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issue 122, Nov 2018



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Dear Readers...

It's all gone a bit brrrrrrrr as I write this! The local trees are however looking gorgeous and there is plenty still to celebrate this November, with the annual Bishop Road Firework extravaganza on Saturday 10 and of course the 2019 North Bristol Art Trail at the end of the month. Both fantastic and sure to bring some colour and dazzle this autumn.

Bishopston Matters recently enjoyed meeting up with silver medallist in the GB Blind team, sailor Sally Rodrigues, an inspiring local resident who trains at Horfield Leisure Centre. We hope you enjoy this interesting interview.

It's beginning to feel like the right time to talk about Christmas! There are numerous local, seasonal events promoted throughout the magazine as well as our fantastic Gift

Guide to inspire and take some of the stress out of Christmas shopping this year. Shopping locally is a great experience; you will find fabulous items and you are supporting the wealth of independent stores we are blessed to have on our doorstep - it's a win-win! Check out the centre pages for your pull-out guide.

As you can see from the front cover, Bishopston Matters is delighted to be celebrating 11 years in print this month! Huge thanks to you all for supporting the publication and for making my job such a pleasure. My passion for Gloucester Road, our local green areas, and all the fantastic groups and individuals that inspire me every month and reinforce why our community is such a special place to live, grows stronger each year.

Kerry x

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk  Bishopston Matters
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News from the Ardagh Community Trust



FOHC's Manas & Fiona with the 1YN 2018 judges

Horfield Common is Outstanding again for 2018!

We are thrilled to announce that the work done by volunteers on Horfield Common has again been judged to be outstanding by the RHS' It's Your Neighbourhood team of judges.

Volunteers welcomed the judges to the common in July and spent an enjoyable couple of hours showing them around, explaining how volunteers work to support enhancements to the common in addition to the maintenance carried out by BCC and some of the volunteer-led projects that have been ongoing this year. It is a brilliant achievement and a really lovely recognition for all of the volunteers working so hard to ensure that Horfield Common and the Ardagh are welcoming, accessible and enjoyable for all. Well done!

Park Flooring Funding! We were delighted to hear that funding has finally been agreed to sort out the flooring of the children's play area at the top end of the common, near Dorian Road. This has not been fit for purpose since the play area was originally installed and has meant that the play area has not been able to be used year-round. Local families and parents have been asking for this to be sorted out since the play area was originally installed, so this is brilliant news.

Junior Parkrun on Horfield Common!

Our fundraiser to bring Junior Parkrun to Horfield Common is progressing with more than £500 now raised of the £3000 total (thank you Bishopston Matters for donating the first £50!). In order to start to run the event, Junior Parkrun require that volunteer teams buy a full kit, which includes barcode scanners, stopwatches, signs, bollards, a defibrillator and other items, so this is what the funding will be used for. Please do continue to spread the word locally about Junior Parkrun and if you are able to make a donation – you can do so via our website: www.friendsofhorfieldcommon.com.

We will be doing a call out for volunteers to come and help run the event as soon as we get near to our fundraising target. Please do get in touch and

let us know if you'd like to get involved as a volunteer once we are up and running.

Proposal for a competitor catering concession on Horfield Common

– Thank you very much to everyone who responded to the council's most recent consultation regarding the proposal to install a competitive catering concession on the common next to the children's play area near the Ardagh. FoHC objected to this proposal because of the negative impact this would have on the Café on the Common, and proposed that a better site for an additional facility would be near to the children's play area at the top end of the common. We are awaiting the outcome of consideration of this by BCC licensing and will report back in next month's BM.

Horfield Seedlings – The wonderful children and families gardening group 'Horfield Seedlings' has now ended for 2018. Mo, Manas and Anne, the brilliant volunteers who have led this work – working in partnership with the RHS' Community Outreach team – will be reviewing how the sessions have gone and working on plans for spring 2019. We'll let you know as soon as we have details and look forward to seeing the seedlings back in the spring. Thank you very much to all involved for their hard work to make this project such a success!

www.theardagh.com



BBC interviewing people at the cafe about the proposed new concession. Photo by Jessica Trahar.



Photos by Ali Gilleard

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Bishop Road Fireworks Extravaganza 2018

Saturday 10 November 2018, School field, Bishop Road (by One Way Garage)

Celebrate fireworks night and help support Bishop Road Primary School.

Bishop Road Fireworks Extravaganza returns to Bishop Road school field this November! With live Samba band, food, bars and spectacular fireworks, it is sure to be a sell-out event again this year. Champions Property Letting & Management is continuing their support for a third year; Scott Wescott, Property Lettings Director at Champions said, "We love that this event has broad appeal, bringing different elements of the community together. And the fireworks themselves are always fantastic, of course!"

Gopal's Curry Shack, Dave Giles' Butchers and Biblos will again be providing food and, new this year, Lovett Pies will be joining our friendly food vendors with three of their best-selling pies.

Get your tickets quickly!

You can purchase these sought-after tickets (cash only) from Boston Tea Party, 293 Gloucester Road. Tickets: £6 (adults), £3 (children) and Under 3s free of charge.

This lovely community event has **SOLD OUT** for the last six years, so this year entrance is again by advance tickets only – there will not be any tickets available on the gate.

On the day, doors open at 5pm, children's entertainment including novelties sales and tuck shop, bars open and food available; last entry is 6.30pm. We hope to see lots of you there – it will be a blast!

OMNIBUS – Latin for Everyone



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

Why Latin?

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

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

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



Looking for something fun for the kids to do this autumn half-term?

Join Bishopston based Lightbox Theatre as they tour their magical family

fairytale THE BLUE BIRD in Bristol from Monday 29 October to Thursday 1 November 2018, as part of the show's wider London and South West tour. Aimed at children 4–11 years and their families, THE BLUE BIRD is a charming tale of a child's quest through various magical worlds to find the elusive blue bird of happiness.

Directed by Anna Marsland (associate director of West End hit show, *The Curious Incident of the Dog in the Night Time*), and featuring live music and puppetry, this is a visually charming 60-minute adaptation of Maurice Maeterlinck's classic tale about happiness, perception and seeing the extraordinary in our everyday.

The Blue Bird will tour the following venues:

ALMA TAVERN 18–20 Alma Vale Road, Bristol, BS8 2HY. **Mon 29 – Tues 30 Oct** (12.00 & 14.30).

Tickets: £8.50, £6.50 concessions.

ACTA Gladstone Street, Bristol BS3 3AY. Thurs 1 Nov (11.30 & 14.00). Tickets: £7, £5 concessions.

To book tickets and for more information please visit: www.lightboxtheatre.co.uk

Have you the grass that sings or the bird that is blue?

One wintery evening Tyltyl wakes to find a hump-back figure in his bedroom. She is obviously a fairy. Tyltyl must find the bluebird that makes people happy. And he must do so before morning. Tyltyl doesn't know about bluebirds, or where he might find one but joined by his faithful cat and dog the search begins...

"Filled with high energy, encounters and wonders – as a show for children it is engaging, inventive, sweet and fresh" A Younger Theatre

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As part of the show's wraparound activities, we are offering **free drama workshops and tickets to primary schools**, and a shadowing scheme for 18–25 year olds interested in gaining experience in performing arts. For more details, please contact: **Emma Faulkner: emma@lightboxtheatre.co.uk**



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POETRY & SONG AT THE NORTH BRISTOL ART TRAIL

For the seventh year running, Venue 42 on the North Bristol Arts Trail will be presenting poetry readings and song over the weekend of the 24–25 November.

This popular performance element of the Art Trail has widened its appeal and delighted those who enjoy live music and narration. This year there will be four performance strands at Venue 42 over the two days of the Art Trail weekend with sound bath readings and a cappella singing on the Saturday afternoon together with poetry and acoustic song after lunch on Sunday.

The full programme will be as follows:

Saturday 24 November

2.30–3.30pm – Gongs, percussion and Tibetan singing bowls with readings by: 'Elemental Resonance' ~ Chris Bowles and Marilyn Morris.

4.30–5.30pm – Witty and thought provoking readings by three of Bristol's best poets: Mary Crowder, Linda Ewles, Sarah Nymanhall and Derek Stanley

Sunday 25 November

2.30–3.30pm – 'Kettle of Fish' a cappella group with their quirky, mellifluous and humorous songs: Neil Bett, Tom Allen, Adam Barber, John Drowley, Jorge Sved and Dave Yapp.

4.30–5.30 – Swithin' – Songs you may know and songs you may not... done differently: Danny Hill, Pommy Harmer, Dee Jarlett and Judith Rieser.



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. See work by over 100 artists in their homes, studios and galleries from St Andrews, Redland and Gloucester Road to Westbury Park and Henleaze.

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. Last year the Gloucester Road Art Banners were erected in time for the trail and many of them show artwork by North Bristol Artists. Other artists offer homemade cakes and refreshments so look for the glass sign beside venues on the map.

