Photo thanks to Luis Murphy*

15 The Promenade, Gloucester Road, BS7 8AL

Tel: 0117 942 75 75



The Green Room

*Green Room vouchers make a great Easter gift!*

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# Local History Matters

## Churchways

BHA local history research –  
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Joseph Leech (founder in 1839 of the Bristol Times) is probably best known for his feature articles on churches in the Bristol area. Leech visited Horfield in May 1845.

*I don't know any place [he wrote] that in my recollection, has been so much improved, in fact, so completely metamorphosed as Horfield.*

His admiration extended from the buildings to the priest and congregation:

*a Church neatly kept, the services decently and devoutly performed, the school children taught and clothed, and all through the exertions and liberality of a permanent Curate of some £80 a year*

Leech was also pleased to accept some of the churchwarden's 'home brewed and double Glo'ster' at three o'clock after a baptism.

Leech walked the two miles from Bristol to Horfield along the turnpike road and saw the church,

*some way in, on an eminence to the left of the main road...from which you get a glimpse of the little tower and parsonage. The bells were ringing, and I sat for a while listening on the little wooden stile that led from the road into the fields.*

Leech's description is confirmed by the parish tithe survey (1841), which reveals a group of three fields having the same name (tithe nos. 100, 101, 271 'Churchways'). They are linked by a footpath which is also called 'Churchways', leading from Horfield Downend to the parish church. This path is conserved by the modern street pattern: Downend Road, Strathmore Road and Churchways Avenue to the church. Why Mr Usher and/or his sub-tenant should repeatedly fail to mend a stile for a period of at least eight years is anybody's guess. Three detailed presentments (below) may provide clues, but all we know for sure is that the stile had been repaired by the time Leech sat on it in 1845.

In 1799, *the said Jurors present that a Path or Churchway lying through a piece of Ground called Churchways being part of the Copyhold Estate belonging to Mr John Usher has been obstructed and stopped up and do order that the same be forthwith opened and a Path made and Stile put up in the place where the former stile stood.*

In 1804, *the said Jurors also present that the Stile Against the Turnpike Road leading through a certain Piece of Land called Churchways belonging to a Copyhold Estate of Mr Usher in the Occupation of Job Tovey is removed and as the same was Originally a Churchway the Bailiff is hereby required to give the said Mr Usher and his Tenant Job Tovey notice to Erect a stile where the Former one stood by the Twenty first day of December next.*

In 1807, *the Jurors aforesaid further present that the Field called Churchway thorough which a public way from Horfield Downend to the Parish Church for time immemorial is obstructed by removal of the stile against the Turnpike Road to the public Inconvenience And they therefore order Job Tovey the present occupier of the said field to replace the Stile and render the said Pathway passable and convenient by the 25th day of March next.*

[Note: The scribe probably meant to write 'since time immemorial'.]



# U3A University of the Third Age

**How many of Bishopston Matters readers know about the University of the Third Age? It is abbreviated to the U3A, and there are often articles about it in Bishopston Matters. For those of you who have not read about it, let me explain that the U3A is a self-help organisation for anybody who is no longer in full-time employment. There is no lower age limit, but in practice the vast majority of its members are over 50 years of age.**

This self-help organisation thrives on members getting together to create and run groups of people with a special interest or hobby. There are nearly 150 special interest groups already running and people are coming up with new ideas all the time. At the moment there are many language groups, social groups, art groups, music groups, as well as the more unusual groups, like The Speakers Club, and The Science and Engineering Group.

So, if you have a particular interest and would like to meet up with other people who share your hobby, then do have a look at the U3A webpage and see if there is a group that would suit you. If there isn't a group specialising in your particular interest, well it is very easy to start one. We have a team of dedicated volunteers who are only too happy to help start up a new group.

At the moment there is a new group looking for people who would like to speak Arabic; one for people interested in Modern Greek; in Bishopston there is a new Non-Fiction Book group and in Stoke Bishop there is a group of members interested in the Art of Conversation.

