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Matters

issue 121, Oct 2018



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Dear Readers...

I write this at the end of a super Saturday, having attended two wonderful family events - Party in the Park, at Golden Hill Sports Ground and the 2nd Birthday celebrations of the Old Library on Muller Road. Bishopston Matters was pleased to support both with either sponsorship or raffle prizes. I hope you enjoy sharing in the day's fun on the centre pages.

There has been a definite shift in seasons over recent weeks as our hot summer transforms into a chillier autumn but there is still lots to look forward to locally at this special, colourful time of year. You are invited to join Horfield Organic Community Garden for Apple Day, to celebrate the harvest, sample some of the fruit varieties grown, as well as some freshly pressed apple juice - delicious!

The North Bristol Arts Trail is always a key autumnal event in the calendar; read about what you can expect from the creative trail this year, and enjoy a photographic project linked to the contributing artists.

It has been a busy summer for the Friends of St Andrews Park and Horfield Common; you can catch up on the latest news from both these groups, who work tirelessly to keep these green spaces in such good shape for us all to enjoy. They always welcome new members so do get involved if you can.

Award winning Window Wanderland is also seeking local support; read how you can assist with this magical winter display.

There are many more local reports, articles and events throughout the magazine that I do hope you will enjoy.

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

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk  Bishopston Matters
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The award-winning Window Wanderland is back in 2019 and needs you!

Last year more than 280 residents in Bishopston decorated their windows, switched on the lights and got the whole of Bristol talking about their inspirational illuminated arts trail.

The team are already planning this winter's Window Wanderland and volunteers are needed to help run the project, which is expected to take place in February 2019.

Founder and artist Lucy Reeves Khan (pictured right) said Window Wanderland is a unique and fun way of getting to know your neighbourhood and neighbours: "Let your imagination run free and see what you can transform the front of your house into."

"Either decorate your own front windows or help run the arts trail itself – the more volunteers we have, the more fun we have!"

Window Wanderland started in Bishopston back in 2015. Each year the arts trail has grown with more and more houses and shops getting involved. Themes over the years have included Minecraft, cats, dinosaurs, under the sea and outer space.

The project that started here has been so successful that communities across the world have run their own Window Wanderland's, from tower block residents to whole villages, creating curiosities.



Lucy's inspirational work to bring communities together was recognised earlier this year by Bristol Life magazine and she won the coveted 'Creative' category in its annual awards ceremony.

"When I found out I was in a category with 'We the Curious', the 'Bottleyard' and a heap of PR and photographic agencies, well it seemed obvious they wouldn't pick little old me around my kitchen table," she said.

"It was a shock when they said I had won – but I couldn't have done it without Bishopston's creativity!"

Find out more about taking part in this winter's Bishopston's Window Wanderland at www.windowwanderland.com or email: WWBISHOPSTON@gmail.com



ART MATTERS

The ever-popular North Bristol Art Trail takes place over the weekend of 24–25 November this year, with a preview night on Friday 23, when you can relax with a mulled wine and chat to artists and friends.

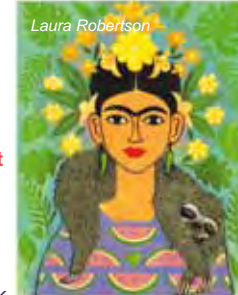
This long-established trail offers an unhurried opportunity to buy original artwork – from paintings and prints to stone sculptures and jewellery – with myriad objects in-between. North Bristol Artists look forward to this weekend as an opportunity to show off the artwork they have been creating throughout the year. It's a perfect time of year to inspire people to buy original artwork and handmade designs for loved ones. Trail-goers can enjoy visiting artists in their own homes and studios, while bumping into friends and soaking up the atmosphere of streets bustling with art lovers. Some of our artists are recognised at regional and national levels for their art, craft or design work; many show in exhibitions and galleries. The trail offers a network of like-minded people and allows them to show work directly to the public.

The skills of North Bristol Artists are wide and varied – from curating exhibitions, running galleries and publishing books – to community support and public art. The North Bristol Art Trail is a time for every member to connect with the local community and share the wonderful wealth of art in the area.

Once you fall in love with a piece of art you can pay with cash and some artists can take card payments. Even if you can't afford an original piece you can buy a print or card of the artwork. This is a lovely memento of the trail and a reminder of what you can save up for in the future. The North Bristol Artists website is live year-round so you can find details of all the artists at any time. Many artists also show their work at galleries around North Bristol, including Room 212, Artemis, Fig. You can also follow our news on social media.

www.northbristolartists.org.uk

Laura Robertson



Nick Gerolemou



Harriet St Leger



Community sessions with SENDaWelcome



SendAWelcome aims to make BS7 a more inclusive community for children with Special Educational Needs and Disabilities (SEND). To do



this we've been working with a number of local partners to help develop their inclusive practice so that children with SEND and their families can enjoy the same local opportunities and activities as their peers.

After forging successful partnerships with King's Lawn Tennis Club, Circomedia and Golden Hill Community Garden, we teamed up with the Children's Scrapstore this summer to make art and creativity accessible to a broader audience.

From its modest base in St Werburgh's, the Children's Scrapstore has managed to turn reusing waste materials into a creative enterprise. The charity collects around 140 tonnes of clean waste, such as cardboard tubes, rope and fabric, from local businesses each year. The waste, which would otherwise go to landfill, is then used for creative play and education by over 1000 groups in and around Bristol. As well as visiting schools to promote play and creativity, Scrapstore also runs events in their own inhouse PlayRoom. This summer the charity decided to welcome more local children into the PlayRoom by making its classes more inclusive.

"We felt that the space had the potential to host a more diverse community of visitors," says Louise, Taylor, events and marketing officer at the Children's Scrapstore. "With the help of SendaWelcome, City Council bridging workers, and other local providers including Golden Hill Community Garden, we developed our practice, in readiness to run our first programme of sessions for children with SEND (Special Educational Needs and Disabilities) during the summer holidays."

From working with these local groups and services, Scrapstore decided to limit the number of children in the room and increase the level of adult support.

This proved to be a winning formula. "My son loved this session," says one local mum. "The organisers kindly put the tuff trays up on tables, as he is unable to manoeuvre on the floor, so he found it easier to stand and play. The session was quieter so that it was more suitable for kids with additional needs. It means that disabled children get the same opportunities for fun as everyone else."

The Scrapstore staff saw the benefits too. "One of our favourite moments from this summer was seeing new visitors coming back for a second and third session," says Louise. "It was also seeing a child staying for an hour, when their adult thought they might want to leave after five minutes."

With the success of the summer sessions under its belt, the Scrapstore is continuing to run its Friday afternoon session as well as adding an inclusive session in the half term holiday this autumn. **On 2 November**, children with SEND and their families are invited to a session called **Constellations, a multi-media exploration of the night sky**. For more details go to: www.childrensscrapstore.simplybook.it



This autumn **SendaWelcome is launching a music project** specifically for young people aged between 11 and 15. Professional musicians Tara Baggott and Tony Gordon from Bristol band *The Rin Tins* will be leading six accessible

music workshops aimed at young people with special educational needs and disabilities.

Our music sessions will be running through October and November. Places are limited to 10 young people so please email us at sendawelcome@gmail.com to book your place.

www.sendawelcome.co.uk

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Pedalling for Parkinson's UK

This month we were contacted by local resident Lis Scott, who would like to share news of her husband Jonathan's fantastic fundraising efforts for Parkinson's UK – a charity close to their hearts.

Lis's mother, Anna, was diagnosed with Parkinson's just over ten years ago. Sadly her condition has deteriorated over that time and she is now in a care home as she needs full-time nursing assistance.

Lis joined the charity Parkinson's UK as soon as her mum was given her diagnosis, and has found it a fantastic source of information and support.

While Lis has done small bits of fundraising over the years, including cake sales at her workplace, Jonathan decided it was time to do his bit when he spotted an advert for a Parkinson's UK sponsored bike ride. At the time of writing Jonathan is hard at work preparing for *BOXCAM*, which takes place at the end of September. The event involves over 80 cyclists setting off from Bristol and cycling 100 miles to Oxford in one day, and then another 100 miles the next day, to finish off in Cambridge.

Jonathan usually enjoys a short cycle commute each day totalling 5 miles – so in preparation for 200 miles he has had to up the ante with lots of training rides at weekends and evenings! He has trained really hard to ensure he can complete



Jonathan with mother-in-law Anna and young daughter

this event, as he is determined to raise as much money as possible for the charity.

On average 50 people in the UK are diagnosed with Parkinson's every day (data source: <https://www.parkinsons.org.uk/professionals/news/parkinsons-diagnoses-rise-uk>). Parkinson's UK is leading the work to find a cure, and they are closer than ever. They also campaign to change attitudes and demand better services for sufferers. Their fantastic work is completely dependent on donations.

If you've been inspired by Jonathan's efforts, do visit his fundraising page at <https://www.justgiving.com/fundraising/jonathan-p-scott>



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

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

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



Hypnotherapy Bristol

Hello, I am **Jacqueline Ward**, a locally based, qualified, clinical Hypnotherapist.