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 and many artists are represented in shops and galleries on Gloucester Road all year round. The North Bristol Artists website offers details of all the artists. You can download the map or pick one up at various public venues like libraries and doctors' surgeries, coffee shops, and local shops along Gloucester Road, Whiteladies Road, Redland Road and Zetland Road, and at any of the 50 art trail venues. You can also follow NBA news on social media at northbristolartists.co.uk and – facebook site – to get a feel of what's coming up.

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Save the date for a very special Window Wanderland in Bishopston

Saturday 9 to Monday 11 February 2019

Four years ago Lucy Reeves Khan illuminated Bishopston with the very first Window Wanderland. It was such a success that she has gone on to help thousands of people create their own magical outdoor art trail from tower blocks to villages, in the UK and abroad, and it all started with you.

Now, as the country heads towards Brexit, Lucy has organised a special Window Wanderland in Bishopston for 2019 which she hopes will help us celebrate 'Britishness' and what it means to be British.

"Personally I am grateful for Britain, as I don't know of many other countries where I could have met and married a man from Pakistan and lived hassle-free. Because of that tolerance I really love it but I don't say it enough, as I can feel apologetic about its political decisions," says Lucy.

"The windows don't have to be political...this is not about Jingoism. From All You Need Is Love to a full English breakfast there is so much out there that is British.

"You can bypass politics and just go for something that you like which is British even if it's unexpected. Chicken Tikka Masala for example – that was created in Britain. Cats in windows – there are not many countries who love their cats like we do."

However, the Britishness theme is not compulsory for 2019.

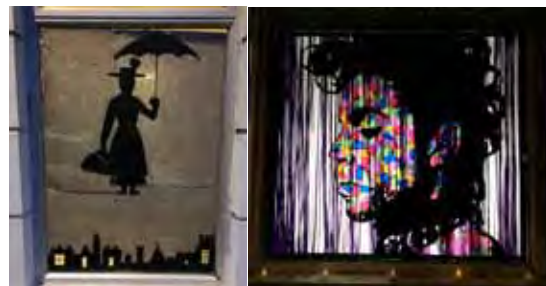
"It's just a suggestion and categorically no one has to join the theme if they don't want to; but, in the few years that we've been doing Wanderlands people have done many windows that could so easily be part of this – David Bowie, Suffragettes, and even the Queen pops up! It's free expression and, as long as it is child-friendly, anything goes! Did you know we invented the toothbrush?"

Drop in to Bishopston Library, Bristol North Baths, Gloucester Rd, 7–9pm on Wednesday 28th November to have a chat with the organisers.

Art workshops at the Ardagh, to help you create your displays: 6.00–8.30pm Thursdays in January 10, 17, 24, 31 & 6 February 2019.

Please check windowwanderland.com/event/bishopston-bristol-2019/ for details, and of course to sign up!

For any queries email: wwbishopston@gmail.com.



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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.

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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 90% 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 £385,000 for a two bedroom apartment.

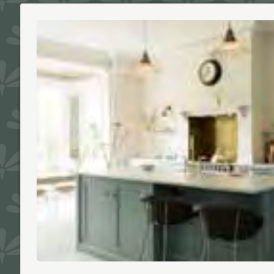
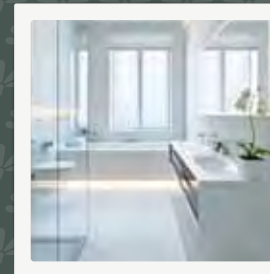
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numbers of volunteers to ensure that it remains viable and sustainable – direct competition of this sort would be really undermining – so we are keeping our fingers crossed.

Arts & crafts workshops at the Ardagh – We are delighted to be able to offer a range of community arts

and crafts workshops again through the autumn – these include sewing, printmaking, Christmas gifts and card making among others. Please do have a look at our website for more information, and get in touch if you would like to come along.

We are really pleased to be able to support Window Wanderland 2019 and will be running a series of open workshops in the new year with a tutor who can help local people put together their own window displays as part of this brilliant community project. Please see page 10 for further details – and do come along – all welcome!



Carols at the Cafe on the Common – Please join us to sing some Christmas carols, catch up with friends and there'll be mince pies and gluvine to warm our hearts! Thursday 13 December, 4–6pm.

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 at friendsofhorfieldcommon.com.

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Thanks to everyone who came along to our inaugural AGM at Horfield Parish Church Hall on Saturday 29 September; it was a wonderful celebration of all that has been achieved by local people over the last couple of years and lovely to update everyone about the wide range of work that ACT has been doing alongside our main priority this year; that is, negotiating with Bristol City Council over a community asset transfer lease for the Ardagh, which would provide it with a sustainable future under community management.

The Café on the Common – The Café on the Common continues to go from strength to strength, which is one of the reasons that we were disappointed with BCC's proposal to create a pitch for another catering vendor to trade on the common next to the children's play area near the Ardagh. Along with FoHC, we believe that there is a better location for this at the top end of the common, which would provide increased facilities for local people and park users, rather than duplicate them. By the time you are reading this, BCC's licensing team should have decided about whether the current proposal – which we do not support – will be allowed to go ahead. We will update readers in the next BM and thank everyone who has been in touch and taken part in the consultation for their support. The café is a wonderful facility, but it relies on large

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My curly hair-cut experience

My curly hair is a big part of who I am, but now with a baby, toddler and own business, my poor tired hair has slipped down my list or priorities and needed a bit of TLC!

I was lucky enough to have an appointment with salon owner Nuala herself. We discussed the cut and what she advised would be best both from a style and hair treatment point of view.

I was then treated to a short neck and head massage – which I loved and helped the daily life stresses I arrived with melt away.

As I enjoyed my hair being washed and conditioned, the relaxation continued with the massage chair, which I had full control of. As she carefully worked, Nuala explained how standard shampoos contain parabens, sulphates and silicon, that all dry out your hair, and how my hair was suffering for this. If this is something you are worried about or feel your hair needs some extra body and shine, do speak with the experienced team, who can recommend the right products for your individual type of hair.

I first met Nuala seven years ago when she launched her salon on Gloucester Road, and her business really has gone from strength to strength. It is clear she loves her job; her passion goes beyond her precision cutting and styling and is apparent in all aspects of her business.

As my hair was cut I enjoyed a latte and the homely, candle-lit environment.

Hair cut complete I was delighted with the results. My hair felt soft, nourished and looked great with defined curls and minimum frizz. I can certainly recommend this salon to fellow curly haired people, both for the end result and overall experience.

Kerry



Celebrating their New Look

It was wonderful to attend the re-launch of Nuala Morey Hair and Beauty at the end of September. The evening had a real buzz. As you approached the venue their beautiful new sign

was lit up by a talented flame thrower! With a glass of bubbly in hand, I enjoyed a tour of the freshly decorated beauty rooms, which look stunning. Everyone who attended was most complimentary about the new look and delighted to leave with a goody bag at the end of the celebratory evening.

Offering their clients more

I think you will agree from the photos, the beauty rooms have been decorated with style and taste, creating both a feeling of luxury and cosiness – the perfect place to relax and enjoy your treatments.

The opening up of both a second beauty room and salon room – with six new stations, enables the salon to offer some new services to both the beauty and hair side.

Clients will also be treated to a range of delicious new beverages.

A talented team

Nuala has a strong, talented team of eight and is pleased to welcome their new full-time beauty therapist, as well as fully qualified stylist Colin, who is fresh off a Vidal Sassoon course in London.



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

Dedicated Aveda Salon

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

The word Aveda comes from – AYURVEDA

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

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

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

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."

People travel far and wide to have their curls cut at the salon – they have one client who regularly travels from Yorkshire to enjoy a full colour and cut on her crazy curls!

The place to be!

Don't just take my word for it! Nuala enjoyed taking a phone call from *Vogue* recently, inviting her to feature in the prestigious magazine.

And 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."

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www.nualahairdressing.com



Nuala Morey





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Sailing Success for Sally!

On the phone, local Horfield resident and sailing champion Sally Rodrigues asks that when I arrive at Horfield Leisure Centre, "Please walk to me and greet me and introduce myself, I'll have my dog Lillie". This is because this champion I am meeting is blind.

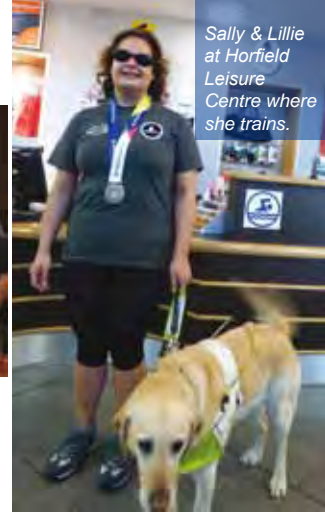
It's not Sally's blindness though that defines her (she was born sighted and, due to a degenerative condition diagnosed at the age of 6, it wasn't until her late teens, she lost her full sight), it's the collection of gold, silver and bronze medals she has won in sailing across the globe, including World and Nationals – and there is her zeal for life – she exudes positivity.

