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issue 126, April 2019



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## Dear Readers...

I am pleased to be writing this while we are in the full swing of spring! The bobbing golden trumpets that trim Horfield Common and the sweeps of delicate crocuses in St Andrews Park never fail to renew my good spirits.

We have reports from both of the friend groups that take such good care of these local green spaces; they have lots of positive news and forthcoming events to share. See the centre pages to enjoy Wonderland coming to St Andrews Park!

I had a fabulous time visiting Brunel Field school on World Book Day 2019; you can see what fun everyone had celebrating all things reading and books.

Of course, the arrival of the Green man and its procession of cheering people to Gros Rd Central is one of the highlights of Mayfest,

this year taking place on Saturday 4 May, so do put that date in your diary!

Bishop Road School recently enjoyed working with local charity, Forest of Avon Trust, in planting 130 trees to enhance their Forest School area; find out more inside.

Staying on the theme of green fingers, the Golden Hill Community Garden have a whole host of seasonal events for you to get involved with.

I wish you all a wonderful Easter; do enjoy the egg hunt at the Ardagh Bowling Club, seasonal church celebrations and please support traders within this magazine when you think about stocking up on Easter treats or gifts for your loved ones - no one bakes a better hot cross bun than Joe's!

Enjoy eating too many eggs! **Kerry x**

**Email:** [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) • [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)  Bishopston Matters  
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Local storyteller Paula Brown



## World Book Day 2019!

Joe Berger with character Bridget Fidget

World Book Day has become one

of my favourite days to visit local schools – everyone is happy and the costumes are brilliant! It is great fun working out which characters from their favourite books the children have come as. And I have to say this year when I visited Brunel Field the teachers had excelled themselves in style too! Year 1 teachers uniting to bring us the Wizard of Oz, I spotted two Mary Poppins, Cruella de Vil, Mrs Twit and a very hungry caterpillar!

Brunel Field and Ashley Down schools took part in Book Fest, with a week-long celebration of books and reading. There was a readathon to raise funds

to buy books for children in hospital.

Year 5 were busy putting pen to paper for Radio 2's '500 word', short story competition. Year 2 were creating fantastic origami books, including riddles about monsters! Bedtime stories at both schools had proved to be popular, with children returning to school in their pyjamas and enjoying bedtime stories together.

During my visit there was a great sense of excitement as Key Stage 1 enjoyed an interactive tale by local story teller Paula Brown, while Year 5 were engrossed in an assembly taken by Joe Berger, author of books such as *The Pudding Problem*



A well-prepared Borrower!



Author Jeremy Strong enjoys taking part in Read Aloud

and *The Stinky Truth*. Joe was delighted to discover one pupil had chosen to come as Bridget Fidget from his book of the same name.

Each year, Ashley Down and Brunel Field Primary celebrate the progress pupils make on the Reading Recovery programme with 'Read Aloud' month. The event recognises all the hard work the pupils put in, and the support of their families. This year, during Book Fest, pupils Hasibah from Ashley Down

Primary School and Hugo from Brunel Field Primary, read to famous children's author Jeremy Strong as part of 'Read Aloud'.

Both children read cheerfully and confidently to Jeremy, and afterwards he read one of his books to them, while their

Reading Recovery teachers looked on proudly. Jeremy clearly enjoyed his time with the pupils and was pleased to sign a copy of one of his books for each child, as a memento of this exciting afternoon, which I'm sure both children and teachers will remember for a long time to come.

Happy reading one and all, I look forward to what next year's event will bring!



We're off to see the Wizard...

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

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



Photos thanks to Bristol Local TV

## Trees for Learning at Bishop Road

Pupils from Bishop Road Primary School put on their wellies and planted 130 trees to enhance their Forest School area in March. This is part of the Defra funded 'Trees for Learning' programme, run by local charity Forest of Avon Trust, which teaches children about the benefits of trees. As well as promoting outdoor learning, the tree planting scheme links to the national curriculum encouraging discussions about how trees and the environment are part of other important issues like health and climate change.

Children from Bishop Road also got involved in planting an orchard, which was funded by Western Power Distribution.

Trust Community Trees & Woodlands Officer, Anna Brunton said "We had a great day's planting in glorious weather. Thanks to all who took part, including John Atkinson of One Tree per Child who did the inspiring assemblies."

The Forest of Avon Trust's ethos is to deliver the huge benefits of trees & woodlands to as many people as possible in Bristol & Avon. As well as its school work, the Trust is currently running Woodland Wellbeing activities for people with dementia and providing accredited Forest School training.

**To find out more / get involved email:**  
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## News from the Ardagh Community Trust

### Reopening of the Café on the Common

We are working hard at the moment on plans for summer 2019 and getting ready for the Café on the Common to reopen on Friday 29 March (it may already be open as you read this!). We are currently confirming a programme of community activities for the summer and will share this in next month's BM, along with an update on the latest progress on Project Ardagh and creation of a year-round, fully accessible community facility at the site. Trustees are continuing to negotiate with Bristol City Council to secure the Community Asset Transfer lease that ACT needs to be able to spend the funding we have secured from a wide range of sources (thank you, all!), and report that this is progressing well.

### Bristol Walk Fest 2019

The city's hugely popular, annual walking festival – Bristol Walk Fest, a celebration of walking and walks throughout the city will take place from Wednesday, 1 May to Friday, 31 May 2019.

Bristol's month-long walking festival, now in its seventh successful year, regularly attracts over 3,000 walkers from across the city and beyond.

We are delighted to be taking part in Bristol Walk Fest 2019. Join our volunteers on **Saturday 18 May** for an informal stroll around Horfield Common. Find out about the history of the park, the work of the Friends group and what we're

working on now! ALL WELCOME – booking info on our social media pages soon and of course in the May Bishopston Matters.

Find out more about the variety of walking events on offer across the city at [www.bristolwalkfest.com](http://www.bristolwalkfest.com).

### Horfield Common Repair Café

Horfield Common Repair Café is running throughout 2019 on the first Saturday of the month, 10am–12.30pm. We have a great group of volunteer repairers, but would like to grow the range of skills we have available to help people repair more items. If you would like to get involved and volunteer your time and skills to this brilliant project – please do get in touch. You can send us a message via the website at [www.theardagh.com](http://www.theardagh.com). Our repair café volunteers are a friendly and 'can-do' bunch – come along and join them!

**To keep up with all of the latest news and updates, please see: [www.theardagh.com](http://www.theardagh.com), join our Facebook page 'The Ardagh' and follow us on Twitter @TheArdagh.**



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**"Thank you for making the last 8 days truly wonderful. I just loved meeting the goats at the cheese farm, and also learning so much about Salvador Dalí. Such an interesting and varied itinerary"** *Carol T.*

**"I am so glad I replied to your advert. We had so much fun. You certainly unlocked Catalonia for us! Our highlight was the fabulous guided walk through the beech forest to the volcano"** *G&J Wickham*

Contact Nick Clark on 07919 926 975

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Programmes can be viewed and places booked by visiting [www.ccsi-cliftoncollege.com](http://www.ccsi-cliftoncollege.com) or please contact a member of the team on 0117 315 7666, or [ccsl@cliftoncollege.com](mailto:ccsl@cliftoncollege.com).

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Sophie

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# The History of Morley Square, Bishopston

by Chris and Julia Wallace

Morley Square is one of about half a dozen private squares in Bristol and the only one in Bishopston. Relieving the density of the surrounding streets, it is a tranquil and intimate oasis of green in the midst of the buzz of the city, just off Gloucester Road.

Julia and Chris Wallace have lived in Morley Square for the past 20 years, and the idea for researching its history evolved from the years spent gazing out across it on waking every morning. Their interest was sparked more specifically during a kitchen renovation project, when a servant's bell mechanism was revealed, prompting a more active curiosity about the people who have lived here over the years.

During 2017 they researched the history of the square and its inhabitants since its inception in 1888/90. It was a fascinating project with a very steep learning curve, expanding as the more they unearthed the more they realised they didn't know. They constantly discovered new resources and were thrilled to unearth so much – though also frustrated by gaps in information which couldn't be filled. The research also revealed numerous intriguing side alleys tempting them off the main track.

The project could not have been completed without a great deal of help – starting with the contributions and encouragement of the residents of the square, together with local historians, the staff at Bristol Records Office and the National Archives.

The square is a Victorian development by Mervyn Herbert Nevil Story-Maskelyne, the landowner of the then Russell Fields. Story-Maskelyne also developed the surrounding streets – Nevil Road, Cricklade Road (he was MP for Cricklade in Wiltshire), Mervyn Road, Salthrop Road (named



Looking down the east side of Morley Square from Salthrop Road c1910

after his country property) and Morley Square itself (named after Samuel Morley, his friend and fellow Liberal MP).