**Do have a look at the website, there is almost certainly a group which would appeal to you. [www.bristolu3a.org.uk](http://www.bristolu3a.org.uk)**



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# News from our Ashley, Bishopston & Redland Councillors

## Ashley Ward News

As we have written about previously, a lot of the correspondence we have received from residents of St Andrews over the past two years has related to the myriad of parking and road safety-related issues in the area. Along with the councillors for Redland we are supporting a local residents' action group that has formed, and there was recently a meeting between the councillors and the Cabinet Member for Transport. Your MP Thangam Debbonaire is also aware of these concerns and has arranged a meeting to hear from residents about what they would like to see happen next, including whether a new residents' parking zone should be investigated. The meeting will be held at the King's Centre, 16-18 King Square, BS2 8AZ on Saturday 12 May, 11am – 1pm. An online petition has also been set up by the residents' action group, which you can find at <http://bit.ly/2sAO8MG>.

We share concerns that have been expressed by park users and the Friends of St Andrews Park regarding an 'invitation to tender' by the Council Parks Department for the park's Tea Garden, run by Fay Aldridge since 2006. A petition on this has received over 4,000 signatures and the issue was debated at the March meeting of Full Council. At the time of writing we do not know what the outcome of the process will be, but we hope that the Parks Department will listen to the voice of the local community in reaching their decision.

Over the past few months a number of councillors (including ourselves) have been making representations to the council over the issue of lived-in vans and caravans on public highways, which has prompted a draft policy and action plan to be drawn up. There will be a consultation around this, and you can contact us if you would like more information.

The council is initiating a consultation on a proposed 'additional licensing scheme' for houses in multiple occupation (HMOs) in a number of central wards of the city, including Ashley Down and Bishopston wards. A licensing scheme involves landlords paying an annual fee which covers the cost of council officers inspecting properties to ensure they meet adequate standards (and the cost of legal action that may need to be taken if these standards are not met). A 'mandatory licensing scheme' already exists across the city for HMOs containing five or more people living as two or more households. The proposed additional licensing scheme will cover HMOs containing three or more people living as two or more households. The intention of this scheme is to tackle the high proportion

of HMOs that do not meet minimum housing standards. The consultation will run until 13 May and can be accessed at [bristol.citizenspace.com](http://bristol.citizenspace.com).

### Please do get in touch

**Cllr Mike Davies, Labour Party**  
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**Cllr Carole Johnson, Labour Party**  
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**Cllr Jude English, Green Party**  
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## Bishopston Ward News



**Great British Spring Clean** – It was great to see community litter picks taking place all over the local area for the

Great British Spring Clean last month. Volunteers with Friends of Horfield Common collected 16 bags full – mainly wrappers from eating on the go. We can all help keep our streets, parks and green spaces clean and safe. The first way is to make sure we take our rubbish home with us and dispose of it properly.

If you can do more, Parks' Friends groups organise litter picks and other activities throughout the year, so why not get involved? Or if you are particularly concerned about your street or an area near where you live, why not organise a community litter pick of your own – Bristol Waste have kits you can borrow and will help you to set it up and collect the bags afterwards. Bishopston, Cotham and Redland Streetscene Volunteers also do a great deal of work all year round and make a massive difference to our area. We can put you in touch with any of these local organisations if you are interested.

**Developments across Muller Road** – As those who live at the Ashley Down end of the ward may be aware, planning permission has been granted for an Aldi store on the former B&Q site. Lidl, who had permission to build a store or the former Brunel Ford site, are now back in planning applying to build instead on the bus garage site. Although it would be great to see the old bus depot

coming back into use and to have a new affordable food store for local residents, we have concerns about the traffic impact on Muller Road. These are shared by the planning officers and so the deadline for this decision has been put back to April, by agreement with Lidl, to allow more time to try to resolve them.

Meanwhile, the Cathedral School Trust are starting work to develop a new secondary school on the old Lockleaze School site on Romney Avenue. North Bristol needs more school places, so this should be a welcome addition, and not impact negatively on Fairfield or Orchard Schools. However, we are aware that this is another potential source of traffic on the Muller Road. Hopefully, the Trust will take as many pupils as possible from within walking distance of the school, and come up with a good travel plan for those further afield, so that the traffic impacts are minimised.