Always an adrenaline junkie, and with a law degree and her own complementary therapy business – Rodrigues Relaxation, based at the Cameron Centre in Lockleaze – sailing came quite late to Sally.

Born in Hertfordshire, she moved to Bristol and soon adopted our neighbourhood as home. It was around 10 years ago being quite new in the area that she read an advert in the RNIB pamphlet – The East Anglian Sailing Trust were on the search for sailors to join them. Sally has always felt an affinity with water (she also swam for the National Squad in her teens) – and so began her affair with the sea. Her first boat she stepped foot on was a solid 29-foot wooden craft. She admits she wasn't very good to start with – but her enthusiasm and team spirit were there, and with tips like feeling the sun and wind on certain parts of her face helping her to find her direction, her skills soon honed in.



Sally enjoying medal success with her team mates in America



Sally & Lillie at Horfield Leisure Centre where she trains.

By 2010 she was training with the GB blind sailing squad where, with the wind in her hair, the speed sensation and freedom, even sailing in snow conditions sent her head over heels in love for the sport. "I fondly remember I had a huge smile on my face the whole time I was at sea in the snow. The irony being that I could still have a huge smile on my face even though I couldn't feel it!"

Sally and Lillie regularly stroll to Horfield Leisure Centre – which is one of her sponsors and handy on the doorstep, for fitness training and swimming, during which time Lillie takes a break and is pampered in her basket with the Horfield team. Sally and the GB squad are also resident at the UK Sailing Academy in Cowes on the Isle of Wight; they train there as well as regular sessions on Lake Windermere, all keeping her and the team shipshape.

By March 2017 to her utter uncontained joy (you may have heard her scream from the top of Purdown!), she was selected to represent Great Britain at the World Fleet Blind Sailing Championships, in America – Lake Michigan. She described the opening ceremony for her and the GB crew, made up of 50/50 sighted and blind sailors, as hugely emotional, "the stuff dreams are made of". Their skill was well rewarded with 1 gold medal, 2 silvers and the Squadron Cup. Sally recently returned from the 2018 Blind Match Racing World Championships with a silver for GB!



"The stuff dreams are made of"

So, what's next? Well definitely more sailing – she was off to Cowes for the weekend – but important to Sally is to now campaign for Blind Sailing to be recognised as a sport by the next Paralympics in 2020. It was a pleasure to meet with inspirational Sally at Horfield Leisure Centre and take a look at her most recent silver medal. *Bishopston Matters* wishes her all the best and looks forward to sharing her future sporting success.

ALP for Bishopston Matters



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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!

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

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



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

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The 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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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
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News from the Goldenhill Community Garden

Hi everyone
 The days might be growing darker and colder but we're still busy in the garden and we've got a cosy indoor space so we run our toddler groups, volunteer days, and after-school club ALL YEAR ROUND! We're here every Weds 10am – 4pm for anyone to come get involved and we are strong believers in woolly hats and long johns, hot tea and thick socks, and we are rewarded by seeing the seasons change, a feeling of well-being, tasty veg and delicious hot soup! We cook soup from the garden every Wednesday – come along!

NEWSFLASH! We are expanding our AFTER-SCHOOL CLUB – our current Tuesday session is very popular and limited to just 16 places so we're starting a new group on Thursdays. We pick up from Bishop Rd Primary School (and children can be dropped off from 3:45) and the clubs runs to 5:45pm. So if you know any children in years 1–6 who like den building, tree climbing, pond dipping, baking in a clay oven, cooking on a camp fire, arts and crafts or whooping it up and playing in the dark, then get on board! We'll be starting in January but will be running **TWO FREE TASTER SESSIONS in November – Thursdays 15 and 22 November.** Get in touch to book your child/ren's places!

Also, did you know we rent out some of our vegetable beds to community groups?! And we've got a couple spare at the moment! So, if you are involved with a group (like a nursery, childminding group, care home, day care centre, well-being group, mental health group or ANYTHING) that might like a little growing space as well as access to the garden, our tools, toys, pond, shelter and tea-making facilities, then get in touch! It costs just £1(ish) a week! Get in touch or spread the word!

AND we'll be back with our **ever-popular wreath making session on Saturday 1 December 10–4** – last entry by 3pm. No need to book; it usually takes about an hour and costs just £10. We'll have all you need but if you want to bring along your own secateurs, gloves or pretty bits from your travels then that's great. Children are welcome and also well-behaved dogs on leads.

Come and find us at the end of Monk Rd, BS7 8NE or give me a ring if you've got any questions.

See you in the garden! *Lucy Mitchell*

For more info – 07506 905 394
thegoldenhillcommunitygarden.com

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.

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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."

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."

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

Can you help? SENDaWelcome are looking for someone to help pull together an arts based funding bid for the group. Please register an interest by sending your CV to sendawelcome@gmail.com. This is likely to be 2-3 days work in total. Hours and pay to be negotiated. Please get in touch with any questions.

www.sendawelcome.co.uk

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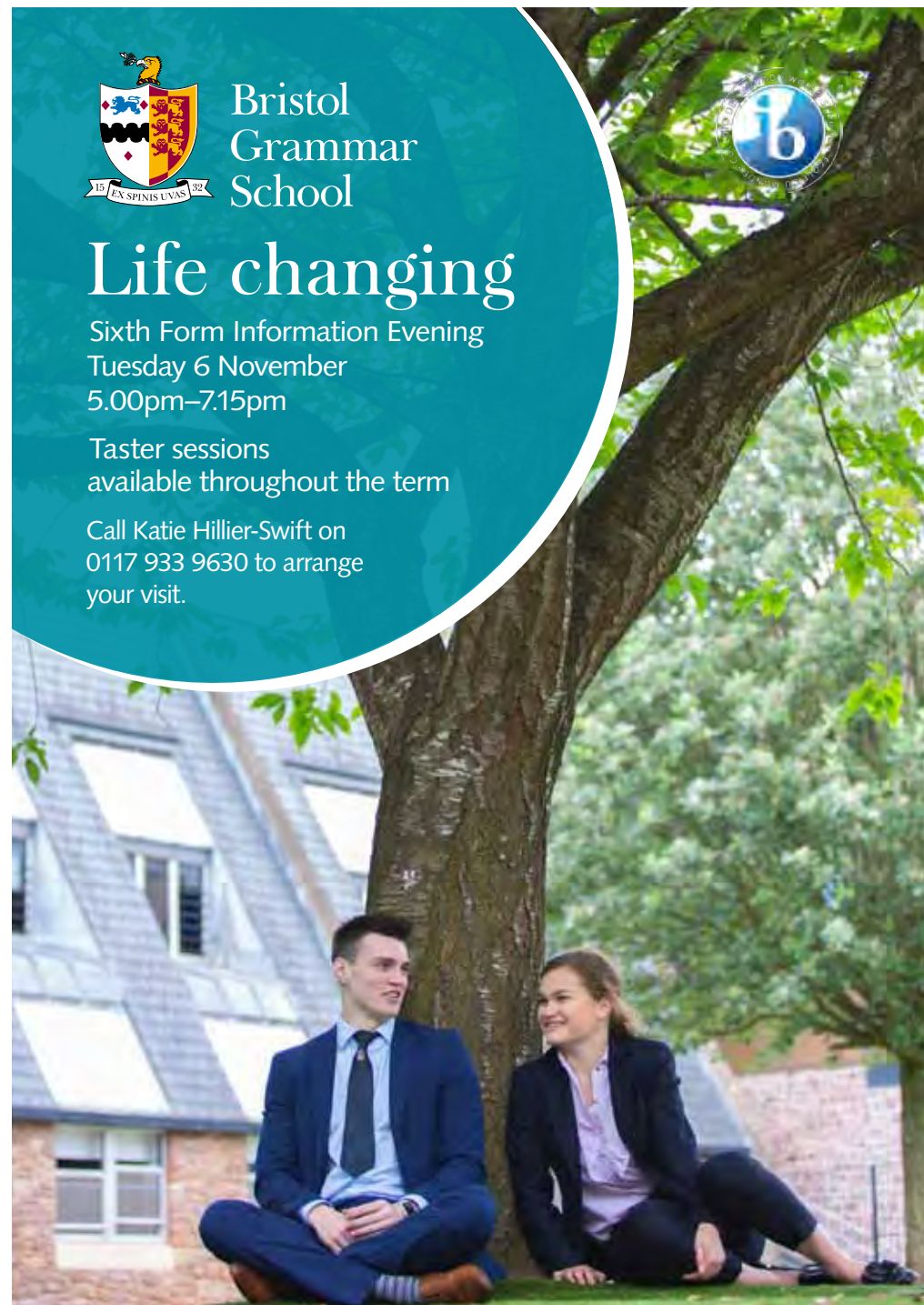


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A Local Venue for all your Parties and Cooking Experiences

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!