The first mention we could find of Morley Square was in October 1887 in the minutes of the Horfield Local Board: Reading through these meticulously hand-written minutes, for the 10 years or so starting in 1885, conjures up a graphic impression of the hectic activity of myriad teams of builders working away in conditions – ranging from a muddy quagmire – to dry dust blowing off the unmade roads, surrounded by heaps of building materials and rubbish and horses pulling laden carts.

The population of the square has changed considerably over the 130 years since the houses were built; the 1891 census shows 153 people lived in the square, 70 of them children! The square itself has had a chequered history and was narrowly saved from being taken into council ownership after the Second World War by the efforts of the residents.

The product of this research is a book written by Julia, and a website created by Chris which gives background data on houses and inhabitants and also includes the book: <http://morleysq.org.uk>

Copies of the book have been deposited with Bristol Records Office, and Bishopston Library.

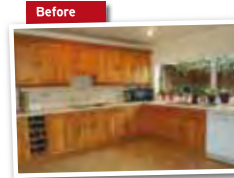


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**Award Nomination**  
Nuala and her team are delighted to be finalists in the Bristol Life Awards. They look forward to getting glammed up for the award ceremony on 11 April.

**Extended Opening**  
The salon is now open three late nights – Tuesday, Wednesday and Thursday, until 8pm.  
From April they will be opening every other Sunday. Please see the website for more details.

**Running for charity**  
Nuala will be running the Bristol 10k in May, to raise money for the Jessie May Foundation. Please go to the website if you would like to donate to Nuala's just giving page.

**Curly hair specialists**  
As you can see from the fabulous head of hair opposite, Nuala is a curly hair specialist. You can trust the salon to keep your curls looking healthy, frizz-free and full of bounce.

**Aveda salon**  
In need of some pampering? Why not try one of the salon's wonderful Aveda back, neck and shoulder, or full body massages?

Or if you are in need of some waxing, the team use an organic, vegan wax. Outback organic waxing treatments ensure that the skin is properly cared for both before and after hair removal. Their beauty therapists will consult with you to determine the skin and body care products to best cleanse, exfoliate and hydrate your skin, for fantastic results, with the highest level of comfort.

Outback organic wax, fuses the latest cosmetic ingredients with innovative natural extracts from the coastline, forests and bush lands of Australia.

**The Gel Bottle**  
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Above is one of Nuala's gorgeous clients, who completely trusts the talented stylist to maintain her curls, ensuring they are healthy, with stunning results!

**Launch of Natural Beauty range**

Nuala's beauty menu has changed, so please see the website to view their range of cruelty free, natural treatments, including their very exciting, natural facial – launching soon, using products designed by the team. 100% natural, gentle and kind to the skin.

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**News from Horfield dentalcare**

It's been a busy few months here at Gloucester Road's Horfield Dental Care. If you've recently visited our website you may have come across our brand new 'Online Smile Consultation' feature. This free, simple and fantastic new feature allows you to send us a 'Smile Selfie' together with short a tick box listing your dental concerns and desires. This is perfect for those of you who have considered improving the appearance of your smile, but you're not sure of your options. Our aim is to give you a prompt personalised response with suggestions on what treatments we can offer. We are a forward-thinking practice and we're always considering new and innovative ideas to make our client's approach to dental care a little bit easier.

We also have plans this year to give the practice a little 'make over' with the help from a local interior designer, our vision is to enhance the environment to make your experience at the dentist a little less daunting.

To learn a bit more about our wonderful team, what we can offer, or just to keep up with our latest developments then please follow us on **Facebook, Instagram and Twitter** – #horfielddentalcare #styleyourmile #letushelpyouloveyourmile.

So, if you're looking for a dentist, we'd love you to join us. Our new private patient examinations, which include X-rays and a complimentary cosmetic consultation, are just £39.50; and our 'Essentials Dental Plan' starts from just £13.25 a month – this includes 2 annual dental check-ups, 2 annual visits to the hygienist and 10% off all your general dental treatments, with the added benefit of worldwide dental injury and dental emergency insurance cover.

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## Bringing Beauty to the Prom

This month we were delighted to catch up with **Becky Summers** of **Urban Beauty Treatment Room**, set with **Illusions Hair salon** on the **Prom, Gloucester Road**.

With over 15 years in the beauty industry, working in professional salons both in Bristol and Australia, Becky has built a loyal following of clients. The recent opportunity to have her own beauty rooms on the popular Gloucester Road, an area she loves and knows well, was too good to be missed and she is excited to now be her own boss.

**Treatments offered** – Becky specialises in Facial and Massage Therapy, using the professional brand Comfort Zone. The treatments she offers are: facials, massage, Shellac and OPI manicure/pedicure, LVL lash lifting, waxing and St Tropez spray tanning.

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

**Book in now!** There has never been a better time to book in for a treatment, simply quote *Bishopston Matters* on booking and you will receive a generous **20% Discount!\***

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

**Instagram** Urban\_beautybristol ▪ **Facebook** Urban Beauty Treatment Room

*\*Valid until 31/05/19. Not redeemable against any current salon offers or existing available packages.*



Becky Summers



## 20% off any treatment with this advert\*

*Please quote Bishopston Matters when booking*

Comfort Zone Facial & Massage ▪ Shellac and OPI manicure / pedicure  
LVL lash lifting, facials, massage ▪ Waxing ▪ St Tropez spray tanning

**Urban Beauty**, based within Illusions Hairdressers, 22 Gloucester Rd, BS7 8AE. **Tel: 0117 907 7447 to book in** (via Illusions).

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

*\*Valid until 31/05/19. Not redeemable against any current salon offers or existing available package*



# The ROYAL OAK

CELEBRATING 10 YEARS

2009-2019

**Celebrating 10 Years of The Royal Oak  
Join in the celebrations!**

**Yard Sale & 'Pie Party'**

Saturday 27th April  
12-2pm table top sale  
Delicious Home made pies –  
pie competition for  
'Bake Off' enthusiasts!

**PORK & CIDER  
Festival**

Saturday 6th July, 12 til late  
Live music, massive bar of local ciders,  
all day BBQ with some delicious tasty  
treats, magician and kids entertainment.



**Outdoor Theatre Day**

Saturday 22nd June

2pm Kids show / 7pm Theatre show  
In association with The Kelvin Players –  
Full line up to be confirmed.

Tickets £5 on sale from behind the bar  
from March – family tickets available.

All proceeds to charity.

All events taking place at  
**The Royal Oak**  
385 GLOUCESTER RD, BS7 8TN  
0117 989 2522  
WWW.THEROYALOKBRISTOL.CO.UK

## From small acorns great oaks can grow...

It's amazing to think that 10 years ago Neil and Olivia Greenwood took over, the then closed John Cabot pub, and returned it to its original name, The Royal Oak. They both had backgrounds in hospitality but had never run a pub before – let alone a well-known football pub, which had experienced a degree of trouble over the preceding years! They were sold instantly by the huge unloved back garden, a feature that has grown with them over the years and is now home to their beloved pizza oven and been host to many a good party!! People told them 'it will never work'; luckily, they stuck with their gut instincts, winning Pub of the Year in their first year, and I guess you could say the rest is history!

They both saw the untapped potential; knowing and loving Gloucester Road well and having just started a family, they sought to transform the John Cabot into a family-friendly local. As stated in their early marketing literature "from small acorns great oaks can grow" – and after 10 fun-filled years it's fair to say their little acorn has grown into a lovely tree.

Back when The Royal Oak first opened its doors the only other venue close by which gave people a relaxed place to eat, drink and socialise was the Tinto Lounge. The landscape today is very different – there has been a huge surge in the café culture, with the choice of venues constantly changing and expanding. Businesses need to thrive on the ever-changing competition as it keeps everyone on their toes. The pub has always tried to keep their food and drink offering in line with changing tastes and trends. Gloucester Road is now such an incredibly diverse destination for people going out, anyone living in the area has everything they could want and so much more right on their doorstep.

Gloucester Road is somewhat like a living, breathing entity in itself. The people – diverse, eccentric and



never dull, the ever changing shops and cafes that pop up and then disappear, but most importantly the sense of community that seems to beat through the streets. People are what make a place special; not posh shops and fancy restaurants. This is what draws people to the area and has helped to create the pubs welcoming atmosphere. As owners, Neil and Olivia, feel very lucky to have been involved in helping to make the top end of Gloucester road as vibrant and 'happening' as the Arches end.

As always there are many highs and lows in business; they have seen some great successes over the years, with their summer Pork & Cider festival not to be missed, along with some very memorable moments – having a garden full of school kids singing 'we will rock you' at the top of their voices certainly stands out!