I practice *Solution Focused Hypnotherapy*, a very effective, wonderfully relaxing therapy that

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How can I help? *Solution Focused Hypnotherapy* is effective in treating a wide range of conditions including: Anxiety and depression (and associated physical issues such as, irritable bowel syndrome, skin complaints and headaches), panic attacks, sleep issues, phobias and fears, weight management, smoking cessation, pain management, building self-confidence, etc. If you do not see your specific issue here, please contact me as it is very likely that I can help.

A focus on youth – I am particularly interested in working with children and young people and the issues which concern them. As an experienced teacher of primary and secondary children, I am acutely aware of some of the challenges faced

by young people in the modern world; for example, school phobias, exam stress, lack of self-esteem/confidence, bed wetting, and so on; please ask about other issues.

How does it work?

Together we will look at what you would be feeling and doing if you were not experiencing problems such as anxiety and depression. We then set small goals which, rather like a stone thrown into a pond, cause a ripple effect that can be life changing. This goal setting, is coupled with hypnosis which allows your mind to relax and accept change much more readily.

Get in touch – For more details or to book an appointment please visit my website at –

www.hypnotherapybristol.net
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Please contact: **The English Language Centre Bristol**

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



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📍 **Redland Green**, Redland Court Road, BS6 7EH
☎ 0117 353 3433
✉ post16@redlandgreen.bristol.sch.uk
🌐 www.nbp16c.org.uk



Fresh Air Fridays with Mo

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

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

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

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

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

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

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

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

Email: mo@morwennasanders.co.uk

Website: www.morwennasanders.co.uk

Facebook: www.facebook.com/moFreshAirFridays



Apple Day 2018



Image thanks to Jamie Carstairs

Horfield Organic Community Orchard began life as a project of Avon Organic Group in 1998. This year has been marred by pests, diseases, and disorders caused by drought. Figs, quinces, and grapes have, however, flourished. Sunshine, and fewer fruits on the trees, intensified the flavours of early apples – not ordinarily noted for their complex palate. The main apple and pear crop isn't abundant, although it promises to be tasty.

There were plenty of firsts this year. Mature trees needed watering for the first time since they were planted. Hand-watering more than 100 fruiting trees has been back-breaking work. The young trees on the Home Orchard Plot would have died without weekly watering.

The new Orchard Learning 2018 programme is something to celebrate. A group of 12 learners, many new to the orchard, have met monthly to study and care for the soil and the trees. They'll be on hand at Apple Day on 21 October – happy to answer fruit-growing questions, and share what they have learned during a very challenging growing year.

Shannon Smith, the course tutor, said feedback from participants has been very positive. "They tell me they've enjoyed their Tree Buddies – named trees worked with over the year. It seems my holistic approach also inspires a fresh way to look at and care for fruit trees." Shannon will be offering one-day and weekend Orchard Learning courses next year. Find out more at this year's Apple Day – a fun and fruit-filled community celebration.

All are invited to celebrate the 20th anniversary of Horfield Organic Community Orchard at Apple Day on Sunday 21 October, 2–4pm.

Free entry! Donations of your surplus apples for juicing are welcome.

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

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



Social and Therapeutic Gardening Volunteers Required

Enriching lives of older people through gardening

Ever wanted

to get to know some of the amazing older people that live in your area? Or share your passion for gardening and nature with someone who spends most their time indoors? Well now's your chance!

Alive is looking for green fingered people to become 'Growing Support' volunteers, to assist with one of our fun and engaging gardening groups. Alive is the UK's leading charity enriching the lives of older people in care and training their carers. Their 'Growing Support' Social and Therapeutic Horticulture workshops connect participants to their gardens and allow them the chance to participate in a social group, helping to reduce social isolation and loneliness.

If you are friendly and have an interest in helping others to garden, this is the role for you. You will support some of the most vulnerable members of your community to have fun while they continue their hobby. You will volunteer alongside an expert Social and Therapeutic Horticulture Facilitator to help care-home residents access all the benefits of taking part in fun activities, whenever possible, outside in the garden.

Autumn induction is taking place at The Create Centre in central Bristol, and there are two dates for you to choose from: **Tuesday 16 October 10am – 12.30pm or Wednesday 17 October at 5.30–8pm.** Why not join the team of volunteers as the season changes?

Sarah Mountford, Volunteer co-ordinator is available to answer questions by contacting sarahm@aliveactivities.org or 0117 377 4756

For further information about Alive please see: www.aliveactivities.org.



THE EFFECT

by Lucy Prebble

From the author of ENRON and the TV series Secret Diary of a Call Girl comes The Effect – a chemical romance.

Two young volunteers, Tristan and Connie, agree to take part in a clinical drug trial.

Succumbing to the gravitational pull of attraction and love, however, Tristan and Connie manage to throw the trial off-course, much to the frustration of the clinicians involved.

This funny, moving and surprisingly human play explores questions of sanity, neurology and the limits of medicine, alongside ideas of fate, loyalty and the inevitability of physical attraction.



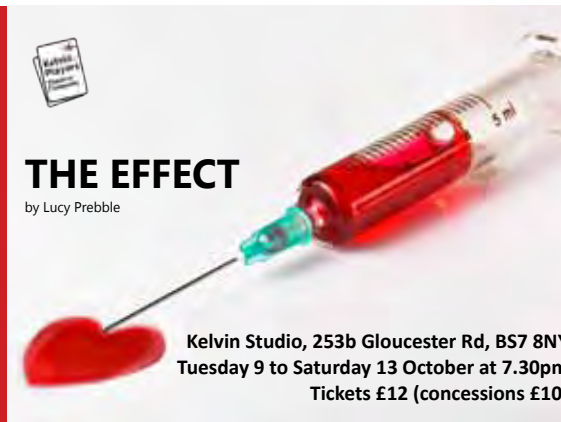
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THE EFFECT

by Lucy Prebble

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Tickets £12 (concessions £10)




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

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

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



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

We have classes running from Sunday to Wednesday. Sessions take place in the Scout Hut (on Eastfield Terrace,



Henleaze), at Kudacan (just off Gloucester Road) and the Horfield Methodist Church. See our Facebook page for the full timetable.

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



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Red Dragons Martial Arts or call – **07779 740 432** to book your free trial.



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View the stunning new Show Apartment at Loft House

New homes by Acorn Property Group at their Loft House development in Bishopston have been proving hugely popular with over 85% of homes now sold. The Show Apartment is now open, so buyers are being urged to contact selling agents Savills and Ocean quickly so not to miss out on a new home in this historic landmark building.

Located next to Gloucestershire County Cricket Ground and just a 10-minute walk to Gloucester Road, the Grade II-listed Brunel House is being sympathetically restored and converted to create a collection of new and truly individual one-, two- and three-bedroom homes. These new homes will combine the high ceilings and double height windows of the original period building with a contemporary interior, bringing together space, light and history. Select apartments will also benefit from allocated parking and stylish mezzanine floors with vaulted ceilings to make the very best of the living space.

Acorn Property Group is an independent development and regeneration company, specialising in creating distinctive and bespoke homes. Established in 1995, they have a wealth of experience and awards over the last twenty years and have won the 2018 property category of the prestigious Bristol Life Awards. Acorn creates beautiful homes which are different by design, imaginatively utilising space, light and original features wherever possible.

With Help to Buy available, you could buy a new home in this popular area of Bristol with just a 5% deposit. Prices at Loft House start at £285,000 for a two bedroom apartment.

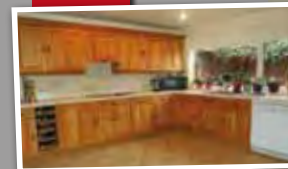
Show Apartment open by appointment only, to arrange an appointment to view the show apartment or for further information please contact Savills on 0117 910 0360 or Ocean on 0117 946 9838.



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For full details of our services and product range visit www.brookfieldmobility.co.uk or Tel: 0117 239 5018



30-32 Filton Rd,
Bristol, BS7 0PA

Bishopston Beaver Scouts Climb equivalent of Mount Kilimanjaro for CHSW

Over the summer, the 1st Bishopston Beaver Scout Colony challenged themselves to walk a combined distance of 5,895 meters – the height Mount Kilimanjaro – by climbing the hill in Blaise Castle estate, finishing at the castle, to raise vital funds for Children's Hospice South West (CHSW).

To complete the Mount Kilimanjaro challenge, at least 20 people were needed to walk up the hill, with siblings and parents, and the challenge was completed on a very warm Tuesday evening. Olly Slym, CHSW's Community Fundraiser, came to support the Beavers (aged 6–8 years) and tell the children about CHSW's local hospice, Charlton Farm.

Olly said, "It was heart-warming to see the dedication of the Beaver Scouts and their determination to climb the hill at Blaise Castle. This fundraising is vital to our charity which provides a home-from-home for children who are not expected to reach adulthood, and their families. We'd like to say a big thank you to all the children, siblings and parents who took part."

The Beaver Scouts have raised £300 for CHSW towards its work with children with life-limiting conditions and their families. The walk was the third fundraising event they'd participated in for CHSW this year; previously they'd held cake sales where the Beavers made crispy chocolate cakes,



Starting up the hill!

Inspirational talk to begin by CHSW's Olly Slym



Mission completed! Enjoying a well-deserved drink at the end



biscuits and rocky road and sold them at a local church and at their scout group AGM. Earlier in the year the Beavers made a collection of their unwanted toys and books and donated them to the CHSW charity shop and made Christmas cards to send to Charlton Farm.