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

Follow The Bristol Cookhouse

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News from the green room Natural Hair Salon

Community coffee morning – The Green Room would like to thank all the local people and clients who joined them in eating delicious cake at their recent Macmillan coffee morning. The salon was delighted to be raising funds for the amazing charity that is close to their heart.

Ask for OLAPLEX – The Gloucester Road salon is excited to announce they now offer OLAPLEX, a revolutionary, hair repair treatment. The simple three-step process includes a patented active ingredient that works on a molecular level to seek out broken bonds in the hair that are caused by chemical, thermal, and mechanical damage. You can use Olaplex to restore compromised hair, or add it to another service to provide the ultimate breakage insurance. Do ask in salon for full details.



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

Festive Appointments – The crazy party season is almost upon us and the salon is already booking up, so do make an appointment soon to avoid disappointment and ensure you look fabulous this winter!

The Green Room, 15 The Promenade, Gloucester Rd, BS7 8AL • Tel: 0117 942 75 75

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Bishopston, Cotham & Redland Community Partnership



had been poor and the community made suggestions that the councillors will feed into the review of the CIL process for next year. It was agreed that the CP would help with identification, consultation and prioritisation of projects brought forward by the local community through the forum and focused meetings.

The Neighbourhood Police Team Sergeant, Jonathan Scott, confirmed that a new Beat Manager Dave Jackson would start shortly, replacing Tom Green, in Bishopston, and that this post was still vacant in Redland and Cotham. The residents voiced their concern that there was little continuity and a fast turnover of police personnel in the area; Jon Scott confirmed that the PCSOs were still David Said and Danielle Packer. Policing priorities are set out on the Avon & Somerset website for each local area, where you can also add your suggestions.

We heard from Street Scene Group that a coordinator for activities to replace Liz Kew was urgently needed. There are a number of local people who are SSG volunteers, but the group needs someone to take over with helping them work together on litter picks, etc. The group was helping the Gloucester Road BID tidy up the area in time for the Great British High Street judging and continues to hold drop-in sessions on the second Monday of the month at Bishopston Library 4.30-6.00pm to give advice and help on reporting issues.

High Kingsdown reported that their newly refurbished playground was to be opened by Lord Mayor Cleo Lake on Saturday 13 October, funded through Clifton and BCR Neighbourhood Partnerships. Trader organisations and Friends of Parks and Libraries groups in our area gave reports on the many activities planned for the area. A full list is included in the BCR CP meeting notes which are on bcr.org.uk. Many groups have newsletters and mailing lists which you can sign up to, to receive notifications of their activities – see the BCR website for links to the groups' websites.



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BCR CP Forum meeting, 8 October 2018

The recent Bishopston, Cotham and Redland forum meeting gave the community an opportunity to catch up with the work of many of the local groups and organisations, including the police and councillors. Fourteen local groups were represented at the meeting and told of the events and projects they were currently involved in; the local councillors also gave updates on libraries, the Bristol Transport Strategy consultation and on the recent funding round under the new Community Infrastructure Levy allocation process; locally, the committee voted to fund the provision of all-weather surfacing at Horfield Common playground and to pay for the replacement of street trees in our area. It was agreed that the process for identifying and prioritising projects for funding this year

had been poor and the community made suggestions that the councillors will feed into the review of the CIL process for next year. It was agreed that the CP would help with identification, consultation and prioritisation of projects brought forward by the local community through the forum and focused meetings.

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Award winning optometrists Lynne Fernandes, has been a part of our Gloucester Road community for the last 8 years, and the opticians itself has been established for 40 years this year. The opticians has a loyal client base and are always welcoming new ones, thanks to their excellent customer service, dedication to moving forward with the latest technology in the optics industry and of course their fantastic range of stunning, stylish eyewear.

Continually investing in their independent business and showing their commitment to our local area, in September 2018, they embarked on a massive refurbishment. I was recently invited to meet with Lynne Fernandes and experience the new look optical boutique for myself.

When I walked in my initial thought was how wonderfully bright and spacious the front of the shop now was, desks had been cleared from the centre of the room allowing the stunning frames, set on glass shelves, to shine.

Lynne told me, "The existing space was a small with a sea of glasses which morphed into one. Given the changes to the Gloucester Road location, with savvy but supportive customers looking for individual style away from mass produced dullness, we wanted to respect this by encouraging them to come into beautiful surroundings and really engage with our eyewear.

We can now offer a truly personal frame styling service in

privacy for anyone, whether you're looking for a designer frame such as our

latest range, Kirk & Kirk, (favoured by the Great British Bake Off's, Prue Leith!) or an Affordably Fabulous frame at £99. At the same time, we've expanded our clinical services, by offering an Advanced Eye Examination with 'MRI' level scanning technology for those with a family history of eye disease, or increased risks. This is a perfect celebration of 40 years of an independent opticians serving Gloucester Road. We believe the combination of our clinical excellence and new boutique style opticians is unmatched in Bristol and we're very excited about the future."

I'm wowed. Why don't you come in and have a new look at one of Gloucester Road's best independent businesses, Lynne Fernandes Optometrists?

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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It's all in the planning – improving Bishopston's surroundings



Planning our neighbourhood – improving Bishopston; this was the theme of The Bishopston Society's (TBS) public meeting on Tuesday 2 October 2018 – that I was pleased to attend.

After a concise summary of the AGM finances and activities, the Chair was able to introduce the first speaker, Peter Insole

of City Design Group, who iterated the importance of our historical environment in a modern society. Did you know that Gloucester Road was the bottom of an ancient river valley – which explains why today it remains to be such a winding stretch. Buildings define an area, and Gloucester Road in particular is recognised for its gabled roof forms. This was a consideration when the recent extension of the Gloucester Road Conservation Area, which TBS was involved with – both arguing for and identifying, resulted in a long stretch of the road from the Arches to the Sommerville Road junction and part of North Road now being included within this designation. The full background document which describes the Gloucester Road Conservation Area can be found by visiting www.bristol.gov.uk and typing Gloucester Road into the search box – it is the first document that comes up on the list.

The next presenter was local Neil Embleton, a conservation architect and planning advisor with The Bishopston Society, who responds to local planning applications. He outlined and illustrated some of the issues and problems arising from poorly designed planning applications that are submitted with little thought for their jarring effect on the original appearance of our Victorian and Edwardian streets. He urged us to reflect on the styles of extensions and the growth of paving front gardens in a way that not only considers the architectural surroundings but the natural landscape. If you are curious about planning applications in the area then why not visit the new Bishopston Planning Portal where you can comment, read about policies, and find out what is considered good and bad architecture – www.bishopstonsociety.org.uk/planning.

Finally, we heard from Alison Bromilow, of the Bristol Neighbourhood Planning Network who had the challenge of explaining the complexities of the planning system, including the National Planning Policy Framework (NPPF), the Regional Joint Spatial Plan (JSP) and the Local Plan. Her sentiment is, we can affect what happens in our area by becoming involved in the Local Plan and to do so she gave some top tips on making comments on planning applications.

- Pick out the important points
- Stick strictly to planning issues
- Ask planning officers 'why do they feel a particular/specific feature isn't worth protecting'?

The meeting concluded with ideas from the audience on how we might continue to improve Bishopston. Suggestions included:

- RPZ – Review of existing potential areas that could benefit
- Free public transport
- Increase Park & Ride provision – especially in light of a possible arena and the elimination of the Severn Bridge toll
- Consider locations of street furniture – such as bins and benches. Do we need more or fewer?
- Maintenance of overgrown hedges and trees
- Local and affordable provision of accommodation for those considering downsizing
- More awareness of future developments
- Keeping local streets clean of tagging and fly tipping

For more information on this event and all of TBS news visit: www.bishopstonsociety.org.uk.

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Every time I enter the treasure trove of gorgeous items that is Reason, I want to leave with most of the things in there! It is no wonder this much-loved, family business is heading in to its ninth year on Gloucester Road.

This month I am pleased to bring you a selection of highly desirable vintage items, alongside some stunning products, from quality British and European suppliers. As we enter the festive season there are simply hundreds of gorgeous, gift solutions to be found, and you'll be sure to enjoy your voyage of discovery!

Starting with the vintage, I was particularly taken with the textural, ceramic vases (pictured bottom left), and huge glass jars in the shop window. As always, they have a fabulous selection of vintage glasses – perfect for your festive cocktail party – cheers!

I was most interested to learn about the 'Bee's Wrap', reusable food wrap, the perfect, attractive solution for sustainable food packing.

Some of the beautifully presented gift items that caught my eye included: matches in highly decorative 'Archivist' print boxes, a good selection of plant seeds bound up in textured paper cases and raffia, 'Cambridge Imprint' notebooks and origami gift boxes containing a cloud of butterflies and garland of stars. And my personal favourite, the stunning range of floral printed papers encasing 'The Royal Botanical' range of soaps.