**They have some fun events planned to celebrate their 10th anniversary, and are hoping to see lots of faces of those who've supported them over the years.**

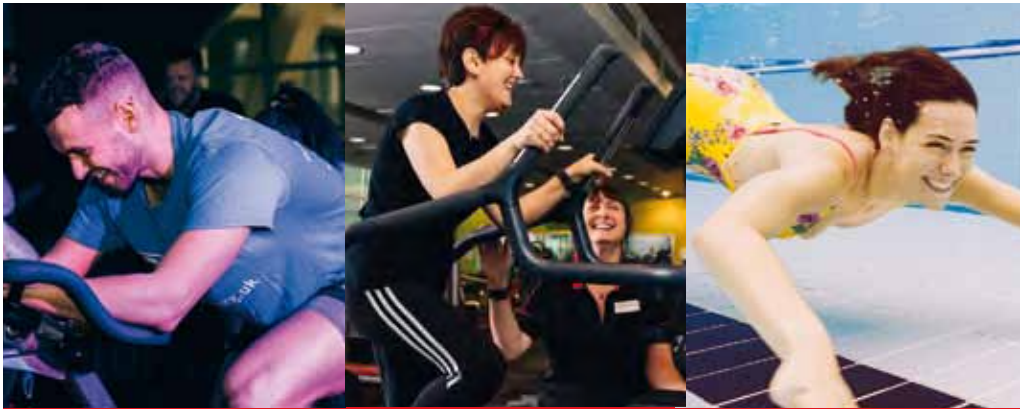
They will kick things off in **March** with an amazing **40% off food, 5-7pm from Tuesday to Thursday.**

On **27 April** there will be a 'Yard Sale' & Pie Party – a perfect way to recycle some unwanted bits around the house, catch up with neighbours and sample some delicious home-made pies!

On **22 June** they have a **theatre day** planned; a kids' show in the afternoon and a play for grown-ups in the evening (supported by The Kelvin Players).

The now infamous **Pork & Cider festival** will be held on **6 July** and they've already got some incredible home-grown acts lined up, along with the usual array of local ciders and scrumptious tasty treats, with a few extra surprises to make this year a bit special.





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\*Offer valid until 30/04/19 UK bank holders only, 16+. Direct debit membership. Must pay 1 month in advance, this will be used to cover your final month. Participating centres only. Must cancel by 20th of month in order for the DD payment to stop on the 1st of the following month. Remainder of current month to be paid pro-rata. Not available to existing members. See [www.everyoneactive.com/wythenshawterms](http://www.everyoneactive.com/wythenshawterms) for full terms.

Everyone Active manages this facility in partnership with Bristol City Council.

facebook.com/everyoneactive @everyoneactive

## The Training Plateau

At some point during your training journey, your body will adapt to the type of exercise you are doing, results will slow down and a training plateau will occur. One way to avoid this plateau is to switch the type of training, and sets you use. I have listed some examples below that you can use to help keep the positive results coming!



**Isolation exercises** (single muscle group exercises) by definition engage single muscles and are great for strengthening individual muscles but are not the most efficient overall calorie burners. Some examples are leg extensions, bicep curls, hamstring curls, tricep extensions.

### Compound exercises

(multiple muscle group exercises) on the other hand engage a far greater proportion of your overall muscle and for that reason will be far more efficient at burning calories. Some examples of compound exercise are – deadlifts, squats, bent over rows, bench pressing, walking lunges and planks.



**Full body approach** – this will really accelerate your results; by increasing the frequency with



which you train each muscle group, you will improve your strength, tone and endurance, as well as

improving your body's recovery time as you overcome the new stimulus, keeping your body guessing. This is also a great way to keep the intensity up during your workouts.

**Supersets** – picking the exercises for best results, choose two opposing exercises; for example, push ups vs bent over row; this will allow you to work your chest while letting your back recover and vice versa. Again, this is a great way to keep the intensity high during your workouts as well as making the most efficient use of the time you have.

Using all of these training methods during your workouts will keep your body guessing and in return keep your results coming.

*Kurtis Walters*  
Contract Fitness Manager | Everyone Active



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**Discover Buddhism in Clifton**  
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Multifaith Chaplaincy, 1 Woodland Road BS8 1AU  
Suggested donation £4; £2 for Wednesdays

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Along with massage, stretches and rehabilitation exercises are given to clients, which will help to prevent the return of symptoms. This treatment is for everyone, of any age.

**Sessions available at Bristol Natural Health Service, 407 Gloucester Rd, BS7 8TS**

For more info and to book contact Keon:  
**T: 07796578793** • **E: keonwilliams20@gmail.com**  
[www.bristol-natural-health-service.co.uk](http://www.bristol-natural-health-service.co.uk)

## BS7 GYM JUST GOT BETTER!

BS7 Gym, located at Gloucestershire County Cricket Club are delighted to announce the opening of our brand-new state of the art facility. The indoor cricket nets that were located towards the back of the gym have now been refurbished and developed into our new 'Performance Zone'.

The 'Performance Zone' blends the best of traditional training, functional approaches and strength and conditioning to create a unique fitness area serving all training requirements. Come and check out our refurbished and redeveloped training facility with 8 squat racks, extensive cardio equipment, modern resistance machines, two large free weights areas and much more.

Additionally, we have our inclusive facilities such as individual training zones, saunas, squash court, fitness studio and a whole host of other training areas that are provided at BS7 Gym.

The addition of our brand-new spin studio is also a huge positive for those spin fanatics who enjoy utilising our inclusive studio timetable.

As a member of BS7 Gym, you will receive the extra benefits associated with a BS7 Gym Membership. These are:

- 10% off food and soft drinks at Boston Tea Party (Nevil Road)
- Complimentary personal trainer session for all joiners
- Discounted swimming – £2 at Filton leisure centre
- 10% off treatments with JR Healthcare (located within BS7 Gym)
- 50% discount on room hire at the Bristol Pavilion
- Free entry to Gloucestershire Cricket home group matches
- Free Parking

Visit [www.bs7gym.co.uk](http://www.bs7gym.co.uk) or call 0117 910 8016 to arrange your tour of our new facility.



## The Cedar Shed

The Cedar Shed is a new Shiatsu treatment space opened in the garden of a house in Horfield. It is a beautiful, quiet room that is modern but cosy and an oasis within an urban setting.

It is the creation of Tasha, a Zen Shiatsu practitioner, qigong teacher and a soul midwife (a non-religious, non-medical companion to those living with life-limiting illnesses). She is passionate about Shiatsu and its capacity to empower people by bearing witness to them and by giving space and support to help them reconnect with themselves and find their inner balance.

She completed her training at the Bristol School of Shiatsu in 2012. Shiatsu is a Japanese word for finger pressure and refers to the acupressure used on specific points as well as a combination of holding and stretching to bring a person's ki (life force) back in to balance. It not only works on a physical level, being particularly good for localised pain, shoulders, neck stiffness, or joint pain; it also works on an emotional level helping issues such as stress, headaches, insomnia, digestive issues, anxiety or depression.

Tasha offers Shiatsu treatments which last for one hour and are followed with a cup of herbal tea.



She also offers mini retreats.

During the mini retreat you receive a Shiatsu treatment then you are left to rest, sleep, read or simply stare out at the garden while she cooks a delicious lunch for you, after which you have more time just to soak up the peace and quiet and take time for yourself. These mini retreats are a truly relaxing and magical way to spend a day.

For more information and to find out how to book the time for yourself, look at – [www.thecedarshed.com](http://www.thecedarshed.com) or email [thecedarshed1@gmail.com](mailto:thecedarshed1@gmail.com)

*I recently had the pleasure of a relaxing Shiatsu treatment with Tasha. She could not have done more to put me at my ease. The Cedar Shed offers a tranquil setting and my aches and worries melted away over the course of the session. I will be back again soon.*

Kerry M, Ashely Down

## The Gert Lush – Bristol and The South West's First Annual Vintage Bike Festival

The Gert Lush is the one bike ride Tour De France winner Geraint Thomas can't enter – his carbon bike is too modern!

On Sunday 19 May The Gert Lush celebrates all things vintage in terms of bicycling, through a day of rides and a festival, and does it in true 'Bristol Fashion'. The event encourages everyone to dust off their old bikes – be they commuters, vintage aficionados, shoppers or weekend warriors, and take part – the only rule is to leave any full carbon bikes at home.

They're launching the ride now so people can get fit for May and have time to fix up an old bike.

An early bird discount is encouraging people to get on board. Entries and further information are via the website [www.thegertlush.com](http://www.thegertlush.com).

Co-founded by Emmy and Bafta award-winning film-maker and Bishopston resident Patrick Collerton with Americana musician Steve Page, the cycle-mad duo will bring their experiences to bear to make the day filled with music, surprises, old fashioned refreshments and a warm, friendly atmosphere. Bristolians already know that Gert Lush means 'really good', which is how the festival got its name.

There's a free accompanied kids' ride, plus a 30-mile and 65-mile ride to cater for all. If you don't fancy riding then meet up in the afternoon with everyone else for The Gert Lush Vintage Fete – a post ride shindig at Long Ashton Community Centre, Long Ashton where you can eat, drink, and be merry, in true vintage style.