For more information about how you or your local group can support your local children's hospice, visit www.chsw.org.uk.

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Celebrating North Bristol Artists

For most enthusiastic supporters, or even for casual visitors, the annual North Bristol Art Trail is just a 'once a year' event that brightens those sometimes gloomy week-ends in late November.

Only the participating artists and their friends and family know just how much work goes on throughout the year to make this magical and now legendary week-end happen and what other interesting projects are taking place that involve this diverse range of talented creatives.

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

Bishopston Matters would like to thank Paul for sharing some of his fantastic photography with us, I hope you enjoy the portraits of these local artists, and do look out for them in the trail, over the weekend of 24 & 25 November.

www.paulbullivant.co.uk
www.northbristolartists.org.uk



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

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

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



Celebrating their New Look

Based on Glos Rd Central, the popular Nuala Morey Hair and Beauty have had a fabulous refurbishment. To celebrate, locals enjoyed a wonderful evening of complimentary beauty treatments, hair consultations and cocktails at the grand re-launch.

Offering their clients more

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

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

Curly Hair Specialists



As well as offering all the current cuts, colours and styles, they are specialists in curly hair, and were voted one of the top 10 salons in the UK to get your curls cut, by *Naturally Curly* (a magazine for curly girls).

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

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

I look forward to paying a visit to Nuala later this month so she can work her magic on my curls.

New Talent coming through

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

The place to be!

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

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

178 Gloucester Road, Bristol BS7 8NU
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www.nualahairdressing.com



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Clifton College Sports Centre Open Weekend

Clifton College Sports Centre is opening its doors to non-members on Saturday 27 and Sunday 28 October.

Taster exercise classes will take place throughout the weekend and the gym's knowledgeable PTs will be on hand to offer expert advice.

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

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

- **Fitness Room** – Open all day and every weekend, it hosts a comprehensive range of modern Precor cardiovascular equipment, Wattbikes, Gym80 resistance equipment and a full range of free weight options. Fitness monitoring systems Preva and Myzone are available to members as is Sky television on all cardio machines.
- **25m swimming pool** – Kept at 29 degrees centigrade and accompanied by well-equipped changing rooms. Weekly programmes of 'Adult' and 'Open' swim sessions offer something for all swimmers, whatever their level or goals. Sunday morning 'Children's Fun Swim' sessions are great for children and their families, as are the once-a-month pool inflatable fun sessions. Swimtag, the latest swim data monitoring system, is free to all adult members.
- **Squash, badminton and tennis** are also included as part of membership.

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



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www.bristol-natural-health-service.co.uk



Help Friends of Horfield Common bring Junior Parkrun to Horfield Common!

FoHC have been working on plans for junior parkrun since completion of the new, accessible pathway project across the common earlier in the year. Junior parkrun is a series of 2k events for children aged between 4 and 14. They are held in areas of open space around the UK. They are open to all, free, and are safe and easy to take part in. Of course, junior parkrun is much more than just a free 2k run, jog or walk for 4 to 14-year olds; the aim is to help spark a love for physical activity in thousands of young people, where their first experience of running, jogging and walking is an altogether positive one. Junior parkrun is also a brilliant opportunity for volunteers to get out into our open spaces every weekend. An awesome 1,909 volunteers helped make 100 junior parkruns happen last weekend – and we can't wait to add Horfield Common to these numbers.

To make junior parkrun happen, we need to raise £3,000 to buy the pack which includes all that we need to run the event. This includes timing equipment, safety kit, a defibrillator (which is mandatory for all parkrun events) and all of the extras needed to get things up and running. If 300 local families are prepared to donate £10 each, we can get started, so this is an appeal for the support of Bishopston Matters readers to donate to the fundraising appeal, spread the word and encourage those you know locally who would enjoy taking part in this weekly event to donate to the appeal too!

As soon as we hit our fundraising target we will be recruiting for a team of volunteers to come and help to run the event weekly – Parkrun has an excellent volunteering model which means a team of 'race directors' share responsibility for managing the event weekly and ensures that it is sustainable. As soon as we are in a position to get started, we will be doing a shout-out for new volunteers to get involved – if you'd like to be kept informed about progress on this, please do email FoHC to confirm this, and we'll get in touch when we get to that stage.

You can make a donation to the FoHC junior parkrun fundraiser via www.friendsofhorfieldcommon.com and can drop in cash donations to the café if you'd prefer to. We look forward to reporting back on progress in next month's BM!

Horfield Seedlings

The brilliant gardening project for children and families relaunched in September for the new term. Full information is on the poster below – please do come along if you are interested – there are great plans for a range of gardening activities which will engage, delight and enthrall! This group is led by FoHC volunteers Mo and Manas working in partnership with the RHS' Community Outreach team.

Join FoHC's Committee

Our next meeting is on Monday 5 November 2018, 7–9pm at the Café on the Common. If you'd like to get involved and help to support events and activities on the common – please come along! ALL WELCOME!

Follow FoHC on Facebook 'Friends of Horfield Common', on Twitter @FOHC_Bristol and keep up with all the latest news on the website: www.friendsofhorfieldcommon.com.



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News from Hair Mechanics

Self-employed Stylist Required – Hair Mechanics is looking for a talented and enthusiastic self-employed stylist to join their fabulous team, on a part-time basis. Preferably with some clientele to bring along too! This busy, local salon is a fun environment to work in, so if you have a minimum of five years experience, are personable, motivated and creative, then do get in touch via the contact details below.



The New Movement in Colour – Wella has relaunched their permanent hair colours – *Koleston Perfect* and *Illumina Color*. Salon owner Jon talked me through some of the improvements, as well as the introduction of several new gorgeous shades for clients to choose from, the product is kinder to your hair, causing significantly less damage, and thanks to *ME+ technology* there is much less risk of people developing a new allergy to the hair colour. You can select from three finishes: **Gloss** – a fantastic high shine with a boost of colour; **Sheer** – a sheer iridescent shine that adds a pop of colour tone; or **Matte** – this finish works best with previously coloured hair to add a dusty matte sheen. Most of all the re-vamped colours result in you and your hair looking and feeling amazing!

Look fabulous this festive season – Lost for inspiration, or the know-how on how to create the look you would like for that special festive party, wedding or ball? Let the experts take care of it for you. The talented stylists at Hair Mechanics love creating the right look for you to make you feel special for that important event in your life. Check out your diary and get booked in soon!



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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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YES CHEF!

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

Harry learning all about Paella with David from El Camado

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

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

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

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

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

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

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

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



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



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

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News from the Goldenhill Community Garden

Hi everyone!

Hey ho darker grows the days! But that doesn't put us off in the garden. We're still harvesting from our raised beds and have plants coming along in the polytunnel and as it turns colder we start... soup season! So, if you join us for volunteering on any Wednesday 10-4 we'll be digging up vegetables for a delicious hot soup for everyone to share. Come find us behind Horfield prison - no experience necessary just come along and ask for Lucy.

We've got plenty of things coming up for kids and families in the garden. We'll be back during half term for our ever-popular **Harry Potter themed days on Adventure Day. Expello muggletum! Calling all adventurers age 5-12 (as long as they don't mind being very silly) for days of spells, transfiguration, magical creatures and pizzas fresh from the giant frog. Tuesday 20 and Friday 2 November £26, booking essential.**

Also, our family adventure days for families with a child with SEN are just lovely! The last one this year will be on **Thursday 1 November, £5 per child.** We'll be harvesting and munching with freshly baked pizza, singing, chatting, creating, playing, being silly, lounging in hammocks. There'll be sensory play and a warm indoor space as well as covered spaces outdoors.

AND we've got **LOADS of space in our 11:30 Tuesday toddler group** described as "definitely the best thing you can do with a pre-schooler" and "every week without exception has been amazing" and "the highlight of our week"! Get in touch to book a **FREE taster session.**

So, come and enjoy all the joys of autumn with us! See you in the garden...

Lucy Mitchell

For more info - 07506 905 394
thegoldenhillcommunitygarden.com

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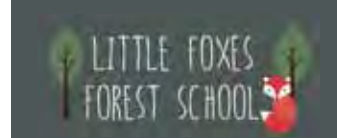
At last! From September, students from Years 8 – 13 will have the opportunity to study Latin in small classes to be held on Gloucester Road.

Why Latin?

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

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

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



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

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

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

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



PARTY IN THE PARK 2018!

Another fantastic, family day of fun! It is always heart-warming to see hundreds of local people turn out to enjoy the entertainment, refreshments and each others company at this community event. Bishopston Matters was once again delighted to sponsor the Horsey Hoppers race!



Fairfield High School

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OPEN MORNINGS:

Tuesday 2nd, Wednesday 3rd,
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9.15-10.30am



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

www.fairfield.bristol.sch.uk



News from Fairfield High

Students present £300 cheque to help city farm – Year 8 students at Fairfield High School (FHS) have collectively raised over £300 in a bid to stop St Werburgh’s City Farm from having to charge visitors, and potentially witness a dramatic decrease in its footfall. Mostly from cake sales and competitions, such as ‘Guess how many sweets in the jar’ and ‘pick a lolly’, the girls have worked tirelessly and proactively to help their local farm... and now they have presented their cheque.

While 13 friends put their heads together, it was a core group of five girls who led the ‘steering group’, including the coordination of shifts during selling times and non-stop baking of cakes.