New in, and sure to be hot favourites are the Angela Harding 2019 calendars, 'Nkuku' hand-painted, Ama mug and 'Dassie' mug in sought after courgette green (both pictured above, right). New 'St Eval' candles scented with Winter Thyme and Tabac are already being well-received by customers.

Finally, if you are looking for some glitz this festive season, select an antique silver, etched votive from 'Grand Illusions' or some stunning earrings from contemporary jewellery designer Matthew Calvin.

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Some of our Doorstep Favourite Gifts for Christmas

To help you find just what you are looking for this festive season on our fabulous Gloucester Road, we have put together a Christmas Gift Guide to inspire and inform. We've created categories too, to help you along your merry way. So, leave the stress and the car behind, take a stroll and pick up something unique and special.

And when the bags are full you have the added benefit of numerous, fabulous cafes and eateries on your doorstep! Take a break at Tincan Coffee, Bomboloni, The Xmas Tavern, Alchemy 198, The Royal Oak and The Bristol Cook House, to name but a few of the many independent welcoming places to refresh and celebrate with your friends and family.

A Festive Bonanza combining markets and shop offers on Saturday 1 December kicks off a season of celebration in Bristol's Indie District. Glos Road Central mark the start of their late-night shopping with their much-loved annual Christmas Market on Thursday 6 December. There is much fun and merriment to be had on our local high street for all to enjoy. This year make your Christmas a local one!

Suggested local gift guide – ● Him ● Her ● Kids ● Home

● ●
Room 212 has handpicked some of their most popular artists to contribute to this lovely calendar. £12.



Room 212
212 Gloucester Road, BS7 8NU
room212.co.uk

●
Ashleigh & Burwood beautiful mosaic home fragrance lamp gift set. This stunning lamp will scent your home for hours, £44.



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● ●
Art & Chocolate is a unique shop selling quality hand crafted chocolate, as well as original art and gifts.

Art & Chocolate
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● A great new range of craft kits, only £4.99 each. Lots of other Christmas special offers in store too!

Craft Work
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BS7 8TG



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Art @ Bristol
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Christmas wreaths, garlands & festive arrangements. Now taking orders.

The Flower Shop
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0117 942 0050 • theflowershopbristol.com



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Marialina
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Joe's Bakery
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0117 975 5551 • www.joesbakery.co.uk



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Nkuku Matamba Ceramic Hanging Planter, the perfect pot for indoor plants. The eye-catching design is hand painted in a jet black glaze. These curved planters have a strong cotton tie, adjust as required. £18.50.



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Nola Interiors-Bristol

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The Festive Bonanza is brought to you by GRBID Ltd.



Santa Letters – Post your Christmas wish letters here locally 1–24 December

From 1 December children will be able to post their letters to the North Pole in various places on and around Gloucester Road! Our local schools and community groups have done a great job once again designing the post boxes. And Santa has promised to write back to those of you who leave your contact details. Plus, we are saying thank you – with prizes for one lucky writer from each box.

Post Box Locations – Gloucester Road – Totally Toys, Bishopston Library, Playfull Toys, Amnesty Bookshop, Joe's Bakery (opposite the Prom), The Post Office (opposite Grape & Grind), Scrumptiously Sweet, Hobbs Bakery, Spicer & Cole, Iota. **Zetland Road** – Little Steps. **Cheltenham Road** – 7th Sea. *Please check in advance shop opening times to avoid disappointment.*



A Festive Bonanza Saturday 1 December

This year our local Festive Bonanza is bringing you more experiences, shopping, and entertainment for you, your friends, family and visitors. We look forward to welcoming you.

Your Festive Morning – Last year's popular Cozy Market is back by The

Xmas Tavern at Nailsea Electrical – another chance to soak up the merry atmosphere and pick up some truly unique gems. Stalls / **Riff Raff Choir performance 11:00–12:00 / Bristol Samba 12:30–13:15 / Card making / Street entertainers.**

Your Festive Afternoon – Festive Food Market – The Prom – Gloucester Road. **From 14:15** down on the Prom the fun kicks off with **Bristol Samba**, after which you are invited to browse stalls and taste local food and drink offerings and enjoy more street entertainment.

It's also a chance to join in at the **FREE Night on The Prom Sing – A –Long for charity**. Riff Raff Choir leaders will be there to turn your voices in to a beautiful sounding harmonic community choir. No singing experience required. It's magic! Just come along with your friends and family and have some fun. Starting at 17.00 and finishing at 18.30. Register for this event – Facebook @ BristolsIndieDistrict. You will have the option to donate to the charity bucket on the evening.

Small Business Saturday: 1 December, Bristol's Independent District – Offers and giveaways from your local indie shops in Bristol's Independent District.

The Big Festive Wreath Making Event, Saturday 8 December

This year, due to popular demand we are bringing you two events. Wrap up warm and come along with colleagues, friends and family and make your own Christmas Festive Wreath, guided by Sarah Jayne Gardens. Taking place at – The Grace Pub Garden, Gloucester Road, 11.00–13:00 and The Gallimaufry Terrace, The Prom, Gloucester Road 17:00–19:00. Materials supplied. Book in advance for an early bird discount of just £6.00pp on our Facebook Page. Or drop in on the day for £7.50pp.



Elf on a Shelf Trail Bristol's Independent District, 15– 22 December

Can you find and name the 12 elves hiding in shops on and around Gloucester Road? Pick up your entry form from Bishopston Library or Totally Toys. *Please check in advance shop opening times to avoid disappointment.*

New to the District – Big welcome to Suncraft (vegan), The Coconut Tree (Sri Lankan street food), Reel Soul, (Fish & Chips), Tiny Designs (cards & gifts) on Gloucester Road and La Guinguette (French bistro) on the corner of Zetland/Cheltenham Road.

Happy 30th to Romantica! Join them in store for a celebration with fizz and prizes at 309 Gloucester Road on Saturday 17 November 13:00– 18:00.



The Great British High Street 2018 – We are delighted to be a finalist! Results will be announced on 15 November.

Tourism Award Highly Commended –

The recent, sell-out Charity Shop Tours we introduced have been awarded a 'Highly Commended' status from South West Tourism for Bath, Bristol & Somerset. **More tours are coming** – think vintage and glitter for the party season. Updates on our Facebook page.

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Christmas all wrapped up at

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Bringing Christmas joy to all! It is the perfect time of year to indulge those you love with their favourite sweet treat; you will be sure to find something delicious to suit all ages and tastes.

Something special for the grown ups! 'Tis the season to be 'merry' and what better way to get in the festive 'spirit' than with some stunning liqueur chocs, packaged in traditional kegs or fancy fruit designs. Superior Mozart chocolates are also hugely popular, as well as, Anthon Berry's indulgent, individually wrapped chocolates in the following flavours – Raspberry in orange liqueur, Apricot in brandy, Strawberry in champagne, Cherry in rum. If rum is your tippie, make sure you take away some of the rum-filled Christmas puddings.

Fruit & veg everyone loves! Many have a love/hate relationship with sprouts but nobody will turn their nose up at the fab, novelty chocolate sprout chocs available. And

you certainly wouldn't be disappointed to receive a box of mouth-watering – Orange & Lemon or Tropical Fruit jelly slices.

Classic gifts & Stocking fillers – I have my eye on the Lindt milk chocolate 'Santa's Little Helpers'. And there is of course all the traditional favourites – chocolate santas, festive tree decorations, small and large candy canes and fun advent calendars.

Perfect seasonal bakes – Scrumptiously Sweet has a festive grotto of all things you need to create a fabulous, festive bake. They stock a huge range of baking tins, decorative cupcake cases, biscuit cutters, foiled bases and wraps. When it comes to the all important decoration, you are spoilt for choice, with classic marzipan and ready-rolled, coloured icing, edible sprinkles, sugar-crafted designs, as well as adorable festive figurines.

**Opening Hours: Mon: 11–17.00
 Tues – Sat: 10–17.00, Sun: 11.30–16.30**



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News from Glos Rd Central

November is set to be a busy month on the Central part of Gloucester Road. General news

is that Fig have a couple of new artists, textile jewellery designer Beth Pegler and wood turner Andy Mason, while Nola Interiors have a beautiful range of eco paints by Little Greene, inspired by the National Trust. We also have a new sweet shop, Proper Sweets!



We start the month with the **Mexican celebration Day of the Dead** which is becoming just as popular as Halloween. Room 212 will have a window display set up by Danielle Greenwood of Viva Los Muertos with brightly coloured skulls and hearts plus North Bristol Artist Laura Robertson's beautiful paintings of Mexican artist Frida Kahlo (pictured left). As usual,

Joe's Bakery will be baking the traditional pan de muertos.