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



Steve Page left, Patrick Collerton on right

## The national clean air day is coming to Bishopston!

Thursday 20 June 2019 has been declared national Clean Air Day and we'll be joining in locally.

The Clean Air Bishopston team is planning activities, awareness-raising and events on and around the day.

Kevin Molloy, team leader, encouraged everyone by saying "Please save the date, find out more via our web site or social media, and pledge your support."

Further information: [bishopstonsociety.org.uk/cab](http://bishopstonsociety.org.uk/cab)



**Clean Air Day Bishopston – coming soon!**

**Save the date – Thursday 20th June  
Find out more – pledge your support**

**#CleanAirBishopston  
[www.bishopstonsociety.org.uk/cab](http://www.bishopstonsociety.org.uk/cab)**



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Bristol's most innovative indoor cycle class which features a high intensity cardio workout and is suitable for all abilities and confidence levels.

### Vinyasa Flow Yoga

Designed to generate heat, it includes strength and flexibility exercises for the entire body that will leave you feeling amazing.

### Iyengar Yoga

This class helps focus on correct alignment of the body in poses, ensuring you're working safely, with maximum benefit to your flexibility, strength and wellbeing.

### Power Yoga

A challenging class, you'll feel like you've had a workout with all the right ingredients; balance, agility, strength and core.

### Hatha Yoga

For those who just wish to practice at a meditative pace with frequent pauses between the yoga postures and lots of emphasis on correct breathing.

### Pad fit

These classes involve shadow-boxing, plyometrics, and hitting pads. It is a full-body workout that delivers a high calorie burn.

### Full Body Circuits

This class is the ultimate total body workout and is a great way to enhance your stamina, endurance, and strength all in one session.

### Core/HIIT

This class is aimed at strengthening your core, glutes and obliques whilst incorporating High Intensity Interval Training.

### Pilates

Pilates attacks the roots of bad posture by toning little-used muscles groups in the abdomen, torso, upper and lower back, while incorporating a slow breathing technique to energise the whole body.

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## News from the green room Natural Hair Salon



**Feel fabulous with a new look!** – Bored of the same old style? Looking for some inspiration? Look no further than the talented Green Room team. Whether it be a new style, colour, or both, you will be safe hands. The client below was delighted with her transformation from flat and drab to a beautiful bouncy bob. And if you fancy going short, how about a pixie cut?

**NHS staff discount** – The Green Room are pleased to support our NHS workers by offering them a 10% discount, Monday to Wednesday. So take advantage of this great deal and get booked in!

**Easter Gifts!** Forget chocolate! Green Room Vouchers make the perfect gift for the lovely lady in your life.



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

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# News from Glos Rd Central

March has been another busy and successful month for traders on and around our section of Gloucester Road. We were delighted to learn that several local businesses and designers are finalists for the **Bristol Life Awards**. Gloucester Road traders Nola Interiors, Blossom and Brush and Red Dog Glass Designs are all competing with other Bristol businesses for the interiors section while Nuala Morey is finalist for Hair & Beauty and Room 212 for retail. We're keeping our fingers crossed for them at the uber-glam Awards Ceremony on 11 April and we'll let you know if any of them won in next month's Bishopston Matters!

**Nola Interiors** has recently been refurbished due to expanding in its first year. Owner Finola is very proud to be a local stockist for Little Greene and Earthborn Eco paints, offering colour consultations. They also sell gorgeous rugs and textiles made from recycled plastic bottles, soft furnishings, homeware and gifts. Do call in and have a browse.

The inaugural **Gloucester Road Food and Drink Festival** was a big success despite the blustery weather. Glos Rd Central's – Joes Bakery, Preserve and Giles Butchers offered an array of tasty delights including tea time treats and handmade peanut butter. Alchemy 198 served



cocktails to customers enjoying having henna designs applied by local artist Sukhdeep Najafi of Holistic Henna and Avon Wildlife Trust spread the word about their citywide plans to help wildlife in our cities.

The festival gave a small taste of what's to come at our **Glos Rd Central Mayfest** on **Saturday 4 May**. Once again traders and community groups in our area will join together to put on a fantastic day of food, drink, live music and activities for everyone to enjoy. The day reaches a crescendo when Jack in the Green – 9 foot tall and covered in greenery, parades up Gloucester Road with his band of musicians. All being well, they will stop and dance on Bishop Road at 3.45pm. A section of the road nearest the shops will be closed for the day and will offer space for stalls. If you live in the area and would like to have a stall or offer an activity then please get in touch with Jenny at Joes Bakery. In the build up to Jack in the Green's arrival, shops and businesses will lay on and entertainment, food and drink. Ranging from a bbq by Giles Butchers, live music, and cocktails at Alchemy 198, an array of pastries and biscuit decorating at Joes Bakery and creative activities outside Art and Chocolate, Paper

Plane and Room 212, there will be lots to keep every member of the family entertained. Alchemy 198 is planning to hold a day and evening of live music, including the popular 12 piece ukelele band the Uke Lifts and local jazz musician Andy Leggatt. If you are a musician or entertainer and would like to take part then contact Sarah at Room 212 / Alchemy 198.



**Alchemy 198** only opened a few months ago but has quickly become known as a place for an interesting variety of events and as a community hub. Serving delicious cocktails, local beers, gins and teas its a great place for a catch up or celebrations. The regular Creative Club on Friday mornings is a popular time for people to bring along their unfinished projects or be inspired by tutor Debby Bird, who is a North Bristol Artist and art teacher at Bishop Road. In the evenings the comedy club, live music, film nights and workshops are bringing local people together to socialise or share their



skills. Alchemy is a friendly, welcoming space especially for those wanting to make new friends and connections, so don't be afraid to drop in on your own. The downstairs gallery is a multi-use space and is free to those wanting to put on public events. Email [alchemygloucesterroad@gmail.com](mailto:alchemygloucesterroad@gmail.com) with any requests or ideas.

**Easter food and gifts!** We have many fantastic food, art and gift shops in our section of Gloucester Road, full of fresh, delicious food for a special family meal, as well as wonderfully inspiring cards and presents for you to treat your loved ones, made by Bristol artist and makers.

**For more info follow Glos Rd Central on Facebook and Twitter.**

Sat 4th May  
10am - 4pm  
**MAYFEST 2019**

**GLOS RD CENTRAL**

STREET PARTY

Follow Jack in the Green procession up Gloucester Road

Get connected & join in the fun, its FREE, all welcome

- Jack in the Green
- Community stalls
- Plant Sales
- Creative Activities
- Facepainting
- Vintage & Bric a Brac
- Ice Cream
- Tea & Cake / Food & Drink
- Live Music
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**Billie-Jean Pop Up Cashmere Event**  
Glos Rd Central **Mayfest** Saturday 4 May on forecourt of  
**BRUNEL TAILORING**  
194 Gloucester Road, Bishopston

Where? Glos Rd Central (Top of Pigsty Hill and onwards)

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# ALCHEMY April Events



**Creative Club drop in £5** Fridays 10.30am -12.30pm

Weds 3rd	<b>Glos Vox Spring Choir</b>	7.30-9pm
	Listen to traditional songs by our local choir	
Thurs 4th	<b>Bossa Nova &amp; Brazilian Grooves</b>	8-11pm
	Local singer Cathy Jones with Tristram Cox	
Sun 7th	<b>Expressive Watercolour Workshop</b>	10am-4pm
	With Room 212 artist & tutor Emma Burleigh	£50/£60
Tues 9th	<b>Psychic Workshop</b>	8-10pm
Thurs 11th	<b>The Old Malt House Jazz Band</b>	8-11pm
Mon 15th	<b>Cajun Swamp Club, live music &amp; dance</b>	8-11pm
Weds 17th	<b>Funny Women Comedy Open Mic</b>	8-10pm
	Time of the Month Workshop, £5	6-7.30pm
Thurs 18th	<b>Kelvin Players present 'Road'</b>	8-10pm
	Interactive preview of the upcoming production	
Weds 24th	<b>Silent Movies with Live Piano</b>	6.30-9pm
	Buster Keaton feature + shorts, £7.50/£5	
Thurs 25th	<b>Live Jazz with Andy Leggatt &amp; friends</b>	8-11pm
Tues 30th	<b>Acoustic Open Mic Night</b>	8-11pm

*Events are free unless specified, donations in the hat*

**Downstairs Event Space Available for Party Hire**

We offer local beers, gins, cocktails, teas & more

**alchemy198.co.uk**

198 Gloucester Road, Bristol BS7 8NU

Alchemy 198 is your perfect 'local'. A place to meet friends and enjoy cocktails, wines, Bristol beers and gins or speciality teas. Or just come on your own, we're very friendly and will happily introduce you to others. As well as putting on events and exhibitions, Alchemy 198 can be hired for parties, launches and other occasions.

Email: [alchemygloucesterroad@gmail.com](mailto:alchemygloucesterroad@gmail.com) with your request.