### Please do get in touch

**Tom Brook, Labour Party**  
[Cllr.Tom.Brook@bristol.gov.uk](mailto:Cllr.Tom.Brook@bristol.gov.uk) / 07584 370425

**Eleanor Combley, Green Party**  
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## Redland ward news

**Bristol North Baths** – The half-converted old building and uncompleted toilet block that is now available are being reviewed. Fi and Martin have been chasing officers who have told us that unfortunately Bishopston Medical Practice has made it clear that they are no longer interested in moving in there, despite the Nevil Road surgery being a temporary site for them. Over the last few months officers have reviewed the building options and it appears very likely that the old bath building and potential retail unit (in place of the toilet) will now be sold, as it was felt that further capital investment wasn't tenable. We understand it will go on the market imminently. Like many residents we appreciate this will frustrate those who have sought a community use.

**Air quality** – Options have at long last been presented at Cabinet which will start to curb Bristol's poor air quality. The council is now looking at five options, four of which will involve a charge on some or all vehicles which emit high levels of nitrogen oxide. The studies have been paid for by central government, who, in response to a legal challenge from Client Earth, are now compelling up to 27 local authorities to take action. We are delighted at the news and will be encouraging the Mayor to take bold action that achieves legal air quality as a minimum.

**Libraries** – While a number of Bristol libraries are under threat, pending further exploration of alternative models by the Mayor, the good news is that our new local Bishopston library on Gloucester Rd looks safe. There's a lot going on there; contact [friends@bishopstonlibrary.org.uk](mailto:friends@bishopstonlibrary.org.uk) to join the local group. For those who also use Redland library, do join their Friends group of course.

**Plastics** – There has been a lot of interest in the proliferation and disposal of plastics over the last few months. While the council's waste company does sell the plastic containers from green box collections for recycling, significant amounts still end up in our waterways and black bins. Reducing the amount of plastic at source is of course incredibly important. If you'd like any advice or help in reducing your plastic use then please get in touch. At the time of writing, Martin's petition to get the council to do more to tackle single use disposable plastics is still live, at [epetitions.bristol.gov.uk/epetition\\_core/view/plasticsban](http://epetitions.bristol.gov.uk/epetition_core/view/plasticsban).

**Parking Pain** – Regular readers will know we often comment on local parking issues raised by residents. These are a problem for several reasons with many competing pressures on our streets. Fi and Martin are working with groups in several parts of the ward where parking is not being managed effectively but sadly frustrations will continue for some time due to council cuts and the Mayoral priority being to review existing parking schemes. We are working with officers and the Cabinet member to try and find a way through current council RPS guidance which puts various obstacles in the way to a solution.

**Budget cuts** – The bad news is more council budget cuts are on the way with the recent council approval of finances for next year. With reduced government grants and rising social care costs, these are bound to affect many people in Redland, either directly or indirectly. Greens on the council managed to secure many £10s of thousands extra to spend on protecting the most vulnerable residents who are dependent on the local crisis prevention fund, plus funds that will build two children's homes for young people otherwise housed far from the city at great expense. There are also new funds to hire a planner to collect evidence that enables student housing to be managed better by the council.

### Please do get in touch

**Fi Hance, Green Party - Cabinet member**  
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**Martin Fodor, Green Party -**  
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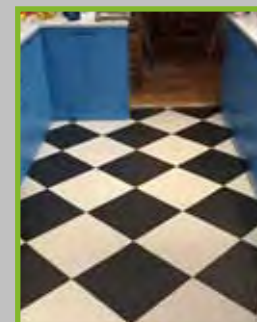


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Downstairs is all about real wood, parquet and engineered oak flooring and has the South West's only Bolefloor display floor, so you can see the live-edge technology in the flesh. Bespoke finishes are available on their solid block herringbone and wood plank oaks so you can really have a one-of-a-kind floor. With best selling ranges from Ted Todd, V4, Woodpecker, Love Floors and more, there is something to suit all tastes and budgets.

Natural Born Flooring's team has an enviable reputation for their knowledge in natural flooring – hence the name – and works all over the UK with major brands, designers and natural flooring manufactures, installing these tough materials to the highest possible standards.

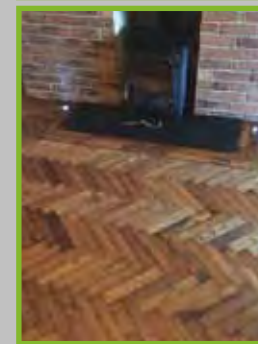
The company's talented team have a combined experience of more than 50 years, with old methods being enhanced by the most up-to-date installation courses to create bespoke floors, which other companies simply cannot match.