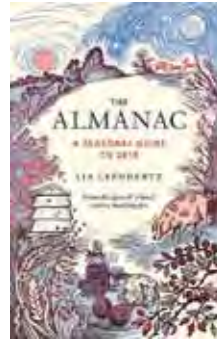
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Excitement is building for the **launch of cafe / bar / gallery Alchemy 198** (originally the Venus). Events and exhibitions are being co-ordinated by Room 212 owner Sarah Thorp who has lots of plans to bring us all together with yoga and soup Tuesdays, Time of the Month comedy nights and tasty supper clubs. Many Bishopston residents have already been put to work with free wine and gin tastings! Live music, adult glittery facepainting and a special Alchemy cocktail will mark the launch event from **7pm on Saturday 17 November**. Many Glos Rd Central traders and artists will be contributing to the food, drink and decoration. **The launch party will start at 7pm** with live music from a 10 piece ukelele band, followed by Jo Swan's Hounds of Lounge trio and boca nova from Cathy Jones.

The afternoon of 17 November is also when Romantica will be celebrating 30 years of trading. Customers, staff and suppliers will be welcomed at the Horfield branch with drinks, refreshments and a great raffle at 4pm. Visit any branch in November to

find out how to get hold of a raffle ticket.

The following weekend, **24–25 November, is the North Bristol Art Trail** when art lovers visit from far and wide. We're really lucky to have so many talented artists living and working in our area, which is reflected by our wonderful art galleries all year round. Alchemy 198 will be one of the venues, featuring Jenny Urquhart (artwork opposite) whose Gromit Toto recently raised 18k for the Grand Appeal and will host a preview party on Friday 23 November. Kate Tarling, Jemima Lumley and Katie Wallis from Fig will be exhibiting in venues at other points along the trail an Catherine Amesbury will be showcasing her bespoke jewellery in Artemis. You can pick up a trail map from many of the shops at Glos Rd Central.



A beautiful painting of St Andrews by Artemis artist Cath Read is on the front cover of the **new Bristol Impressions Calendar 2019** and quotes from her daughter Lia Leendertz's lovely little **Almanac Seasonal Guide** (available at Room 212) can be found on each page. Lia's first Almanac was so successful that she now talks to Cerys Matthews on her BBC 6 Radio



show every month. Alchemy 198 will host a monthly supper club with Lia and local chef Anna Shepherd who will cook lovely vegetarian food to accompany her talk about the month ahead. The first event is on Wednesday 12 December.

And last but not least, put **Thursday 6 December** into your diary. This is the date for the traditional **Glos Rd Central Christmast Street Party**, when all the shops and businesses in our area join together to offer food, drink, live music and activities from 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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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 is starting to prepare for the busy festive season ahead. Their scrumptious range of seasonal goodies includes: Christmas bread, authentic German Stollen, Mince pies, Cinnamon stars, Yule logs and of course traditional Christmas cake. Spelt stollen and mince pies are available too. You can sample and purchase some of these treats during Gos Rd Central's Christmas Street Party on Thursday 6 December.

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 Gos Rd, BS7 8AD
Joe's Bakery, 240–242 Gos Rd, BS7 8NZ
0117 975 5551 ■ www.joesbakery.co.uk





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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.



Fhs Awarded Mark For Outstanding Teaching In Maths & Science

Fairfield High School (FHS) has been

awarded The Prince's Teaching Institute (PTI) Mark for outstanding teaching in Maths & Science.

The PTI launched the Schools Programme in 2007 to recognise and reward school departments that develop inspirational ideas and activities which enhance the teaching of Art, English, Geography, History, Latin, Mathematics, Modern Foreign Languages, Music and Science, regardless of their pupils' backgrounds or abilities.

FHS's Maths and Science departments received the Mark in recognition of its passion, commitment and innovation in the teaching of these subjects, and acknowledges its ability to deliver a curriculum beyond examinations.

Mr Nick Lewis, Principal at FHS said, 'We are delighted to have been awarded the PTI Mark for our Maths and Science departments' innovative work, and will be proud to carry the Mark on our stationery and website as evidence of our commitment to inspirational teaching.'

Fairfield High School are also celebrating their new co-educational Sixth Form with Colstons' Girls' School (CGS).

V6 provides an inspirational environment enabling students to flourish and achieve their personal ambitions within a brand new centre boasting suites of classrooms, study areas plus a common room.

Students will not only benefit from the state-of-the-art facilities and the chance to meet new friends, but a number of teachers from both organisations will also be teaching there, making the transition to further education a smoother process.

V6 offers 26 different A-Levels and a growing number of vocational Level 3 courses.

Whilst the importance of academic success cannot be underestimated, V6 Sixth Form is about much more than examination results. Its diverse community is united by the drive each student and every teacher has to make exceptional progress, grasp opportunities and achieve ambitions.

The V6 Centre is located next to Colston's Girls' School, on Cheltenham Road, Bristol BS6 5RD.



Little Foxes Forest School is delighted to have established itself as Bristol's most sought after outdoor nursery. We opened our doors for 2–3 year olds, our 'Mini Foxes', in November and we are thrilled to see how well they are settling in. Our forest nursery is 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 nursery experience unlike any other in Bristol.

FIND OUT MORE – We'd love to let you know more about us. Visit: www.littlefoxesforestschool.com or email info@littlefoxesforest.co.uk to learn about our new provision, waiting lists for our nursery, 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.instagram.com/littlefoxesforestschool)

Homestay accommodation wanted in 2018 for overseas students aged 16+

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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.



Illustration of Rectory thanks to Gloucestershire Archives



Plan of rectory thanks to Bristol Archives

The Rectory today
Andy Buchan ©

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News from the Ardagh Bowlers



We entered the Bristol in Bloom Garden competition 2018, and we're thrilled to receive a fantastic Silver Gilt Award. It is wonderful recognition for all the hard work put into enhancing and improving the gardens inside the Ardagh, not only by the bowlers but the Toddlers and other volunteers. It is lovely to be able to share the gardens with all the visitors.

Activities at the Ardagh

Ardagh Toddlers – Mondays (term-time) 10–11.30am, drop-in toddler group for 0–3s.

Carpet Bowls – Monday evenings from 7.30pm. No experience needed.

Lunch Club – Wednesdays 12–1.00pm. Hot meal, dessert, tea or coffee £3.50 pp, please just pop in.

Games night – Friday evenings, lots of fun!

Evening Skittles – Takes place every other Wednesday and Thursday evening.

Choir performance – Wednesday 12 December. Enjoy the voices of one of our talented local choirs at their annual concert, starting at 8pm.

Christmas Carols Concert – Sunday 16 December, 7.30pm. All are invited to join in the festive cheer!

Toddler group Christmas Party – Monday 17 December.

All of these activities are open to all; we are working together to combat loneliness and helping new people of all ages to the area, to feel part of the community. We have a wonderful area to rent for all occasions and are happy to talk ideas through to ensure you have a great time. We look forward to seeing you soon.

Ardagh Pavilion, Horfield Common, BS6 7YL
ardaghbowlingsportsclub.weebly.com

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Dorwest Skullcap and Valerian can help calm your pets this firework season



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Skullcap & Valerian is recommended to help combat any phobias and fears your pet is struggling with; this supplement will be helpful with the forthcoming firework season.

Tree Barks Powder assists with digestion and tummy issues which are quite common in pets.

Garlic & Fenugreek tablets can relieve the symptoms of arthritis, as well as increasing your pet's resistance to infection when given regularly. This medicine is often used alongside **Mixed Vegetable tablets**, which aid with arthritis, as well as skin and kidney disorders. **Green Relief** also helps with urinary problems.

Roxfords will be pleased to assist with further information when selecting the right supplement for your pet.

Dog lovers with pharmaceutical standards – This is how Dorwest describe themselves. 'A commitment to medicinal rigour underpins everything we do.' Their supplements are prepared to pharmaceutical standards using active ingredients taken from the whole plant. They are the only manufacturer of herbal medicines authorised by the Veterinary Medicines Directorate and are the UK's leading provider of canine and feline treatments. They are delighted to be celebrating their 70th Birthday this year!

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French Bulldog knocks Labrador off the top spot!

For the first time, French Bulldogs have overtaken Labradors as the UK's most registered breed. In the last 10 years, the French Bulldog has increased in numbers

by 2964%. And this figure only includes those dogs that are registered with Kennel Club! Their numbers increased by 44% in 2016 alone. At the Animal Health Centre, I have seen this rise in popularity and we are definitely seeing more of these types of dogs through our door.

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

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

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

Are there health problems to be aware 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.