Donavan Shand, Achievement Co-ordinator at FHS comments:

“I have watched these girls grow in confidence, and have been continually impressed with their maturity, determination and commitment to this project. As soon as they heard about the farm needing to raise £3,000 to prevent charging the public to enjoy its facilities, they put an action plan into place with fantastic results!”



sentiments of many who sat their GCSEs this year at FHS.

The school has again seen some strong results, with 58.7% of students achieving a grade 4 or above in English and maths. The proportion reaching grade 5 or higher – classed by the government as a strong pass – is up on 2017 at 43.8%.

Grade 9 is awarded only to the very highest-achieving students, so FHS is also especially proud of Emmanuel Leach, who notched up seven grade 9s, Ben Lloyd, who got five 9s; and Beulah Bennett and Joshua Omolegan, who each gained four.

Nick Lewis, Principal of Fairfield High School, said: *“Maintaining great results at a time of vast exam change is a testament to the hard work of students and staff at Fairfield High School.”*



Laying down roots in a symbolic ceremony

Year 7 students at FHS have been putting down roots by planting fruit trees with their tutor groups. In a symbolic ceremony, each group has the opportunity to plant a tree, so that they can enjoy watching it grow over their time at the school.

Tree planting complements the carefully constructed transition programme at FHS, which has included one-to-one appointments, games events, a transition day/evening and a summer camp.



GCSE results 2018

Statements such as *“This school is a great school and I couldn’t have got these results if I had gone anywhere else”* and *“I am shocked I have been able to learn English and pass within 4 years. I have enjoyed my time at FHS and am so grateful to all of the teachers”*, echo the

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The Bristol Cookhouse

A Local Venue for all your Parties and Cooking Experiences

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

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



A Little Bit about Sam

Inspired by her fond memories of her grandfather's Bristol bakery *Bawden's*, (which used to be on New Foundland Street), in April 2018 Sam moved from London to Bishopston and opened *The Bristol Cookhouse*. With over 30 years of experience as a chef in restaurants across the world and as a personal chef to many A-listers from the music, fashion and movie world, *The Bristol Cookhouse* ticked Sam's outstanding ambition to run a cooking school and become a part of the local community. She told us, "*Working and living on Gloucester Road is so convenient, I'm able to source fresh and delicious ingredients right here on the doorstep and support my local suppliers – ideal for a busy chef.*"

The Venue – A Canteen, Food Studio and Dining Club

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



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

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

Coming Up!

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

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

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

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GLOUCESTER ROAD BID AREA IS A FINALIST IN THE GREAT BRITISH HIGH STREET COMPETITION!

WE NEED YOUR VOTES! Please post selfies of you shopping out and about and use **#Myhighstreet** **#Gloucesterroad** – and tag us **@bristolsindiedistrict** – each post counts as a vote.



Clare – Fox & Feather



Emma – 7th Sea



Martin – Paul Roberts Hifi



Louise – Reason Interiors

FOLLOW US ON FACEBOOK @BristolsIndieDistrict

The #GBHS judges will be visiting on Tuesday 9 October – look out for them, and share with them why we should be the Champion High Street!

The high street winner will be announced mid-November.

In other news...

Further Award nomination!

Still on the subject on the Great British High Street – Anne-Louise Perez, current BID Manager, was nominated as a High Street Hero – and is also in the final. See page 37.

A Good August

It was great to hear from a number of businesses in the BID area that trade was significantly up in August. Please keep supporting your neighbourhood and #shoplocal – it really does help!

Thank You to First Bus – who this summer installed our maps as a poster on the buses serving Cheltenham Road and Gloucester Road.



Consultation is in progress – thank you to businesses who have been attending the steering groups and offering feedback. This has been taken on board for the draft business plan/proposal.

Your Local Christmas

Our Festive Bonanza is back this year! Expect Santa post boxes (designed by local schools) wreath making, singing, markets and more. Follow us on Facebook to keep up to date.



Reusable Eco Bags – just ask!

These shopper and eco-friendly bags are available to purchase from local shops including Flo Jo Fabrics, Totally Toys, Reason Interiors, Co-lab and more. Help the environment and support your local high street!

Welcome to Newcomers

La Guingette – French restaurant, *Reel Soul* – Fish & Chips, *Joe's Bakery* (at the Bread Store) and *Zen*.

Coming up!

A New BID 2019 – 2024

A Business Improvement District (BID) is an elected business-led initiative where businesses and organisations, within a defined geographical area, work collaboratively to raise funds collectively. This sort of initiative provides a financial resource to help the trading scene in an area, enriching the businesses found there. Examples of how funds have been used to this end are the Christmas lights, purchased by BID – who also finance annual installation. And if you have ever wondered who is removing unwanted tagging



And if you have ever wondered who is removing unwanted tagging they can do this because BID funds the materials for this volunteer group. And the last example is our map – which has been so well received, and is distributed to Bristol hotels, businesses, travel hubs and community venues.

We Need you! –

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 if you would like to find out more and register your interest.

Dates for the Diary

GRBID LTD AGM –

Thursday 18 October, 18:30–20:30, Bishopston Library. Members and stakeholders Welcome

Festive Bonanza 2018 – Saturday 1 December

Small Business Saturday –

Saturday 1 December

(look out for many in-store special deals)

Wreath Making Workshops with Sarah Jayne

Saturday 8 December, The Grace 11:00am – 13:00 and the Gallimaufry 17:00 – 19:00

grbidoffice@gmail.com

www.facebook.com/BristolsIndieDistrict



JOE'S BAKERY – NOW ALSO AT THE BREAD STORE

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

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

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

Some delicious goods are currently still baked at Joe's original home of 240–242 Gloucester Road, but there is now a baker in-store at their second venue, baking some bread, croissants, pain au chocolat, as well as freshly baked sausage rolls and pasties – yum!

Joe's enjoyed another busy *Sourdough September* – showcasing and informing customers on the wide range of scrumptious, sourdough products they produce. The team are now gearing up for Halloween, with a spooky range of tasty treats available from late October.

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

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



Local, Anne-Louise Perez, High Street Champion Finalist for the Great British High Street 2018/19

With Anne-Louise Perez (ALP) busy whizzing around the community and her fingers in many pies, including working with Bishopston Matters, it is no wonder she has been nominated as a High Street Hero! We would like to say congratulations to her, and were pleased to grab five minutes of her time to find out more about her fantastic nomination.



Can you explain what defines a High Street Hero?

Well, I think it is someone who supports the community through innovation, engagement and action – who is proud of where they live and wants it to see it continue to thrive.

What would winning mean to you?

Well I haven't won yet and I may well not... but just the fact that I was nominated means a lot to me – it's an incredible acknowledgement.

Are there any particular highlights that may have put you in the final?

Hmmm, hard to say, I particularly enjoyed putting together the World Food Passport project in June 2018. It really showcased what a diverse, welcoming neighbourhood we have. And I look forward to repeating it next summer – with even more delicious venues in the passport. Maybe the rebranding of Bristol's Independent District, presenting the area as an authentic destination –

the map has been hugely popular across Bristol and was a good example of what collaboration between community and businesses can achieve. Local eco shopping bags have been well received too.



When will you find out the result?

Mid-November, I believe.

Have you got a speech ready?

Ha, no! But I would definitely like to say a huge thank you to Bristol's Independent District, the traders, businesses and the community who have been instrumental in many of the projects I have done!

ALP's passion for all things local and championing of Gloucester Road, fits exactly with the thinking of Bishopston Matters; we wish her the very best of luck.



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Open Day
Saturday 13 October 2018
*Free Classes, Tea & Cakes
 and meet the teachers*



As part of the Bristol Yoga Trail 2018, Yogawest is opening its doors and offering free classes all day long. They invite you to come along,

take a tour of their beautiful building, chat to some teachers and try a taster class or two.

Come at least 10 minutes before the start time so you can register and secure your place. Some classes may be busy, and some may fill up before the start time, so do arrive in good time!

Donations to OTR – Although all Open Day classes are free, Yogawest is collecting donations for OTR – Off The Record, a marvellous Bristol Charity offering mental health support to young people.

Timetable of free classes at Yogawest

- **9.30–10.45** Beginners class
- **11–12.30** General class
- **12.45–1.45** Family (all ages welcome)
- **2–3** Newcomers: a class for complete newbies
- **3–3.45** Teenager taster class for ages 11–18
- **4–5.15** Beginners class
- **4.30–5.45** Restorative class: restful poses focusing on good breathing

www.yogawest.co.uk

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.

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



A Treatment Room with a View

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

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

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

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

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



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



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The Bishopston Society

Public meeting: Planning our neighbourhood – improving Bishopston

**Tuesday 2 October 2018 – 7.15pm for a
7.30pm start at Horfield Quaker Meeting
House – 300 Gloucester Road, BS7 8PD**

Come along to hear from our experts and join a lively discussion of:

- the character of Bishopston and how we can improve it
- current planning issues, trends and representations
- citizens' involvement in city planning and shaping our own area
- improvements to Bishopston that you'd like to see

Expert contributions will be from:

- **Peter Insole** – City Design Group, Bristol City Council
- **Neil Embleton** – Conservation Architect & our Planning Advisor
- **Alison Bromilow** – Bristol Neighbourhood Planning Network

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

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

'Shout-outs' from local groups are invited in our Open Forum at the end.