Natural Born Flooring offers a gimmick-free service, focusing on exceptional quality installations, using only the highest standard of products at competitive prices all year round.

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**www.naturalbornflooring.co.uk • 203 Gloucester Road, BS7 8NN**

**Customer parking to the rear of the shop**



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- Windows
- Gardening Projects

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“We have found the workmanship completed to a very high standard. I would thoroughly recommend the company to all.” Mary, Horfield

“We would have no hesitation in recommending Dale to anyone and will certainly be using him again in the future.” Jennie, Lockleaze

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## Community Noticeboard

For free listings contact  
kerry@bishopstonmatters.co.uk

For the new online  
'What's on' diary of events visit  
[www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)

Call 07881 924059

## Bishopston, Horfield & Ashley Down Local History Society

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

17 April 2018

Images of Change from the 1930's –  
Mike Britton

15 May 2018

The development of Weston High Street  
Pat Hase.

19 June

The Mulberry Harbours – Paul Barnett

[bishopstonhistorysociety.wordpress.com](http://bishopstonhistorysociety.wordpress.com)

## Come & Sing Messiah

April 21 from 10am–4pm  
at Tyndale Baptist Church, BS8 2QG

Enjoy a great Messian Experience.  
Join members of the Bristol Choral  
Society and their Musical Director,  
Hilary Campbell, renowned for her  
interpretation of choral works. Prior  
knowledge of the music is essential.

More information and how to  
book is on the website

[www.bristolchoral.co.uk](http://www.bristolchoral.co.uk)

## 'Smash the Patriarchy' Playgroup

An inclusive feminist playgroup that is stimulating  
for both adults and children using play and  
discussion. All genders, all aged children, soon to  
be parents welcome! Even if parents can't fully  
participate in discussion I will make sure I create a  
space that allows you to be involved on some level.  
This space also welcomes anyone who is new to  
feminism and wants to learn more!

Starts: Monday 26th March 10.30–12 pm  
6 sessions held every other Monday at  
St Werburghs Community Centre

email to book: [natalie.bennett1985@outlook.com](mailto:natalie.bennett1985@outlook.com)  
Find me on instagram @feministparent101

## Programme of events at Amitabha Kadampa Meditation Centre

Old Vicarage, Gloucester Road, BS7 8NX  
0117 9745160 / [www.meditationinbristol.org](http://www.meditationinbristol.org)

Saturday 7 April, 10.30am–1.30pm

**Skills to Transform our Outlook** By skilfully using our  
mind in meditation we can experience a deep contentment.  
Through controlling our mind we can actually change our view  
of the world. Suggested donation £10.

Saturday 21 April, 10.30am–1.30pm

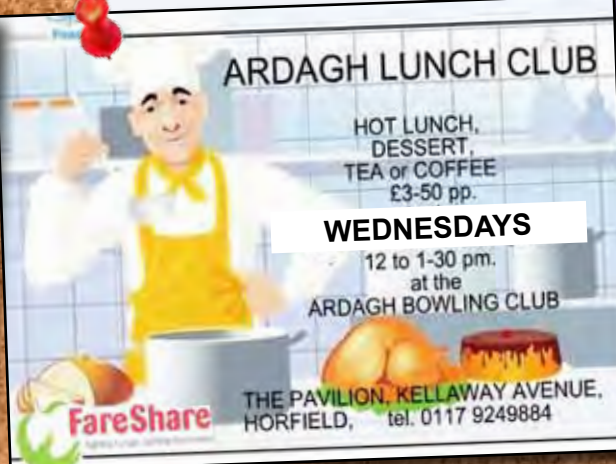
**Living Mindfully** What is Buddhist mindfulness and how  
can it benefit our busy modern lives? Suggested donation £10.

Saturday 5 May, 10.30am–3.30pm

**Spring Cleaning The Mind** Through understanding  
and practising Buddha's teachings on karma we can learn  
to reverse negative habits, transform difficulties and create  
experiences of happiness and peace.  
Suggested donation £20.