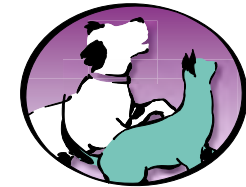
Bulging eyes due to shallow eye sockets also mean

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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Animal Health Centre, 0117 9247832



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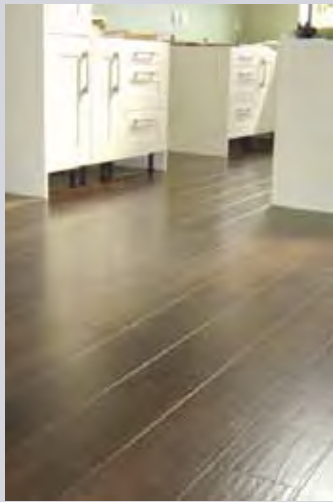
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Redesigning Your Garden

Jobs to do now - As the days get shorter and the nights draw in, it's time to think about putting the garden to bed for the winter. Clean garden tools and the barbeque and store them away in a shed if you have one; treat outdoor furniture with protective oils, store only perfect, unblemished veg from your vegetable patch - anything damaged won't keep. A cool, airy shed or garage is the perfect place. Give your garden a good tidy, but most importantly incorporate organic matter into borders and beds to improve the soil structure and retain moisture. Leaf mould, bark chip, compost, well-rotted manure, hay and straw can all be used to dig in or mulch around plants. Mulching helps to protect the roots of plants during the winter, is great for suppressing weeds and encourages beneficial soil organisms.

The winter months are a magical time in the garden; jewelled frost, robins hopping about looking for worms and striking skeletal seed heads bobbing in the crisp breeze. While tidying up your garden, remember to leave late-flowering structural perennials and plants with interesting foliage to give aesthetic value over the cold, dark months. Seed heads are also a welcome feast for birds. Echinacea, Rudbeckia and Sedum Stonecrop were made for these moments

Design for the future - Winter is the perfect time to redesign any elements of your garden that you are not quite happy with. During winter the dormant part of a plant's growth is the best time to move or divide it. Perhaps a plant in your garden hasn't done that well in a certain area -



now is the time to move it to a happier position. However, don't divide those few perennials that are in active growth over the winter, such as Calla lilies, Acanthus, Easter and Spider lilies or spring flowering bulbs.

Redesigning your garden during the winter months is ideal - landscaping projects can be finished before the spring and summer when you want to be out in your garden with family and friends. It is a time when wildlife will be less disturbed, and your plants will be more protected if moved during their dormancy.

At Secret Garden we love working on garden projects that will create the perfect outdoor space for your home; play spaces for kids, vegetable patches, beautiful borders and raised beds, decking, fencing, turf, paths and paving, pergolas and water features. Our number one priority is bringing your dream garden to life!

If you need any advice, or would like a free quotation, please contact:

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News from Bristol St Andrews Bowls Club

Men's North East League Finals – The matches took place at Redland Green on Saturday 22 September. St Andrews was delighted to win in both the Pairs (Bill Relton & Steve Dawe) against Kingswood & Hanham and Fours (Raad Marouf, Trevor Wilkins, Adrian Dunford (sub John Pearce) & Richard Ludwell) against G Wingrove rink (GB Britton).

Men's Gloucestershire County League – The last match of the season for the A side, in Division 1, took place on Saturday 15 September against a strong side from Cheltenham, which featured two England under 25 bowlers! Unfortunately, BSA were relegated on shot difference, total 14 points.

This season our new B side in Div 4 managed to finish mid-table on 19 points.

End of Season Open Fours Tournament – The Shaftesbury Four from Dorset won this years tournament – full report to follow in December.

Christmas Charity Quiz for Great Western Air Ambulance – On Saturday 8 December the bowling club will be putting on a fantastic quiz evening for the local charity. For more information go to www.justgiving.com/fundraising/bsa-quiz.



Great Western
Air Ambulance Charity

Christmas Charity Quiz
Saturday 8th December

Teams of up to 5 / 7.30pm for 8pm start
£10 per team / register online in advance:
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Join the Red Dragons Martial Arts School this Autumn

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



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.

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.



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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!



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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.

Board Game Evening

Second Tuesday of the month

Board game fans are welcome to bring a game or play one from the collection. Come as a group, or on your own, meet new friends, learn new strategies.

Not a Pub Quiz

Third Tuesday of the month

Enjoy a fun quiz and BYO drink with friends.

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.

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



Happy 2 Year Anniversary The Old Library



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!

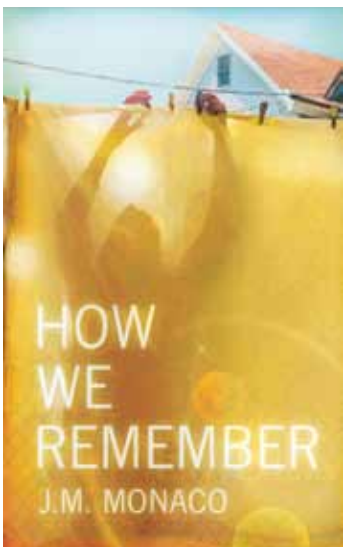
Happiness was present in abundance at the celebratory event, and I was once again humbled to witness what great things can be achieved when people come together for a cause they believe in. If you haven't already, do get along and visit this community venue soon, see opposite for more details.



"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



Reading Matters

Interview with local author J.M. Monaco

Bishopston Matters was pleased to catch up with local author J.M. Monaco shortly after the exciting release of her first novel *How We Remember*.

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.

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

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

News from Friends of Bishopston Library

First of all, there is encouraging news about the library service, with conversations about to take place with all library communities. These will look at the overall shape of the city-wide service but also allow each library to consider how it can best meet its local community needs. We will publicise any event local to Bishopston once dates are known.

Our first AGM on 28 September was a chance to outline the wide range of activities we've undertaken in our first year, and let people know about future events and plans. The committee remains the same, but we are always looking for new volunteers. Whether you can commit regularly or just occasionally, you will be very welcome.

We then listened to local author Penny Kline outline the meticulous preparation she undertakes when drafting out a new crime novel; her fascinating talk prompted plenty of questions and discussion – and possibly inspired some budding crime writers.



I am writing this during Libraries Week on the theme of well-being, a week packed with cake and coffee, conversation and singing, which hopefully many of you enjoyed. And if you ventured out onto the

terrace in the glorious October sunshine, you will have seen the recently installed planter, full

Commemorating the 100th Anniversary of the Armistice

The Hotwells Howlers present

Stony Broke in No Man's Land

The story, in songs, tunes, readings and images, of how the Great War affected the lives of people in and around Bristol and Bath

Friday 2nd November, 7.15pm
Bishopston Library, Gloucester Rd, Bristol BS7 8BN
Doors open 6.45. Cash bar

Friends of Bishopston Library

Tickets £3 at the library or bishopstonlibrary.org.uk Collection for the British Red Cross

of subtle colours and textures. Our thanks to the Bishopston gardening group for this beautiful addition to our library.

As we mark the centenary of the end of WW1, we are looking forward to **Friday 2 November at 7.15pm 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*. It tells the story in songs, tunes, readings and images of how the Great War affected the lives of people in and around Bristol and Bath.

You can buy tickets at Bishopston Library or online at bishopstonlibrary.org.uk.

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

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

Remembrance at the Memorial Buildings

Horfield Baptist Church will be commemorating this month's centenary of the ending of World War One at its own Memorial Buildings.



The church's Memorial Buildings are next to the main church building facing Gloucester Road and incorporate the church's Fresh Ground Café. They were built in memory of those who served and the 39 men from the church who were killed in the First World War. The names of the fallen are recorded on a stone at the front of the buildings, which were opened in 1922.

The church is putting up a remembrance silhouette inside its Fresh Ground Café and adding 39 poppies to represent the church members who died. Further information and stories about some of those church members will also be added. From 5 November everyone in the Bishopston area is invited to visit during café opening hours (Monday to Friday 10am to 2pm) and purchase a British Legion poppy. This poppy can then be added to the silhouette in memory of someone lost in war from their own family, along with a name and other details if they wish.

On Sunday 11 November Horfield Baptist's Remembrance Service will start at 10.30am outside the Memorial Buildings and continue inside the church after the two-minute silence at 11am. You would be very welcome to attend the service or observe the silence for this centenary remembrance.

For more information, email office@horfieldbaptist.net

News from our Bishopston & Redland Councillors

Redland ward news

Sale of the Bristol North Baths building

The sale of the redevelopment of the old Bristol North Baths building is now at a new stage. Despite our concerns about the loss of community uses 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 was selected purely on maximum income, and 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 – We are still being 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. There have also been further incidents of emergency vehicles being trapped on the way to call outs, and collisions in congested streets. While the administration has promised officer support to look at potential solutions, this has yet to materialise, so Fi and Martin are pressing for some action on this. In the meantime, we are conducting some door-to-door-surveys in some of the affected areas. If you think your road is being affected by poor parking then please let us know and we will come and talk to residents in your street. In other parking news, the extensions to Redland (RD) and Cotham North (CN) RPZs 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.