A very brief slot will be given over to our Annual General Meeting at the start – volunteers are sought for helper or committee roles!

Entrance:

- Free for TBS members (you can renew your membership on the spot!)
- £2 for non-members or join on the night! (individual: £9 per annum; joint £13 per annum)
- Free organic fruit juice

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



Events at the Old Library Muller Road, Eastville, BS5 6XP

**Publicly Open: Cafe, Books, Computers,
Games, Social!**

Wednesday 10am–4pm & Friday 12 noon–4pm

Stay & Play

Tuesdays (term-time only), 1.15pm–2.45pm

A weekly, drop-in meet up for parents, carers and pre-schoolers (under 5) to play and learn together. Voluntary donation of £1.50 per family to cover costs.

Circle Dance Evenings

Last Tuesday of the month, 7.30–9.30pm

Led by Susannah Temple, a warm, informal community dance evening for all abilities, helping to raise funds for The Old Library, donations of £5 gratefully received. Come along and have a go. No need to have a partner. OK to be a beginner. Enjoy music from many countries and join in as much or as little as you want. For more information, get in touch with Susannah: 0117 979 1519.

THINKTANK Fridays:

Open Your Mind, share, learn, inspire!

Second Friday of the month, 7.30–9.30pm

THINKTANK is an exciting venture for the sharing of ideas, knowledge and experiences. The remit is as wide as creation. This is a free evening for those who want to learn, share, discuss and inspire. Everyone is welcome.

Rock Documentary Club

Third Friday of the month

Love Rock? You'll love these evenings, all welcome.

The Old Library Film Club

Fourth Friday of the month, 7–10pm

Your chance to catch great movies in a unique setting. Bring your own drinks, snacks, cushion (chairs are available!) and friends and settle back and enjoy a varied selection of films.

Community Gardening Club

First Saturday of the month, 10am–2pm

Everyone is welcome to join in these garden and outdoor community sessions, to help transform the garden space, work on new ideas for the community and learn lots of new skills together!

Many other weekly and monthly groups take place covering a wide range of interests. If you want to find out more these or anything else about the project, contact:

**southlockleaze@gmail.com or
Facebook: facebook.com/TheOldLibraryEV.
www.theoldlibrary.org.uk/events**



What a gorgeous afternoon spent helping *The Old Library* on Muller Road, celebrate their second birthday.

When Eastville Library faced closure, some local residents got together and proposed to the Council that they take it over as a Community Asset. They were successful and given a ten year lease. *The Old Library* doors re-opened in autumn 2016 and hasn't looked back!

They have come along way in the past two years and they have great plans for the future – both with installing fantastic play resources outside and extending the building itself, all for the benefit of local families.

Speaking with the directors, they were both delighted and overwhelmed by the fantastic turn out for the party. Seeing what the venue meant to so many, gave them a great boost to continue with this challenging but hugely rewarding project. If anyone is inspired to show their support, the best thing you can do is volunteer – please!

Happiness was present in abundance at the celebratory event, and I was once again humbled to witness what great things can be achieved when people come together for a cause they believe in. If you haven't already, do get along and visit this community venue soon, see opposite for more details.



"The vision is to create a 100% volunteer run, vibrant community hub, with a community cafe, library space, workshops and activities, an edible garden, play space and hire room, and it needs your help!"



theoldlibrary.org.uk



News from the green room Natural Hair Salon

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

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

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

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



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

Tel: 0117 942 75 75



The Green Room

Lynne Fernandes Optometrists gets a makeover!

It's all change at our Gloucester Road practice following a major interior refit. At the time of going to print the makeover was well underway.

Our new look is centred on styling and finding the perfect glasses for you in relaxed, modern and beautiful surroundings. Think modern, contemporary design; Think relaxed and tailored styling for you; Think outstanding eyewear choices, classic styles and the latest trends. But to truly see the difference come and visit us!

Commenting Lynne Fernandes said, "In line with our vision and values to delight customers with our clinical expertise and exceptional customer service, our new look is about creating the very best customer experience. And, at a time when the retail industry is struggling and we've seen a number of closures in the last 12 months alone on Gloucester Road, we're really proud to be investing in our independent business and the local area, creating a new vision for the practice."

Our re-opening on 24 September coincides with National Eye Health Week and we'll have some special opening offers for you. Keep up-to-date via our website and social media channels.

The Autumn Collection – Our new boutique style opticians is the perfect backdrop to showcase the stunning range of eyewear in our new Autumn Collection. We research and select only the very best frames for the collection. They're not only chic, but crafted to the highest quality and designed for ultimate comfort.

Here's a selection of designer brands in the collection.

- **LINDBERG** – Danish by design and synonymous with award-winning, rimless glasses
- **Barton Pereira** – handmade, unique luxury eyewear
- **Ray-Ban** – the face of cool for over seventy years
- **MOSCOT** – a New York City institute with bold, retro styles

There's a style, shape and colour to suit everyone. So whether your look is smart, elegant, fun, confident, cool or quirky, there's a glasses frame to match.

We'll help you to see the beauty of autumn with the best vision possible and a stylish new look.

Book an appointment now. Pop in to 75 Gloucester Road and take a peek at our new store, book online at www.lynnfernandes.co.uk or call 0117 942 6843.



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News from Glos Rd Central

September was a busy month here at Gloucester Road Central and the pace is just a start in our run up to Christmas.

Artemis celebrated their 8th year of successful trading with a glittering party of drinks, nibbles and special offers.

Osna put on a fantastic open day on Saturday 8 September. Visiting therapists gave talks and demonstrations, and the day celebrated the launch of their exciting new bodycare range Pure&Natural by Osna.

Nuala Morey Hair & Beauty hosted a fabulous re-launch evening to celebrate the re-furbishment of the front of the salon and the addition of a second beauty room at the end of September. The event offered complimentary beauty therapies, hair consultations, cocktails and canapés! Do pop in and see the positive changes for yourself soon.!

Joe's Bakery have got into the swing of having a new base at the lower part of Gloucester Road (the old Breadstore) and we all enjoyed Sourdough September. Lots of spooky biscuits will be in-store for Halloween and they'll be preparing Pan de muerto for those making plans for Day of the Dead!

Anticipation is growing for the opening of **Alchemy 198**, which is set to be a bar/cafe/event/exhibition space. The building was previously the Venus bar, at one time including a Greek restaurant in the basement, which ran for over 30 years. Room 212 owner Sarah Thorp (pictured left) has bought the premises. Sarah is instrumental



in community events and the reshaping of Glos Rd Central. She is keen for her new venue to offer interesting and inspiring events and a comfortable meeting place. The name Alchemy is inspired by her idea that Bristol people, products and ideas can mix together to



create something wonderful, to be enjoyed by all. Alchemy 198 will be taking advantage of the fabulous local suppliers of food and drink and local chefs will bring different themed food nights. **The Launch Party on 17 November** will be open to from the afternoon through to 1am! Look out for street performers, musicians and DJs to getting you dancing.

The following weekend, **23-25 November, is North Bristol Art Trail**, and Alchemy 198 will be the venue for artists Jenny Urquhart, Katie Johnston and Sarah Thorp.

In the meantime, **Room 212** will have an autumnal theme featuring **Toni Burrows' amazing fox mosaic** (featured central) followed by the usual fantastical **Day of the Dead** exhibition. One window will focus on the beloved Mexican artist Frida Kahlo. The other will feature a shrine or 'Ofrenda' by Danielle Greenwood of Viva Los Muertos, containing traditional marigolds, sugar skulls and other delights.

And last but not least, put **Thursday 6 December** into your diary. This is the date for the traditional **Glos Rd Central Christmas Street Party**, when all the shops and businesses in our area join together to offer food, drink, music and activities, 5-8pm. A wonderful start to the festive season!

Follow Glos Rd Central on Facebook to find out what your community of local independent businesses is offering you.



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Counting Calories for Success

One of the most important things to bear in mind, and is often overlooked when trying to get into shape, is tracking your calories; but we all know how to eat healthily, right?

For most, this statement screams 'diet', a word that comes with a lot of stigma; however, when you actually look at the word diet, it simply means 'the kinds of food that a person, or community habitually eats' so, essentially, we all have a diet, and making the smallest, simplest changes to your eating habits can create huge physical changes in a short length of time.

One of the most common hurdles would be figuring out how many calories you need? There are some general guidelines out there for male and female calorie intake in the form of food labelling but this does really all depend on factors like gender, age, weight and activity level. For example, a 25-year-old male athlete will need more calories than a 70-year-old man who doesn't exercise. If your goal is to lose weight, you will need to create a calorie deficit by either burning calories through exercise or eating less than your body needs.

First you need to figure out how many calories you are currently eating. Initially, this can seem like a lot of work but, thanks to advances in technology,



putting calorie counting into practice can be relatively effortless these days. There are lots of apps – such as My Fitness Pal – and websites like HealthLine available to simplify the process by providing quick and easy ways to log the food you eat and track the number of calories you are consuming, making it easier to know what to eat more or less of.

Even if you only track your food intake irregularly, studies show that people who do so tend to lose more weight. They also maintain their weight loss for longer; so, why not give this a go for six weeks and see how much of a difference you can make.