## News from Joe's

**The German National Bakers Academy** – Joe's Bakery Manager, Wayne (pictured) recently attended a two-week course at the prestigious Akademie Deutsches Bäckerhandwerk Weinheim in Germany. The Academy provides training for around 10,000 German bakers, as well as many international bakers. Wayne achieved their International Diploma in German Bread Baking, for which he was unsurprisingly awarded 'outstanding'. Look out for some delicious new additions with a German influence over the coming months.

**All your Easter favourites** – It's that time of year again when the irresistible packs of Easter biscuits are on display, along with hot cross buns, Simnel Cake, Easter bread and if you fancy something a bit different this year, why not take home a Tsoureki? This Greek Easter sweet bread not only tastes divine but looks impressive too. All of these Easter specialities will be available at both of Joe's stores – enjoy!

**Gloucester Road International Festival of Food & Drink** – In March Joe's enjoyed taking part in the new, local food festival. Outside Joe's Express people learnt more and enjoyed samples of their ever expanding, vegan range of baked goods. As you would expect from Joe's their vegan bakes do not compromise on taste and do not come with a premium price tag.

**Mayfest 2019** – On Saturday 4 May the bakery will once again be joining in **Glos Rd Central's Mayfest**; biscuit decorating is always a favourite activity for children on this fun day of celebrations!

**Joe's Bakery at The Bread Store, 45 Glos Rd, BS7 8AD**  
**Joe's Bakery, 240-242 Glos Rd, BS7 8NZ ■ 0117 975 5551**



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

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## Artemis

designer jewellery and gifts

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contemporary jewellery design

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# GLOUCESTER ROAD FESTIVAL OF Food & Drink

A day celebrating the International Food and Drink of the Gloucester Road



Bomboloni

March saw the first Gloucester Road Festival of Food, celebrating the rich diversity of international food and drink of our doorstep. The Festival was promoted by GRE&T, the unincorporated traders' association with voluntary membership open to all shops, businesses and enterprises along Gloucester Road. Up to 30 of the Gloucester Road's independent food and drink

establishments took part. Some of the offers throughout the day included Portuguese tarts from Espresso Yourself, BBQ skewers outside the Brazilian Lounge, Hungarian Goulash from Deck Cafe, Arancini from Bomboloni and vegan treats at Joe's bakery. GRE&T hopes to hold the festival again in 2020 and make it even bigger than this year!



## Bishopston Fish Bar – what a catch!

The multi-award winning Bishopston Fish Bar continues to strive to be the best in taste, quality and service without compromising the environment. All the fish served is sustainable, cut and boned every day and freshly fried in vegetable oil (changed each week). The local fish bar is transitioning to be a plastic-free chip shop – polystyrene cups, trays and boxes have been replaced with card ones, and forks are now wooden. Bags are now paper, making every piece of packaging biodegradable. Owner Nick entered the 2019 Fish & Chip Awards and came an impressive Top 60 in the United Kingdom (and the only one from Bristol) which is no mean feat when you consider there are 10,500 chip

shops in the UK! The team now prepare to once again take the Quality Award that they have held since 2010. Never standing still – Nick has opened a second shop on Filton Avenue – Ocean Catch. This neighbouring fish bar has the same menu as Bishopston, with the addition of home-made Doner kebabs. The kebabs, containing 93% lamb meat are absolutely delicious, and make a nice change from fish and chips. Bishopston customers have been enjoying the new, deep-fried halloumi and steamed fish; Nick is looking to add further products to the menu at customers' request. Look out for their own, delicious tartare sauce and sweet chilli jam over the coming weeks.

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## Ancient Egypt in Bristol and Redland

When the towers of Clifton Suspension Bridge were first designed in the 1830s, they were to be in the shape of Egyptian temple gateways. Although the intended metal cladding with Egyptian-style carvings, and sphinxes on top were never installed, they still betray their original inspiration. Later, in 1883, Westbury-on-Trym resident and author Amelia Edwards founded the Egypt Exploration Fund (later Society), since then the major British sponsor for archaeological field work in Egypt, finds from which can be seen in Bristol Museum & Art Gallery. Amelia is buried in Henbury Churchyard, where her grave became a Grade II Listed monument in 2016.

The teaching of subjects relating to ancient Egypt started at what was then University College Bristol (University of Bristol from 1909) began in 1896, when Redland resident Ernest Sibree became Lecturer in Oriental Languages. Among his students



The Clifton Suspension Bridge and one of its prototypes.  
Photos Dyan Hilton & Aidan Dodson

were two local men, Gerald Wainwright and Ernest MacKay, who later became archaeologists working in Egypt. His classes included both the Ancient Egyptian language (written in hieroglyphs) and its later development, Coptic (written largely in Greek letters). The latter language was also studied by a colleague, the Rev Dr De Lacy O'Leary, who had lived at 116 Redland Road in his youth. He combined his research and teaching with being vicar of Christ Church, Barton Hill (demolished in the 1950s), and was able to experience Egypt at first hand during the First World War.

Egyptology at Bristol University began to lapse following the death of Sibree (in his house in Manor Park, just off Redland Road) in 1927, although O'Leary continued to work on matters-Coptic down to the Second World War. A revival came in the 1990s, when now-Professor Mark Horton began to teach in what is now the Department of Anthropology & Archaeology, having previously excavated at the Egyptian site of Qasr Ibrim. Then in 1996, now-Professor Aidan Dodson – yet another Redland resident – introduced more elements of Egyptology to the University curriculum, in which they remain.

### The Egypt Society welcome new members.

If you would like to join them they meet at 6.45pm in Lecture Theatre 3, Arts Complex, 21 Woodland Road, Bristol, BS8 1TB. The entrance is at the rear of the building. Entry for members of the ESB and members of the University is free, £4.00 for non-members. The meetings are as follows –

**Tue 2 April 2019** – Lecture: Vivant Denon: A Scholar and a Gentleman Lee Young.

**Tue 14 May 2019** – Lecture: A House of Mummies: Joseph Mayer's Egyptian Museum in 19th Century Liverpool Dr Ashley Cooke, National Museums Liverpool.

**Tue 4 Jun 2019** – Lecture: The reception of ancient Egypt in Victorian Britain Prof Stephanie Moser, University of Southampton.

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

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# News from the Friends of Horfield Common



**Junior Parkrun** – FoHC is continuing to raise funds to buy the pack required to enable volunteers to run Junior Parkrun on Horfield Common. We are now approaching £800 of the £3000 needed to get things started. Volunteers have written a range of funding applications which we are waiting to hear back from. If you would like to make a donation to support this fundraiser – please visit [www.friendsofhorfieldcommon.com](http://www.friendsofhorfieldcommon.com) and thank you very much to all who have donated so far – we are well on the way to the target.

**Priorities for 2019/20** – We are working on plans for Horfield Seedlings children and families gardening group running again in late spring/summer, and also thinking about priorities for 2019/20. We will be launching a survey later this month to gather local residents' thoughts on how FoHC should develop its work and, whether there are new volunteers who would like to come along and get involved in the group. All of FoHC's work is undertaken by volunteers and several key people have recently moved on out of the area, so we are looking to grow our regular volunteering numbers to ensure that any projects are achievable with the resources we have available. We invite everyone with an interest in the common to take part in this (more details to follow). Horfield Common is a fantastic asset for everyone in the local area so we really hope that as many people as possible will take part and let us know how they think that the group should develop its work over the next 5–10 years.

**Additional catering concession** – We are really disappointed that Bristol City Council (BCC) has approved an ice-cream concession on the common almost immediately adjacent to the Café on the Common. This is now out to tender and we are currently waiting for the outcome of that process. We still think that a better location for an additional facility on the common would be at the top end, near to the other children's play area,

where this would provide an additional facility rather than a competitor, but unfortunately this suggestion was not supported.

While we understand that BCC is now looking to increase the revenue it generates from the city's parks, it is frustrating that the local authority has such a short-term memory. The café initially opened as the result of significant work undertaken by local volunteers in partnership with BCC to increase community engagement in the park, encourage increased numbers of people to use and enjoy it, and find ways to provide facilities that BCC could not afford to. FoHC spent more than 5 years asking BCC to open a Café on the Common to provide a facility for local people; we were repeatedly told that there was no demand for this and so if we wanted a facility, we would have to do it ourselves. While we have now passed the running of the café formally on to Ardagh Community Trust, it was initially established through the hard work and efforts of large numbers of FoHC volunteers (many of whom continue to volunteer in the café gardens and on projects across the wider common).

The facility provided a focus for increased amounts of volunteering activity which aimed to support BCC Parks in enhancing and maintaining the common for the benefit of all local people. We are concerned not to see that work undermined. Please do continue to support the café – your support matters!