Saturday 14 & Sunday 15 April

**Nyungnyai Retreat** A special fasting retreat in conjunction  
with 1000 armed Avalokiteshvara. This retreat includes  
prostrations and is an excellent way of purifying negative  
karma. Accommodation is available for this retreat.  
Email [info@meditationinbristol.org](mailto:info@meditationinbristol.org).



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[www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)

## Circle Dance Evenings

At The Old Library on the last Tuesday evening  
of the month, led by Susannah Temple

March 27 & April 24,  
7.30–9.30pm

Enjoy music from different countries. No need to have  
a partner and it's OK to be a beginner

Great variety of dances, from peaceful to lively  
Join in as much or as little as you want

It's a whole new take on "going round in circles"  
calming and relaxing.

Susannah teaches as we go along, so you can pick  
it up gradually. Wear soft shoes or bare feet – floor is  
carpeted. Light refreshments provided

Five pounds or so donation for The Old Library  
gratefully received

**Welcome to all!**

Warm, informal community dance evenings for all  
abilities. Helping to raise funds for The Old Library

**Watch this space!**

For more details, get in touch with Susannah:  
0117 979 1519

Information also at [www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)

## Baby Steps - Church for Under 5s

Baby Steps meets twice per month  
on a Monday morning (generally the  
1st and 3rd Mondays of the month)  
from 10am until 11.30am in the  
main gathering space at B&A St  
Andrews Park (previously St Barts).

This is a Church gathering for the under 5s  
(and their parents and carers). We tell stories,  
sing songs, do craft, say prayers and have  
refreshments.

Everyone's invited, no babies too young. Our  
aim is to enable families to teach babies and  
toddlers basic Christian truths, helping them  
to understand the world around  
them, taking small steps together  
to build faith.

[www.babristol.org](http://www.babristol.org)

## Bristol St Andrews Bowling Club



Come to our OPEN DAYS on  
Sunday 29 April  
Monday 7 May  
Monday 28 May  
From 12pm to 4pm

Beginners Welcome, Men / Women / Juniors  
All equipment (please wear flat shoes) will be  
provided, and free coaching.

And after, join us for a drink in our clubhouse  
Membership options can be discussed on the day  
Clubhouse and grounds recently refurbished.



Saturday 7 April.  
Free entry, 1st  
Race from 8pm

**RACE NIGHT**

**Green Address & Location:**  
Derby Road, Bishopston, BS7 9AQ



Come and join us at Sprogs...  
**'Children's Nearly New Sale'**  
Selling Good Quality Children's Clothes, Toys  
and Nursery Equipment.

**NEW DATE:**  
Saturday 7th April - 10-11.30am  
Horfield Parish Church Hall, Wellington Hill, BS7 8ST

Yummy Tea and Cakes Served!  
All enquiries and to book a table contact -  
07800 551213 - [sprogs@yahoo.com](mailto:sprogs@yahoo.com)  
£1 adult admission  
(Donation goes to the charity Children's Hospice South West)

Supporting  
Children's Hospice  
SOUTH WEST



# Community News/Events...

**BS7 Road Safety Group** – If you are a parent/carer of children attending Brunel Field, and are concerned about the lack of school signage and road safety provisions surrounding the school, then please join our Facebook group. Please share your thoughts/concerns about road safety issues so we can work to improve safety for all those using the area. There is information on the page about how to report incidents. Any questions please contact either Roxanne Moore mooreroxanne@hotmail.com or Daniella Radice daniellaradice@hotmail.com.

**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 10 April, St George's Park and River Avon** meet at The Horsefair (back of Primark) 10.05 (bus 45 at 10.15). A walk through St George' Park to see signs of spring. We then go down the steep Strawberry Lane to the River Avon at Crew's Hole with coffee at Netham Lock.

**Tuesday 24 April, Brandon Hill Tree Trail** meet at Horfield Leisure Centre 9.45 (bus 505 at 9.55). Can we find the Indian Bean Tree, Yellow buck Eye and the very rare Golden Rain Tree?

**Tuesday 8 May Purdown Views and Stoke Park monuments** meet at Horfield Leisure Centre 9.55 (bus 24 at 10.08). From Purdown enjoy the magnificent panoramic views across the city to Bath. Then dropping down to Duchess Pond and walking up to Barn wood and the monuments.