-Kurtis Walters

Contact Fitness Manager, Everyone Active



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Thursdays

Bishopston Meetings

B&A Church Gloucester Road (formally St Michaels)
160A Gloucester Road, Bishopston, Bristol, BS7 8NT

Mornings – 9.00am and 11.00am

Evenings – 5.30pm and 7.30pm

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News from the Friends of St Andrews Park

Wow what a summer! Over the summer the park clearly welcomed a few thousand people and was almost incident free! On one sample day, the dog-free area and the paddling pool had 245 people, of whom 156 were children. The paddling pool was a great attraction but its future is uncertain. I have been trying to make contact with the officer who will be dealing with it, but have had no success to date. There have been some odd comments from officers that Wessex water are not happy and talk of a filtration system, and perhaps water play rather than the paddling pool. We feel it is no good leaving things until next April, because if the community wants to step in and play an active role in keeping it going, then negotiations need to start soon. If you want to get involved or just kept informed please email me at: chairfosap@gmail.com.

To round off the school holidays FoSAP arranged for We the Curious to visit the park. The three-person group talked and asked people what they were curious about and a cube with one face like a screen revealed questions and answers. Due to a rather protracted disagreement with the parks department I did not know if it would happen and so there was virtually no publicity. Sorry about that. It was I think quite an interesting debate about community involvement but far too long for this article. If you are 'curious' email me and I will give you the full story.

FoSAP is facing challenging times. In the past we could meet with officers and agree what needed to be done and it usually was. Those days have sadly gone and now a great deal of work is needed to meet the needs and enhancement of the park. The FoSAP committee are doing their best but without more support from the community it may not be able to take the initiative and follow through with the work that would be needed. Please join us; it's very simple; just email our membership secretary Jonny Gibson at: jonny@jgibson.com.

FoSAP Sarah, who plays an active role in looking after the play area, would like to thank everyone who completed the questionnaire about refurbishing the children's play area. The results have been analysed



Image thank to Paul Bullivant – www.paulbullivant.co.uk

and some local people and Sarah are in active discussion with the council. The wheels of local government turn very slowly and it will be quite a while before an agreed plan can be put to funders. This is a big project costing in total as much as £100,000 and will have to be delivered in phases. If you would like to get involved, email: sarah.cemlyn@gmail.com.

No news about the future of our much-loved Tea Garden cafe. Tenders are said to be going out at time of writing, so watch this space.

I hope you all enjoyed the park theatre performance of *The Important of being Ernest* by The Pantaloons. Thanks to FoSAP Paul Bullivant for organising this. You will be pleased to know, The Pantaloons have been booked again for next year.

What would you like to see in the park? Do you have a gripe? Let us know. You can email me at the above address or our secretary at: secforfosap@gmail.com. I do not want to appear to get heavy but if you want to see our park maintained and enhanced you will, please, need to get involved. We can act as a channel for your interest or support you doing your own thing.

Our next meeting takes place on Tuesday 9 October, 7.30pm at St Andrews Bowling Club, Derby Road. Please do join us.

David Cemlyn, Chair, Friends of St Andrews Park.



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French Bulldog knocks Labrador off the top spot!

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

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

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

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

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

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

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

Bulging eyes due to shallow eye sockets also mean

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

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

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

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Local History Matters

Seyer's Parsonage

BHA local history research – text copyright Denis Wright.

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

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

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

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

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



The Rectory today
Andy Buchan ©

Illustration of Rectory thanks to Gloucestershire Archives



Plan of rectory thanks to Bristol Archives

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Great season for Bristol St Andrews Bowls Club reports club member Glen Wintle...

The bowls season is now over at BSA, but this summer has been remarkable, for the hidden gem behind the wooden fence on Derby Road.

Since the £50,000 refurb and trades within the membership improving the club, membership levels have increased with 16 new members joining and taking up the sport and the social facilities on offer at the community club based in Bishopston.

Our North East league side finished champions and our Bristol & District league side finished runners-up.

A highly contested end of season social celebration match took place on Thursday 6 September, with the Bristol & District scoring 52 shots and 38 shots to the North East side.

The Gloucestershire Bowls Association competitions have seen the club become runners-up in County-wide two rink (covering Bristol/Cheltenham/Stroud/Gloucestershire) vs Olveston – score 37–41 on Sunday 19 August, at Frampton On Severn BC. And long-serving club member Jason Sparkes won the champion of champions, (County 4 Wood Singles) at Cam Mills on Saturday 1 September, against Mike Prosser of Glos Spa with a score of 21–12.

In the City & County of Bristol Bowls Association competitions the club won the Clarence Davey Plate vs Yate, score 89–70, on Sunday 5 August at Avonmouth (pictured above).

At Bristol & District Lloyd Trophy the club reached the final against Ardagh on Sunday 26 August at Redland Green, and were runners-up.

Catch-up in the November edition to see how the members got on in their internal competition finals, North East league competitions and Gloucestershire County League. Plus, a report on the club's Open Fours Tournament and the planned winter events coming up!

The club is available for various functions, parties/celebrations/skittles; for more info please visit:

www.bristolstandrewsbowlingclub.co.uk

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News from the Ardagh Community Trust



Community Asset Transfer – Project Ardagh

For those of you who have been following the project's

progress over the last few months, you will be aware that we have experienced a series of delays in starting the capital project to create a new year-round community hub. This includes the existing Café on the Common with new, fully accessible facilities, which will mean that the pavilion building is accessible to all.

The late-in-the-day decision by Bristol City Council (BCC) to include six of the tennis courts at the Ardagh into a citywide tennis scheme was 'called-in', which meant that it was treated as if the decision had not been made, which enabled further discussions to explore how the outcome could work for all parties involved. We are pleased to report back that – despite the proposal not being in line with the plans developed by the community to provide multisport courts which could then cross-subsidise free, informal play facilities for young people – we have found a solution that is acceptable to all parties.

This will mean that – if the scheme does go ahead, ACT will be offered the opportunity to operate the courts (rather than an alternative, private provider) meaning that all profits can be reinvested in the facilities at the site or provided with a proportion of income from those courts if they are operated by an external provider. We understand that there is a lot more work that still needs to be done to develop the tennis scheme fully and we will continue to update all on the progress.

To date, it is our understanding that the scheme will only go ahead: 1. If the Community Asset Transfer to Ardagh Community Trust proceeds; and 2. if BCC can secure planning permission for floodlights for the six courts, as the inclusion of the Ardagh courts followed a previous unsuccessful proposal to secure planning permission to install floodlights on the courts at Canford Park, which was not supported by the local community surrounding that park – and this is the reason that the Ardagh courts have become important in relation to the scheme.

We hope that, now that the issues with the tennis scheme have been resolved, and BCC have put

forward a proposal to invest an additional, small amount of their own funding into the parts of the pavilion not included in the ACT capital project scheme – that things will finally get moving! We'll keep you posted and hope to be able to update you fully in next month's BM!

Project & Activities at the Ardagh – Autumn has seen the relaunch of a range of projects at the Ardagh including the Ardagh ShedMen, who meet every Tuesday morning from 9am–1pm and sewing, making and crafts classes and workshops which have been developed in response to demand and feedback from those who have attended sessions to date – and those who've been in touch to say that they would like to! Please have a look at the website for more information and get in touch if you would like to come along! We look forward to seeing you!

The Café on the Common – The Café on the Common will return to winter opening hours from the end of October. Thank you to everyone who has used, enjoyed and volunteered in support of the café throughout the summer. We hope that there will be year-round facilities by this time next year, so this will be our last seasonal shut down! Please do check the website for opening times.

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Always in the garden



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

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

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

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

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

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

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

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

If you need any advice or would like a free quotation email, info@secretgardenweb.co.uk

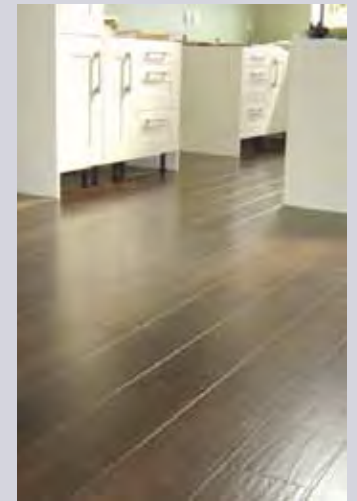
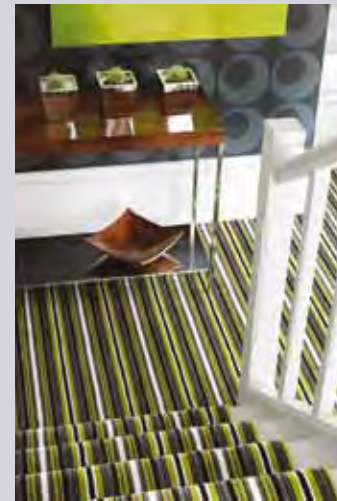
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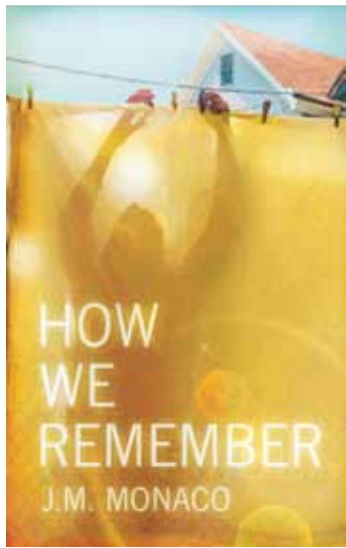
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Reading Matters

Interview with local author J.M. Monaco

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

Is this your first book and what is it about?