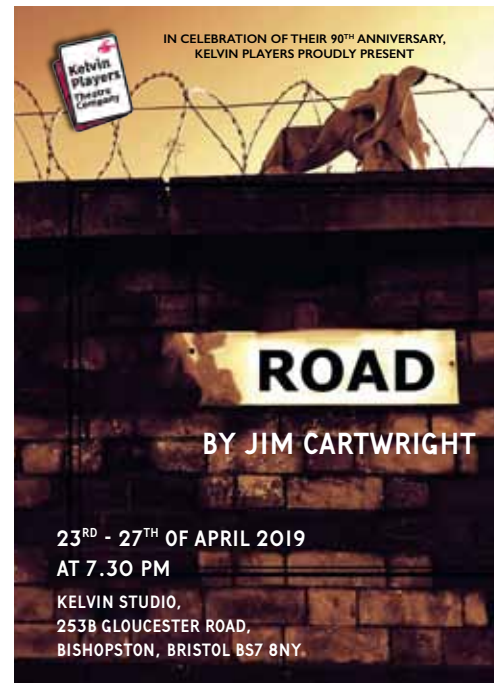
## FoHC Annual Dog Show & Fundraiser

– FoHC's 2019 Annual Dog Show & Fundraiser will take place on Saturday 20 July, once again sponsored by *Bishopston Matters*. This is always a fantastic and fun event. Please do get the date in to your diaries – and we look forward to seeing you there!

**Facebook:** Friends of Horfield Common  
**Twitter:** @FOHC\_Bristol  
[friendsofhorfieldcommon.weebly.com](http://friendsofhorfieldcommon.weebly.com)



# The Kelvin Players present – ROAD by Jim Cartwright



## ROAD BY JIM CARTWRIGHT

The play explores the lives of the people in a deprived, working class area of Lancashire during the government of Margaret Thatcher, a time of high unemployment in the north of England. Despite its explicit nature, it was considered extremely effective in portraying the desperation of people's lives at this time, as well as containing a great deal of humour. The play won a number of awards and was voted the 36th best play of the 20th century in a poll by the Royal National Theatre. Set on a road on a busy night, the audience delve into the houses on the street and the characters' lives.

**Performances 7:30pm on Tuesday 23 to Saturday 27 of April.**

**Kelvin Studio, 253b Gloucester Road, BS7 8NY.**

Licensed bar available.

Tickets £15 (£12 concessions, see website). Book online via [www.kelvinplayers.co.uk](http://www.kelvinplayers.co.uk). For enquiries: [enquiries@kelvinplayers.co.uk](mailto:enquiries@kelvinplayers.co.uk).

Postal bookings must be received prior to April 23. Please write stating how many tickets, and on which night, and send with stamped addressed envelope and cheque payable to: Kelvin Players, c/o 17 The Chine, Stapleton, Bristol, BS16 1BB.

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# News from Friends of St Andrews Park

Fabulous fun in the February snow



Image thanks to Paul Bullivant



Make a date with the Pantaloons in the Park – 23 June

We are in strange, unpredictable times – and that includes the seasonal pattern of life in St Andrew's Park. Who would have thought that in the same winter month of February we would have had snowballs, tobogganing and snowmen followed a couple of weeks later by sunbathing and barbecues. Both attracted many hundreds of people and showed, yet again, how important our beautiful park is to people's lives throughout the year.

During 2019, there will be big changes in how Bristol's parks and open spaces are managed, with the setting up of the Bristol/Bath Parks Foundation, a partnership between Bristol and Bath city councils, the Bristol Parks Forum and other charitable/ community bodies. This will not only widen the opportunities for active community involvement, but also enable money for improvements to be attracted from a wider range of sources than at present. This is particularly important at a time when the city council continues to have to make sizeable cuts in its budgets.

All this means it is becoming ever more important for local people to get actively involved with the Friends of St Andrew's Park, which has now been running for over 10 years. In order to make our group as democratic and representative of park users as possible, a major project was recently completed to ensure that everyone who has been

signed up to become a member (currently over 500 local people) will now receive regular information about our activities and events.

We meet every 6 weeks, and information about our activities can be found on our website [www.friendsofstandrewspark.com](http://www.friendsofstandrewspark.com)

## Current projects include:

- working with the city council to sort out much needed **improvements to the play area**. Following consultation with local families, two grant applications were made earlier this year for stage 1 (the younger children's equipment), to the Ministry of Housing, Communities and Local Government and the Ibstock Enover Trust. These were successful, and it is anticipated the work will take place in the autumn. Planning will continue for redeveloping the older children's equipment and extending the play area.
- when the **birch tree** by the paddling pool was recently blown over, a crowdfund was started which very **quickly raised £1,150**. A replacement birch tree will be planted in March and surplus money held over to enable new and/or further replacement planting to take place in future seasons.
- working closely with the city council to ensure that the **public toilets** and the **paddling pool** continue to be properly maintained. Improvements to the toilets are expected soon.
- at the time of writing, the future of **Fay's tea garden** is still uncertain. Fay is having to competitively tender for a further three-year tenancy, and the result is expected at the end of March. A petition with over 5,000 signatures was submitted to the city council in support, and we are very hopeful that Fay's bid will be deservedly successful (see opposite).
- for the third year running, the wonderful **Pantaloons** will be performing on **Sunday 23 June**. This year's play is **Sense and Sensibility**.
- 2020 sees the 125th anniversary of the park being created, and already thought is going in to how best to celebrate this important occasion.

A big thank you to everybody involved in the above, and come and join us if you also want to be involved.

**Our next meeting takes place on Tuesday 9 April 2019, 7.30pm at St Andrews Bowling Club, Derby Road.**



## Cheers Fay!

A huge thank you goes to our Queen of Hearts – Fay of the Tea Garden, who threw a fabulous, Madhatter's Tea Party on Sunday 17 March to celebrate thirteen years of her much-loved, cafe business.

The decision from Bristol City Council was yet to be announced as to whether Fay had won the tender to continue with The Tea Garden, but she still had a broad smile across her face as she poured tea to her party goers

A huge amount of time and effort had clearly gone in to creating Wonderland in St Andrews Park, with the most delicious and generous afternoon tea for all.

Fay told me she had a great deal of fun creating the party and was delighted that so many local people had turned out to raise a tea cup and join in the celebrations. Fay would like to thank the community for all their kindness and support over what has been a worrying and difficult year and a quarter, as the future of her business hung in the balance.

There was a great turn out for the magical tea party, everyone with praise for Fay and strong hope that she will be able to continue with her team for many years to come.

Fay, we thank you and wish you all the best for the future.



Fay with her giant teapot!



## Wellington Bomber Memorial

Ten years ago, friend Jenny Morris was instrumental

in the instalment of the memorial stone at the top of St Andrews Park, to remember those who were involved, or who died when the Wellington Bomber crashed down in St Andrews Park in 1941.

At 11am on Saturday 30 April 2019, Jenny will be paying her respects at the Wellington Memorial stone, nothing formal and all are welcome to gather and join her to mark the anniversary of the crash.



# News from Bristol's Independent District



**On Yer Bike!** Bristol's Indie District celebrated local cycling in March with a Breakfast Station for cyclists on their way to work – made possible by a grant. Collaborating with The Travelwest Road Show, Clean Air Bishopston and Future Economy Network, volunteers handed out delicious

breakfasts. The Travelwest team were there to give out information on local bike routes, bike schemes and technologies making your bike journeys easier than ever. A big thank you to our local independents – Gloucester Road Fruiterers, Joe's Bakery, Pigsty and Tincan Co who provided a great start to the day!



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## Gloucester Road Gets its First Local, Public Access Defibrillator – A Safer Place to Work, Shop and Visit

We became aware of a local campaign spearheaded by local business The Family Practice, to install Gloucester Road's first community defibrillator.

- CPR alone saves just 9% of people who suffer from a sudden cardiac arrest.
- CPR and an automated external defibrillator (AED) increase the chance of survival five-fold to 50%.

Working in collaboration with them and Apple Green Petrol Station we are delighted to be providing this potentially lifesaving equipment this Spring. It will be simple to use and we have selected one that needs no prior training and

has voice prompts telling you exactly what to do. It will be located on the right-side wall of Apple Green shop. To access the defibrillator you will need to call 999 and will be given a code to open the cabinet.



Watch a handy video about using a public access defibrillator <https://youtu.be/UFvL7wTFzI0>



## Bristol's Indie District New Selfie Spot

We are tapping in to Bristol's worldwide reputation for street art. As our lives become more digitally connected with social media apps such as Instagram, Snapchat and Facebook, there is a desire to find unique photo opportunities to document our lives. Selfie spots are a quirky way of encouraging people to stop, pause for a while and have a little fun – and share that moment across their social media platforms. The benefits locally are Gloucester Road and local businesses get geo tagged, thus raising the profile of the area to an even wider audience.

The Hob Goblin offered us a perfect blank canvas for Bex Glover, a contemporary artist and illustrator who works in physical and digital mediums. She is also a regular contributor to the world famous Upfest event.