**A Request from Numansdrop** – Horfield Parish Church have received an enquiry from an elderly gentleman living in Numansdorp in Holland. It refers to a member of the RAF, a Sergeant Edwin C.A. Barnes, aged 20 years, whose aeroplane was shot down in July 1943. He was buried in the local cemetery and ever since, the local people, and this Dutch gentleman, have ensured that his grave is tended; and also each Christmas Eve a lighted candle is placed at his gravestone. It is known his parents, Charles and Violet Barnes, were living in Horfield in 1943, but since that time links have faded. Does anyone know of any family descendants of Mr and Mrs Barnes as the Dutch gentleman wished to make contact before it may be too late. Any information please contact A.G. Hopton, email – aghopton49@gmail.co.uk.

**'Babbers' Radio Show** every Monday from midday to 2pm on Ujima Radio – 98FM (Bristol) or ujimaradio.com (Worldwide). The show is organised and presented by older people for older people with the aim of helping to reduce loneliness and social isolation; however, the topics we cover are interesting and relevant to all. Tune in and let them know what you think – info@ujimaradio.com.

**Westbury Park Orchestra** is a friendly non-auditioned, orchestra under the baton of Ben England with a repertoire of classical and modern pieces with an emphasis on having fun. You will ideally be of a good standard (string and brass players particularly welcome). They meet at Westbury-on-Trym Methodist Church, Westbury Hill on Monday evenings between 8.00 and 9.30pm (term-time only). Free taster session for newcomers. www.westburyparkorchestra.com.

**Bristol Cabot Choir** will be performing the melodious and tranquil Requiem by Gabriel Fauré and the magnificent Motet by J.S. Bach – Jesu meine Freude, on 14 April 2018, at Clifton Cathedral, Clifton Park, BS8 3BX, 7.45pm. Tickets: £15/£5 NUS/Under 18s, visit: www.opus13.co.uk / Tel: 0117 923 0164 / 0117 9626521. The choir will be supporting Bristol Off the Record Charity (OTR). www.bristolcabotchoir.org. Facebook @BristolCabotChoir

**St Alban's Players present 'God of Carnage'** by Yasmina Reza. What happens when two sets of parents meet up to deal with the unruly behaviour of their children? A calm and rational debate between grown-ups about the need to teach their kids to behave properly? Or a hysterical night of name calling, tantrums and tears before bedtime? Boys will be boys, but the adults are usually worse – much worse. St Alban's Church Hall, Bayswater Avenue, Westbury Park, Bristol BS6 7NU. Thursday 26–Saturday 28 April 2018. Tickets £10 Students £7, available from: www.stalbansplayers.co.uk / Tel:07425 198859.

**With longer evenings after the clocks change, why not try something new for Spring?**  
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 term starts on Wednesday 11 April when they'll be singing some lighter material for an informal concert in June. Do go and join them!  
If you're interested in finding out more, please contact Christina May on maylearner@outlook.com or 07454002877.



**A charity music gig with band 'The Truth' was held on Saturday 24 February 2018 at Bristol St Andrews Bowling Club in Bishopston which helped raise £1,000 for Mesothelioma UK.**

Mesothelioma UK is a national specialist resource centre, specifically for the asbestos-related cancer, mesothelioma. The charity is dedicated to providing specialist mesothelioma information, support and education, and to improving care and treatment for all UK mesothelioma patients and their carers.

It was attended by 100 people and organised by Glen Wintle and Brian Mead, who expressed thanks to Wayne Boyland, his band members and to Bristol St Andrews Bowling Club for allowing us to host the event.

Brian Mead opened the event alongside Trevor Wheeler, (club member) and Gerry Slade (former Mesothelioma UK Specialist Nurse).

Later in the evening the auction and raffle took place.

Thank you to everyone who supported the event.



**Rolls Royce host Brownies science event**

106th Brownies, who meet at St Bonaventure's Parish Hall in Bishopston, visited Rolls Royce in Filton to take part in an exciting



science event as part of their Science Investigator badge. The Brownies had lots of fun firing rockets, experimenting with lava lamps and making their own sherbet. Many thanks to the engineers at Rolls Royce for hosting the event, the Brownies had a fantastic time. If

you are interested in volunteering with Brownies or other Girlguiding sections, please contact nwbristolbrownies@gmail.com as they would love to hear from you.



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