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

How did you come up with the idea?

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

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

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

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

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

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

Are you having a book launch?

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

Where can people purchase *How We Remember*?

How We Remember was published in September 2018, and is available to order through RedDoor Publishing, Foyles, Waterstones and Amazon (UK and USA).



Bishopston author J.M. Monaco

News from Friends of Bishopston Library



Autumn Dates for your Diary

We hope you've had a good summer and enjoyed some great reads.

Our next evening event is on **Thursday 11 October, when Dr Sumita Mukherjee will talk about Indian suffragettes.** In this



Dr Sumita Mukherjee

centenary of votes for some women, we have heard a lot about the suffrage movement in the UK. However, women from the Indian subcontinent also built up a vibrant suffrage movement in the early twentieth century. They campaigned within the Indian subcontinent, and travelled to Britain, America, Europe, Asia and Africa, taking part in

international discussions about feminism, democracy and women's voices.

We particularly hope that people from western and Indian subcontinent backgrounds will join us for what promises to be a very interesting talk about the ways in which Indian suffragettes were involved in national and international campaigns for the vote. Doors open at 7.00pm for 7.30, and tickets are just £3.00 from the library or at <http://bishopstonlibrary.org.uk/>.

October 8–13 is Libraries Week, with the theme of wellbeing; there will be plenty of information and materials available, and you are invited to join us in the library for **coffee, cakes and conversation on Friday morning, 12 October.**

Singing lifts your spirits and is good for your health, so come and be entertained by **Glos.Vox choir in the library on Saturday 13 October at 3pm** – and be ready to sing along too!

And as we mark the centenary of the end of WW1, we are looking forward to **Friday 2 November, when we welcome the Hotwells Howlers**, giving one of the last performances of their informative, funny and moving show, *Stony Broke in No Man's Land.*

You can join the Friends, find out about events and support the library at [facebook.com/bishopstonlibrary](https://www.facebook.com/bishopstonlibrary) or at bishopstonlibrary.org.uk, or email friends@bishopstonlibrary.org.uk

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News from our Ashley, Bishopston & Redland Councillors

Ashley ward news

The next full council will be held on Tuesday 13 November at 6:00pm in City Hall. Members of the public are able to submit questions to the mayor, present petitions, or read out statements (on any topic). These should be submitted to democratic.services@bristol.gov.uk by 5.00pm on Wednesday 7 November for questions and midday on Monday 12 November for petitions and statements.

At the September full council a statement was delivered by a member of the Bishopston and St Andrews Traffic and Parking Group (BOSA) regarding the ongoing campaign for intervention by the council into the parking and road safety situation in the area. BOSA has written a report to present to the council outlining the nature of the problems and possible solutions. We will continue to work with BOSA and the council's Highways department around next steps, ideally a consultation around introducing a new Residents' Parking Scheme.

Bristol's target of becoming carbon neutral by 2050 is one step nearer with the introduction of new electric vehicle (EV) charging points and converting part of the council's fleet to electric. Using £2million of grant money provided by Office of Low Emission Vehicles (OLEV) through the Go Ultra Low West project, Bristol City Council will be adding 120 new public charge points across the West of England area. Seven electric Peugeot Partner vans will be used

by various council departments such as repairs and maintenance, Parks and Estates and the Records Office. In addition, the council's Parking Services team are taking delivery of six Nissan Leaf Zero Emission cars to use in and around central Bristol. The council aims to have at least 10% of its fleet made up of electric vehicles by 2021.

The council is calling for people to share their views on the future of the city's high streets and shopping areas. High streets such as Gloucester Road are vital to our city's social, cultural and economic life. However, trends in relation to online shopping and out-of-town shopping locations are having an increasing impact. In order to assess the changes taking place in Bristol more accurately, the council has launched three short surveys to gather people's views and experience. The responses will help shape council policy and identify the best ways to support the city's high streets to adapt to current and future challenges. To take part visit bristol.citizenspace.com.

We have received some emails from constituents concerned about government plans to allow companies to conduct exploratory drilling for fracking as 'permitted development'. Permitted development is a mechanism in the planning system designed to allow certain activities to be conducted (usually minor ones such as loft extensions) without needing to go through a full planning permission process. We are very concerned about this proposal around fracking, which is certainly something that should need to go through a full process (or better yet – not happen at all).

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

Please do get in touch

Cllr Mike Davies, Labour Party
cldr.mike.davies@bristol.gov.uk / 07584 370413

Cllr Carole Johnson, Labour Party
Cllr.Carole.Johnson@bristol.gov.uk / 07584 370414

Cllr Jude English, Green Party
Cllr.Jude.English@bristol.gov.uk / 07584 151099

Bishopston ward news

Muller Road and Beyond – With the new Aldi, Lidl and Home Bargains stores, a new secondary school planned on Shaldon Road, and a great deal of new housing coming to Lockleaze, it is clear that traffic flow on and around Muller Road is going to need some attention. Luckily, all these new developments bring with them money for improvements, and additional capital funding has also been identified on top of this.



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► Continued from previous page

So, as well as a challenge we have a real opportunity to solve some long-standing issues. We will be keeping you informed of proposals as they develop and making sure you have the chance to have your say.

Safe Parking in Bishopston and Ashley

Down – We are delighted that council officers have at last finalised the orders for the double yellow lines around corners to ensure safer parking around the cricket ground can be enforced. We were also very pleased to note that officers took on board our advice (and the comments of many residents) and adapted the plans to preserve as much space for parking as possible by shortening the lines, while at the same time stopping dangerous and obstructive parking on the corners.

We hope that these compromises will bring the benefit of safer streets for all road users with the minimum disruption to those wanting to park a car near their home. It is anticipated that the lines will be painted in the autumn.

Ardagh Developments – After the calling in of a cabinet decision to invest in tennis courts at the Ardagh on Horfield Common, only to then separate them from the rest of the site and have them run by a private tennis operator instead of the Ardagh Community Trust, we are happy to report that council officers and cabinet members are now working closely with the Trust to try to put together a solution that works for the whole site and for the community. We'll keep readers informed of developments as they happen.

Welcoming Students – It's the time of year when students are moving into their accommodation for the new academic year. As always, most students are good neighbours, but if you do find any problems then we'd encourage you to have a chat with them in the first instance – most people don't even realise they're causing an issue!

The University of Bristol has a number of good resources on their website, including flyers you can print out to put through letterboxes to say hello to, or advise, new neighbours. For any students who are reading, there also resources you can use too. bristol.ac.uk/accommodation/community/complaints.html

Bristol Waste has also created a dedicated student page that contains all of the information one might need www.bristolwastecompany.co.uk/studentwaste.

If you find an issue can't be resolved by speaking to the students, then we'd advise you to get in touch with the universities at community@uwe.ac.uk for UWE or community-living@bristol.ac.uk for the University of Bristol. As always, we'd be happy to help too.

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

Tom Brook, Labour Party

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

Eleanor Combley, Green Party

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

Redland ward news

Sale of the Bristol North Baths building

– The process of selling the old baths is now well underway despite our concerns and we understand that one bidder has been successful with initial plans for offices, a café and small fitness suite. Any profits from sale will be ring-fenced for affordable housing across the city. Like many residents we were concerned that the bid selected, purely on maximum income, will spell the end of any option of community uses in the listed building. We did challenge which criteria would be used to assess the offers with a view to retaining some kind of community involvement but the administration remains firmly of the view that the Library fulfils the community element of the overall project. This is a great disappointment to us as well as many people, we are sure.

Parking – Fi submitted a motion at the July full council pleading for some highways resource to help solve the increasingly hazardous parking problems in the area. We are sent photos almost daily of dangerous parking and obstructed roads and several local residents have now attended the full council themselves to address the mayor on parking problems and to ask for council support to develop solutions.

See <https://bristolgreenparty.org.uk/news/dangerous-parking>.

The good news is the cabinet member says that after the various parking reviews of existing RPs there will finally be officer support to work with residents in areas like ours from October onwards.

In other parking news, the extensions to Redland (RD) and Cotham North (CN) RPs have now been in place for over a year, so a review of these areas is underway to ensure they are operating as intended.

The review will aim to resolve issues relating to the:

- location of parking bays, double yellow lines and disabled bays.
- balance of parking, i.e. whether certain parking bays would better serve the area if changed to shared use, permit holders' only or Pay & Display parking.

The scope of the review does not include changes to the boundary or operating hours/days of the schemes, as these were fully considered, and consulted upon, as part of the RD and CN review that included the implementation of the extension areas.

The deadline for feedback is 31 October and you can either contact us or respark@bristol.gov.uk.

Bristol Waste – Bristol Waste has acknowledged that some collections haven't been up to scratch with the recent hot weather and have requested that refuse is presented from 6am so that crews can get going in the cool of the day. Meanwhile, Martin and Fi are disappointed that the refuse methodology review (considering new ways of collecting recyclables and waste and the vehicles needed), only recommended an additional blue box for mixed recyclables. Not only will this clutter pavements but we can't see it increasing recycling at all as residents can already request an additional recycling box or food waste bin if they need one. See <https://www.bristolpost.co.uk/news/bristol-news/bristol-bin-changes-new-extra-1752708>. On the plus side, our kerbside sorting scheme for recyclables means there is a firm market for Bristol's recycling materials, thanks to their quality and sorted categories – unlike some areas that have mixed packaging and recycling collections that may end up being exported and never recycled.