**When sharing your photos use these hashtags #selfiespot #brizindieselfiewall**

## Parking Made Clearer in the District

We've heard time and time again from the community that as there are so many different parking options in the area people are unsure of

where is free and for how long they can park their car for free.

Local businesses in the district will be soon displaying a sign for their customers in their window to help make it clearer. They'll be recognisable by our branding – see opposite page.

And with more cycle parking coming too, it's becoming easier than ever to visit and support your local shops.

## 3rd Edition of Local Map

Our free map has proved very popular and is now in its third edition. It's available across Bristol in hotels, travel hubs and of locally from the Bishopston Library or Totally Toys. So, pick one up today – perfect to help your visitors explore the area.



## Bristol's Independent District



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**For updates on our local events, jobs and news please follow us**

**T @GloucesterRoad**

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## Fruit for all in small spaces

If you eat fruit in season – you'll be aware of the hungry gap. This time of year when stored apples and pears have been eaten up, or will soon be past their best. Thanks be to rhubarb! Pink stalks drawn from the soil by longer days. They perk up the last of the wrinkled apples and frozen summer berries.

Rhubarb is making a welcome return in the Home Orchard Plot at Horfield Organic Community Orchard (HOCO). Orchard members planned and planted the plot, now in its third growing season, to inspire more people to grow more fruit for themselves.

Are you growing fruit in your garden or allotment? Do you wish to grow fruit but don't have a garden? Not sure what fruits to grow? Planning and Caring for Fruit Grown in Small Spaces is a one-day course at HOCO. It covers all you need to know about soil, light, and ways of growing to produce plenty of fruit in small spaces. There's much to learn from the Home Orchard Plot.

Shannon Smith, the course tutor, told us, "Fruit growing takes less time than vegetables. It's better value too, as fresh fruit is costly. This short course shows participants how get the best crops from small spaces, and shares handy tips from the fruits of experience."

**Growing Fruit in Small Spaces – Saturday 27 April, 10am–4pm.**

Participants take away a plan of action at the end of day. They are guided by Shannon, a knowledgeable and down-to-earth tutor. She has grown fruit in cities and towns for more than 30 years – in containers, gardens, allotments and orchards. Group sizes are small, and early booking is advised.

**Contact: [hocopips@gmail.com](mailto:hocopips@gmail.com) or 0117 373 1587. More information on the HOCO website: <https://tinyurl.com/OLcourses2019>**



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## News from the Goldenhill Community Garden

Hi everyone,

This has to be my favourite season! The garden turns greener every day, the hedge is full of birdsong, there's tadpoles in the pond and the polytunnels are bursting with little green seedlings. The volunteers did heroic amounts of work this winter clearing a whole corner we abandoned ages ago and revealing – to the joy of the afterschool clubs – our stream, and making way for us to plant lots of lovely willow. We've got a brand new carved sign and lovely new mud kitchen and unloved corners have had loved poured into them ready for the growing season.

We'll be busy this month planting THOUSANDS of all minds of flower and veg seeds as the soil warms up and filling the tunnels with more tender plants to go out next month, as well as the usual chatting, weeding, barrowing and drinking tea. Come and get involved any Wednesday 10–4; come find us behind Horfield Prison through the allotment gates at the end of Monk Rd. No need to come every week or stay all day, and no experience or tools necessary.

**This Easter we're running our usual fab adventure days, 10–4 Tuesday 9 and 16 April.** Aimed at 5–12-year olds (who aren't ready to grow up yet), they can expect silly games, crafting, cooking, den building, pond dipping, a workout for the imagination and AN EGG HUNT LIKE NO OTHER. £27/£22 – there's a link to the online booking site on our website or get on touch with me for more details.

We're also running another popular **adventure**



**day for children with SEN and their families, Thursday 11 April 11am–3pm** – just £5 thanks to the Tesco Bags of Help scheme. It'll be a fun day of sensory play and silly games, tree climbing, pond dipping, crafting, chilling in the hammock, hammering and making and being all together. £5 per child includes a delicious lunch for everyone that the children will help harvest and cook, including pizzas from the giant frog oven.

**AND finally, please put our Big Spring Fair in your diaries! Saturday 11 May!** We'll have plants to buy, music to enjoy, junk drumming to get involved with, cakes and pizza to munch on, loads of free kids' activities and LOADS MORE!

See you in the garden!

*Lucy Mitchell*

**For more info – 07506 905 394  
[thegoldenhillcommunitygarden.com](http://thegoldenhillcommunitygarden.com)**



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## FHS wins award for young carer support

**Fairfield High School (FHS) has been given a Bronze award for its work to ensure students don't miss out on an education because they are young carers.**

The Young Carers in Schools programme helps primary and secondary schools improve outcomes for young carers and celebrates good practice through the Young Carers in Schools Award.

Keely Holloway, Learning Mentor at FHS comments:

"We are really pleased to be recognised by the Children's Society for the work that we do to support young carers at FHS. We offer drop in and group sessions to listen to and support young people with caring responsibilities at home. As a group we aim to meet twice a term to give our students a chance to socialise and to support one other through any difficulties they may be experiencing. It is important that they feel that they are not alone and have someone to turn to if they need to."

Young Carer and student Archie comments:

"Fairfield has given me the opportunity to learn about mindfulness which has been a great help in helping me relax and manage my time effectively. I attend a young carers meeting where we talk about stuff going on at home and support each other. There is also support with homework for all students in all departments. I've made new friends and learned new ways to tackle the stresses of caring. We play games and generally socialise and everyone is really nice. Fairfield and young carers at my school is really support and this award is greatly deserved."

Young carers are responsible for emotional, practical or physical care for a parent, sibling or other family member who has a physical disability, mental health issue or substance misuse issue. The 2011 Census statistics revealed that there are just over 166,000 young carers in England,

but research reveals that this is just the tip of the iceberg. The true figure could be closer to 700,000 young carers in England, equivalent to one in 12 school children many of whom are unrecognised and unsupported.

Research carried out by Carers Trust and The Children's Society shows that, on average, young carers miss or cut short 48 school days a year and often have lower levels of self-confidence, mental wellbeing and significantly lower educational attainment at GCSE level, because of their caring role. Ofsted's Common Inspection Framework states that inspectors will look at how well schools support young carers. While some schools are doing this really well, others struggle and this causes real problems for young carers.

To help schools support young carers, the programme offers a step-by-step guide for leaders, teachers and non-teaching staff, with practical tools designed to make it as easy as possible for schools. Staff can also receive training through webinars and events and the programme also features a newsletter each term highlighting relevant policy developments, spotlighting good practice and giving updates on the programme's successes.

To achieve its Bronze Award, FHS has demonstrated that it supports young carers in many ways, including homework clubs and drop-in sessions with a member of staff who is responsible for this vulnerable group of pupils. The programme is open to all schools in England and to sign up schools just need to visit [www.youngcarersinschools.com](http://www.youngcarersinschools.com)

Giles Meyer, Chief Executive of Carers Trust, today congratulated Award-winning schools, saying: "The Young Carers in Schools programme is helping to transform schools and support staff across England. Schools play a vital role in a young carer's life, as many care for relatives without their teachers even knowing what they do. On average young carers will miss a day of school each month as a result of their caring role, so the steps schools take to identify and support them can have a huge impact on their learning, wellbeing and life chances."

Helen Leadbitter, national young carers lead at The Children's Society, is delighted that the Young Carers in Schools Programme is bringing about national change.

"Hundreds of schools across England are participating in the Young Carers in Schools programme, using the tools and resources to improve their support systems, and ensuring that no child need miss out on educational opportunities because they are a carer. 74% of schools who have achieved a Young Carers in Schools Award have noticed improved attendance among their young carers, and 94% have noticed improvements in their wellbeing and confidence."

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## Keep your pets entertained this Spring!

**Bubble-tastic!** Yes, your local pet shop is now stocking bubble guns for dogs and cats! We all know how much our pets enjoy leaping, chasing and inevitably swallowing floating bubbles! Well now they can enjoy this game with a special solution containing no harmful toxins; in fact, the doggy bubbles are peanut butter flavoured and the feline version tastes of vanilla. I look forward to seeing many dogs snapping at bubbles till their heart's content at our local parks.

**Activity toys** – We all have times when we have to leave our best friends at home or they simply need constant entertaining! Help is at hand: Roxfords has a wide range of products to keep them busy! New in are the clever LickiMats; these maze-like mats enable you to smear a favourite doggy paste (available to buy in tubes or you can make your own), over the raised surface and your dogs will have a great time working to lick all the food up. Classic Kongs (available in a range of sizes) and Kong Spin It are also perfect for adding treats inside. These toys stimulate dogs mentally as they work to retrieve the food reward. Ask in store for more information.