Bristol waste – Recently entire streets have had their recycling collections missed, with some waiting for several days before it's been picked up. Clearly this is more than a glitch, so please let us know if this happens to you so that we get a clearer picture of the situation. Please do report missed collections via the council website so the extent of the problem can be logged and to remind the council to provide the service.

Meanwhile, Martin and Fi are disappointed that the council 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 as residents can already request an additional recycling box or food waste bin if they need one. Adding a new colour box for mixed recyclables also confuses the established sorting guidelines that help crews collect materials efficiently by the kerbside. 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 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 that there won't 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 on top of all the other developments in the north of the city.

Tackling disposable plastics – At the time of writing, Martin's petition to call on the council to eliminate single-use disposable plastics from its

activities had just reached 3,500 signatures so looks set to be debated at Full Council – you can still add weight by signing it via 38 degrees or the council petitions page. Fi had started work as cabinet member to get rid of such plastics in council-owned premises such as parks and museums, but this seems to have stalled, so here's hoping that the petition will kick-start action by the council to play its part in reducing waste.

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

Bishopston ward news

Spending our community's money

When developers build in our local areas, they have to pay the council some money towards 'community infrastructure'. Most of this is managed by the council and goes into big projects, but some is reserved for spending in the vicinity of the development. The council has created a new way of making decisions on this funding, using committees of councillors meeting annually to take decisions. Our committee met recently, and three decisions for spending the money were made that are of relevance to our ward.

The first of these was to spend £40k on resurfacing the northern play area on Horfield Common (by the Leisure Centre). This has suffered from drainage and surface issues since it was installed, and so resurfacing will improve the playing environment for the children and help avoid accidents.

Secondly, we agreed £21k for road safety improvements around Ashley Down, with a special concentration on Ashley Down Road and routes to Brunel Field school. This is in addition to the £16k being spent on the double yellow lines work that we've mentioned in previous issues. We've agreed with officers that this should be a package of safety measures on Ashley Down Road including bollards, flashing school signs, an additional interactive 20mph sign, and an extra no through road sign for Arthur Milton St. Any remaining money will be used to improve safety around the Grace Gate entrance to the cricket ground on Nevil Road, which children use to get to school.

We also know that it would be good to upgrade the road signs pointing to the cricket ground, in order

to improve safety, avoid visitors going to the wrong entrance, lorries getting stuck on narrow streets, etc. This is being taken forward separately by the council, working with the cricket club and Destination Bristol.

Finally, we will be using over £5k of money to plant new street trees across the ward, helping to green the local environment and replace trees that have been lost to disease or age.

The new process to decide on spending the money was quite rushed, and next year we're hoping to have more community involvement in suggesting improvements and making the decisions. Bishopston Matters will be one of the ways we'll do that, so watch this space!

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



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www.dechen.org

Street Art marks one-year anniversary at St Bon's Business Centre

To mark the one-year anniversary of the opening of St Bonaventure's Business Centre, the team invited the great Bristol designer and artist Jody (who headlined Upfest this year) to create a piece on the building's walls.

The completed piece will feature a floral interpretation of Picasso's Peace Dove as a mark of bringing God's peace and contemporary Christianity to our local Bishopston community. Fr Tom told us, "We are so excited to have Jody come and live on our walls with his amazing art work. As one of Bristol's foremost street artists Jody's work brings St Bon's to the world of Bristol's renowned street art culture."

The business centre is set on the site of a former event space and social club, which had fallen into disrepair. Following a crowdfunding appeal, the goodwill of the parishioners financed the refurbishment and construction of a modern and well-equipped business centre. The centre has seven fully furnished, purpose-built offices, meeting room, kitchenette and break-out area.

Fr Tom enthusiastically went on to say, "We welcome everyone to come and take a look at this fantastic new piece (it can be found via the car park entrance) and to pop inside our great church building which has served the people of Bishopston for over 100 years."

At time of writing Jody was waiting for the days of rain to stop, so the design could be completed, so watch that space!



Parish Priest Father Tom with Jody



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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.






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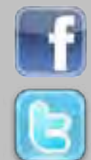
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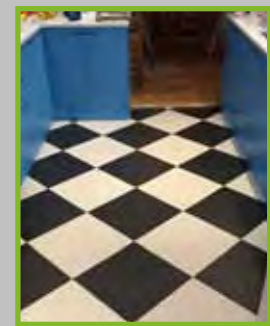



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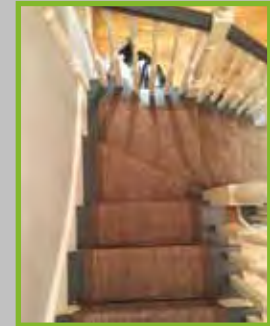
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Downstairs is all about real wood, parquet and engineered oak flooring and has the South West's only Bolefloor display floor, so you can see the live-edge technology in the flesh. Bespoke finishes are available on their solid block herringbone and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

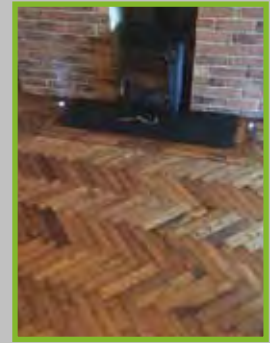
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Community Noticeboard

For free listings contact
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For the new online
 'What's on' diary of events visit
www.bishopstonmatters.co.uk

Call 07881 924059

Bishopston, Horfield & Ashley Down Local History Society

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

20 November AGM and quiz.

No meeting in December

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 began meeting in September and now 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

St. Bonaventure's Christmas Carol Service

FRIDAY 14TH DECEMBER, 7PM

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 November 2018
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 Next meetings Nov 10 & 24
www.facebook.com/HalCamplinar+

Events at Bishopston Methodist Church

245 Gloucester Road, BS7 8NY

New Friends Group

Meeting on Wednesdays at 2.30pm.
 14 November – to stitch up blanket squares
 and on the 28 November to listen to Mary play her Harp

Light lunches

Thursday 8 November
 from 12-1.30pm. Varied menu and good company if you would like it.



Community News/Events...

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

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.



Local choir celebrates 10th anniversary

The Redland Green Choir celebrates its 10th anniversary with a concert on 1 December at St Matthew's, Kingsdown. The concert will feature Benjamin Britten's St Nicolas Cantata, with a chamber ensemble and Rhodri Jones as soloist, together with some 'greatest hits' from the last ten years and a selection from Handel's Messiah. Tickets are £10 (£8 concessions): see www.redlandgreenchoir.org.uk for details.

The 70-strong choir is non-auditioned and sings predominantly classical music. It rehearses at Redland Green School on Monday evenings, and anyone who is interested is very welcome to go along and try it out. The choir is directed by Bristol-born rising star Nicholas Bromilow. Recent successes have included a performance of Verdi's Requiem at the 1532 Performing Arts Centre and Beethoven's choral symphony at Clifton Cathedral – these performances can be seen on YouTube. The choir has also sung at local community events such as the Redland May Fair. The choir's founder-director, Helen Bilkey and her successor, Emma Trounsom, will be attending this special event.



Local Christmas event diary

Horfield Methodist Church Christmas Fayre 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.

Bishopston Christmas Market | Thursday 22 November, 7.15-10pm

This market held at Bishop Road School (Bishop Road, BS7 8LS) has long been an ideal place to pick up interesting Christmas gifts. The stall holders are local, artisan producers and crafts people. Their wide ranging talents include producing home wares, original artwork, jewellery, decorations and clothing alongside some delicious treats. The school hosts two full halls of stalls as well as food producers located in the front playground. You'll be spoilt for choice for gifts for every member of the family!

Bishop Road School Christmas Tree Sale | 1 December, 10am-1pm

The Bishop Road School PTFA will be selling premium Nordman firs from Frenchay Forestry at the school. A netting machine is on hand so you can fully view your tree before buying. And if 1 December seems a little early to be decorating your tree, don't forget that you can keep the cut tree outside, with its

trunk in a bucket of water, until you're ready.

Ashley Down Primary School Christmas Fair & Tree Sale | Saturday 8 December, 12-2.30pm

The Christmas Fair takes place at Ashley Down Primary School on Downend Road, BS7 9PD. There will be lots of delicious food, drinks, games, and Santa will be in his grotto!

There will also be a Christmas tree sale in the playground at 10am.

Bishop Road School Christmas Fair | Saturday 8 December, 2pm-4.30pm

The Bishop Road Christmas Fair is taking place at the school from 2-4.30pm. In addition to the ever-popular Christmas crafts and games, chocolate tombola, pre-loved toys and books, there will be mulled wine, cider and Joe's Bakery mince pies, plus hot dogs from Bristol's Underdogs (vegetarian options available). Festive donkey rides will be available in the playground (don't they look cute above) and of course don't miss Santa himself, who will be dropping in to say 'hello'. It's a fun-filled winter wonderland for all the family to enjoy.



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