Fly tipping and lack of enforcement

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

Arena – We had a lot of emails about the arena, almost entirely in support of the established city arena project site. We share the view that the city centre site, prepared and ready to build, remains the best one for the city, environmentally, socially and economically, as a viable project that would create a council asset long-awaited by many residents. Now this has been cancelled by the mayor we're both really disappointed – and believe that this means there's no doubt there will be a project for many years. If it does go ahead at the Filton Brabazon hangar we have grave concerns about its traffic impact on Gloucester Rd.

Please sign up so we can keep in touch!

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

Fi Hance, Green Party

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

Martin Fodor, Green Party

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



Bowling – It has been one of the most exciting seasons for the Ardagh Bowling Club! The Men came second overall in the Bristol and District League Div 2 and won the prestigious Lloyd Trophy. The Ladies came second overall in Ladies League Div 1. At time of writing, they also have representatives in City and County Finals – Men's triples – Josh Phillips, Allan Milburn and Les Wells as well as Under 25 singles final – Josh Phillips.

Luncheon Club – The popularity continues with numbers booming, illustrating the need within the community to bring together people of all ages to enjoy a home-cooked, nutritious meal, while making new friends and helping to combat loneliness. Lunch is served 12–1.00pm every Wednesday; no need to book, just pop in. The group is always keen to recruit new volunteers who are interested in helping to provide this wonderful meal.

Toddler Group – Open to all on a Monday, 10–11.30, still good value at £2.50 per family. Would you like to help at the Toddler Group? Volunteers are always welcome.

Please keep an eye on the Ardagh Toddler Facebook page for information about the group and dates and activities for Autumn/Winter 2018, including the fantastic Christmas Party.

The club enjoys getting involved with the whole community to help combat isolation and promote wellbeing of all ages.



Some of the winners from Finals Day – Left: Martin Garrett and Josh Phillips. Right: Val Wells and Angie Hunt

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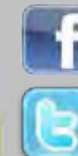
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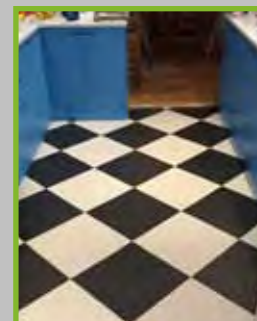


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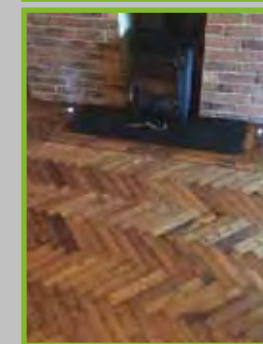
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6 October Research Group Evening – Subject
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20 November AGM and quiz.

bishopstonhistorysociety.wordpress.com

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U3A

New U3A Social Group in Bishopston

The University of the Third Age have started a
new social group in Bishopston. They will begin
meeting in September and will meet on the fourth
Thursday of the month at 10.15am at Bombolini,
225 Gloucester Road, BS7 8NR (near the
library).

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

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

The Bartholomites are celebrating!

The Bartholomites are a community amateur dramatic
group from St Andrews and this September rehearsals will
be starting for our 50th pantomime.

Have you appeared on stage with us? Have you been a
regular in the audience? Have you made teas
and coffees for the masses in the interval?

It will be a year of celebration and we would
love to get in contact with as many former
members and supporters of the group as possible. So many
people have made this group the success it has been and
we want the opportunity to thank them, hear their
memories and maybe party a little.

There will be lots of different things coming up over the
next 12 months. If you would like to be involved then please
E-mail us at thebartholomites@gmail.com or join our
Facebook group - The Bartholomites.

If you haven't been involved yet then maybe
this is the year?

We always welcome new members, both on
stage and off. Rehearsals for adults start on
Monday evenings in September and on
Sunday afternoons in October for children.

Singers Wanted!

Henleaze Ladies Choir meet on Thursdays at
1.45pm in the hall at St Peter's Church, Henleaze.
We sing a range of music from works by Elgar to
Bernstein's West Side Story and lots more!
Our new season starts on Thursday 13 September
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For further details, contact
**Jean Wickham on 0117 9624466 or Jane
English on 07752 332278.**

Want to be involved in music? Can you count to
6? Don't mind sitting on the floor?

Join us in September - Bristol Community
Gamelan play the music of Java, will be
starting again next month, and are looking
for new members for the 2018/9 season.

They meet every Monday evening in the World
Music Studio at Cotham School from 6.30 to 8.30 to
play traditional & modern pieces. If interested email
keithripley27@gmail.com or phone 9444241. They
can be seen on YouTube at <https://www.youtube.com/watch?v=4ND4zoKbhQs>

Monday Morris for Fitness and Fun Class

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Sat 20 October, 10.30–3.30pm, £10

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New Friends Group

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10 October – painting

Light lunches

Thursday 11 October
from 12–1.30pm. Varied menu and
good company if you would like it.



Community News/Events...

Dates for your diary!

Bishop Road Firework Extravaganza! Saturday 10 November 2018, School field, Bishop Road (by One Way Garage). Celebrate fireworks night and help support Bishop Road Primary School. For more details: Like @BishRdFireworks on Facebook, follow them on Twitter or email: bishrdfireworks@gmail.com.

Horfield Methodist Church Christmas Fayre takes place on Saturday 17 November, 11am–2pm. Visit Father Christmas in his grotto, who will be taking early requests for Christmas! As well as lots of other fun activities and refreshments. Churchways Avenue, BS7 8SN.

The very popular **Bishop Road Primary School Christmas Market** takes place on Thursday 22 November 2018, 7.30–10pm. Lovely, locally crafted gifts, food and drink. Treat a loved one...or yourself!

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

Tuesday 9 October, Severn Beach to Pilning Wetlands – Meet at Cribbs Causeway bus station 10.20 (bus 625 to Severn Beach @ 10.34). Walk along the Severn Way to explore what's new at the Pilning wetlands nature reserve.

Tuesday 23 October, Brandon Hill trees in Autumn – Meet at Horfield Leisure Centre 9.50 (bus 505 @ 10.00). Revisit the park to enjoy the trees in their autumn colours and visit the nature reserve.

Tuesday 6 November, Frenchay to Snuff Mills – Meet at Bristol Bus station 10.10 (bus 46 @ 10.20). The start of the walk is through woodland which has steps and slopes and can be muddy. Then continues on the Frome Valley walkway alongside the river to Snuff Mills.

Tuesday 20 November, Purdown to Long Wood (Stoke Park) – Meet at Horfield Leisure Centre 10:00 (bus 24 @ 10.08). Enjoy the views across Bristol before walking through Long Wood, coffee in Cheswick Village.

Tuesday 4 December, Southville Saunter – Meet at Horfield Leisure Centre 9.50 (bus 505 @ 10.00). Walk from the Create Centre along the Chocolate path, visit the Ebenezer Pocket Park, coffee in Bedminster.

Tuesday 18 December, Christmas Harbourside Walk – Meet at Neptune's Statue @ 10.30. Walk around the harbourside before putting back the calories with a coffee and mince pie!

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

A sad farewell from Chatterbox! We have been contacted by the organisers of Chatterbox Playgroup who would like to share with you the following message... "When I reopened this group in 2013 I did say that I would hope to do it for 5 years, and that time is now up. It has been the most amazing and enjoyable thing to do, with a small but wonderful team and a large group of lovely parents, and carers etc. However, health and other issues have made it a good time to finish, together with the fact that about 20 of the children were leaving to start pre-school/school etc. Best wishes, Elsie, Heather and Becky".

Free flu jab for carers – Local charity Carers Support Centre are keen to remind unpaid carers that they are entitled to a free flu jab. It is an unpredictable virus that can cause mild or unpleasant illness in most people. However, it can cause severe illness and even death among vulnerable groups.

If you are looking after someone with an illness or disability, you may be concerned about how being ill will affect you and the person you care for. If you are the main carer for an elderly or disabled person who may be put at risk if you fall ill, you should be offered a free flu jab. Other categories of people also eligible for a free flu jab include those aged over 65, those who are pregnant, and those with certain health conditions.

To arrange for a free jab, just ask your GP practice or pharmacy. If you are a carer and want more information about the free flu jab, contact CarersLine on 0117 965 2200 or email carersline@carerssupportcentre.org.uk.



Bishop Road do Swimmingly!



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

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

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

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

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

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



Bishopston, Cotham & Redland Community Partnership

**BCR CP Public Forum
Monday 8 October 2018
at Horfield Quaker Meeting rooms,
300 Gloucester Road BS7 8PD**



We are inviting all local groups to use this meeting to tell people about their activities, to bring them up to date with projects and to encourage them to join and support their work.

The police and councillors will be there giving updates on issues in the area and beyond. Come along and find out about all the opportunities for our community to work together to keep our area vibrant and supportive of all our residents and businesses. The Group Directory on our website –

bcr.org.uk is one way to find out what voluntary organisations exist in our area; have a look at the website and get in touch if you would like a link to your group. We can also offer to host a webpage for voluntary groups who don't have one.

Email: info@bcr.org.uk

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