155 Gloucester Rd, BS7 8BA • Tel: 0117 924 8397 • roxfordsthepetshop.co.uk

## The Professional Dog Walkers Guidelines

It seems that here in Bristol we have an increasing number of walking services and plenty of dog owners reliant on these to help with doggy day care while they are out at work. They provide an invaluable service.

However, it is perhaps not widely known that this 'profession' is entirely unregulated and hence no checks are required on a professional dog walker. Recently a document was produced by the RSPCA, Dogs Trust and Pet Industry Federation to give guidelines for both the dog walkers themselves and dog owners, and most importantly to ensure the welfare of dogs being walked. The guidelines cover important matters and make vital reading for any dog walker as well as any owners employing their services. Dogs are protected under The Animal Welfare Act 2006 and the guidelines refer to this as well as reminding us that the law states that a dog walker is responsible for a dog while walking it and hence has legal responsibilities and can be held criminally liable under the act.

It is recommended that a dog walker meets a potential dog prior to walking it to assess its character and behaviour and to discuss its individual needs with its owner. Walks should be planned with consideration to the dog's age, health, behaviour and fitness.

Transport of the dogs must comply with the Animal Welfare Act, with dogs being transported in suitable vehicles with temperature and ventilation control, and water provided. Suitable containment and caging should be used.

Exercising dogs off lead should only be done with prior written permission of the owner, and dogs should be able to be called back to the walker immediately. It is recommended that a maximum of four dogs are walked at a time (or the maximum allowed under the walker's insurance). When walking in a group the walker should ensure that dogs are vaccinated and up to date with treatment for fleas and worms. Walkers should be familiar with recognising signs of illness.

It is recommended that lone dog walkers always carry a mobile phone with speed dial for emergency numbers. In case of an emergency they should have instant access to the owner and vet details of their charges as well as prior written agreement from the owner to detail who to contact in an emergency.

Dog walkers need adequate third party insurance and where possible insurance that covers the dog while in their care. They also need to consider if they need cover for any veterinary fees which may be necessary while responsible for the dog. Legally no person under 16 years can be in charge of a dog.

A written contract between the owner and the dog walker is recommended to ensure that all this is clearly covered in writing before the dog walking begins.

Training exists for dog walkers; there is a City and Guilds level 2 Certificate of Competence in Dog Walking and it is much recommended that they hold a Canine First Aid Certificate.

Without our local dog walkers, many of our canine friends would be stuck – as would their owners – and so they are very much appreciated, my aim for this article is to ensure that owners and walkers are aware of their responsibilities and to ensure the welfare of dogs in their care.

Further information can be obtained from the Professional Dog Walkers Guidelines at [www.rspca.org.uk/webContent/staticimages/Downloads/DogWalkingGuide.pdf](http://www.rspca.org.uk/webContent/staticimages/Downloads/DogWalkingGuide.pdf)

Nicky Bromhall, MRCVS  
Animal Health Centre



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## Propagation Place – Growing a community business

**Propagation Place is a volunteer project at St Werburghs City Farm that grows vegetable and herb plants in the polytunnel at Ashley Vale Allotments.**

Volunteers from the local community have helped design and run the project since its beginning in 2016, and help with the sowing and nurturing of a variety of plants from asparagus to watercress. These seedlings are available for sale online or direct from the polytunnel, supplying gardeners and allotment holders with healthy plants that are ready to go in the ground. Planting out robust transplants is one of the easiest ways to get your garden going in spring, as larger plants are less likely to get attacked by slugs and snails than more tender seedlings that have been directly sown into the ground or raised at home.

Volunteers also help with caring for the community garden next to the polytunnel, growing bumper harvests of delicious organic vegetables which get turned into lunch time feasts and any surplus shared out at the end of the day.

Propagation Place has recently been awarded £104,000 from independent trust Power to Change. The grant, part of the Community Business Fund, will allow the project to really spread its wings as a Community Business by supporting staffing costs over two years and funding a new website. This will help the project become financially sustainable and ensure that Propagation Place can continue working with its local community and supplying training and volunteer placements for years to come.

Community business is a growing movement, with an estimated 7,800 ventures operating in England in 2018. Profit from these businesses is reinvested in the local area to deliver services, activities and events that their community needs and wants. Central to the ethos of community business is that they are supportive of local people and exist to make a tangible, positive difference to peoples' lives.



Since 2016, Propagation Place has welcomed over 100 volunteers to become part of a team, making new friends and being sociable whilst working together

outdoors, growing vegetables and learning about horticulture. Some have said that it has made a big difference to their lives, with the majority saying that they felt more connected to their local community. One volunteer said: "This is my community here, I don't know what I'd do without it" and another: "I could be fairly isolated if I didn't come here".

**Propagation Place is gearing up for the 2019 growing season, and is running three volunteer sessions a week** on Mondays, Tuesday and Wednesdays. Anyone over the age of 18 is welcome to join the friendly team. If you are interested in volunteering, then please **contact: grow@swcityfarm.co.uk, or drop into the Farm office on Watercress Road, St Werburghs, Bristol, BS2 9Y.**

**Propagation Place will be having an open day on 13 April from 12-3pm, so why not pop down to the polytunnel and come for a look around? There will be plants for sale and refreshments available.**



## Care to foster in Bristol?

Do you have a spare bedroom, patience, sense of humour and a real desire to help children and young people? We offer a generous allowance, professional training and great local support.

Capstone Foster Care needs carers for children of all ages but are particularly interested in hearing from people able to look after sibling groups or children over the age of 11.

## Foster for Capstone

The number of children in care has reached a record high, with 90 young people entering the care system each day, figures show.

Call 01454 423 820 or visit [www.capstonefostercare.co.uk](http://www.capstonefostercare.co.uk)

## Curves and Circles in Your Garden

The use of circles and curves in garden design create a strong statement, and give significant visual interest by adding structure so that the eye can follow around the garden, connecting with other forms. They can be used to fit unusual or difficult areas in a garden, with the possibilities being endless. At Secret Garden we enjoy creating garden designs that use a variety of shapes and forms, with simple circles and curves always being a winner.

When utilising curves; bold, sweeping arcs work better with the eye than that of too many wiggling lines. These work well in large spaces, and within smaller gardens the use of semi circles can trick the eye into thinking that the space is larger than it is.

Horseshoe and semi circles can be used effectively in seating areas to create a community feel, where people can sit together, converse and see each other easily. Or you could use a perspectives cheat with circles to make your garden look longer than it is. Have the largest circle nearest to your window, with an overlapping smaller circle furthest away. This is a great trick to use in smaller urban gardens, and creates a good vantage point.

Circular paving looks super smart, and is great for creating separate, differing sized patio areas within a garden. This can be useful for capturing early morning, afternoon or early evening sun, which hits in different parts of the garden.



Sharp angles in the garden can sometimes appear awkward and can also create tiny, unusable spaces in borders and beds, and in lawns can create tight spots that are difficult to mow. Circles and curves on the other hand work easily, and can be used around specimen trees to create more of a focal point, as well as giving them the necessary space that they need to grow.

With our dedicated and passionate team we can help you find the magic in your garden!

**For a free quote and to discuss your requirements please contact us: [info@secretgardenweb.co.uk](mailto:info@secretgardenweb.co.uk)**

*Ali*



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[www.secretgardenweb.co.uk](http://www.secretgardenweb.co.uk)**

## Good News from the Living Room Project

First of all, we welcome the installation of a new community notice board outside the Co-op on Ashley Down Road. Thanks to Acorn Developments and WRW Construction (the firms working on Brunel

House) who paid for and installed it. It has taken a few years! The board is for local community groups to advertise what is happening; for the moment contact Daniella (daniellaradice@hotmail.com) if you'd like to put up a notice.

The other bit of good news is that GCCC have finally paid the money towards the Living Room project, and so the empty planters in the cricket club grounds can now be filled with plants. This year, the gardening club at Brunel Field School will be busy!

## Bristol School Streets

A new campaign has started in Bristol to ask the council to enable streets outside schools to be shut



to traffic at drop-off and pick-up times every day. (Residents and parents of children with SEND are allowed to enter the streets). This has successfully been implemented in Hackney using number-plate recognition cameras. It would increase safety for children, encourage walking and cycling to school and reduce air pollution at the school gates.

Residents and parents on Arthur Milton street, with Brunel Field School, have been organising temporary closures, and it has been very successful. A national day of school street closures is going to happen on 25 March, supported by Sustrans and Playing Out.

Go to the School Streets Bristol Facebook page and group to stay informed or to join the campaign; the campaign is aiming to find parents in many schools, and to ask local councillors to pledge their support. A public meeting is planned in April.

## Sing with Wecil

WECIL (The West of England Centre for Inclusive Living) is a charity run by and for disabled people in Bristol and the surrounding areas. We offer a range of services which support over 4,000 people every year – in all different areas of their lives.

WECIL's Peer Support Community has been running since 2011 and is entering into its final year of Big Lottery funding. The community aims to tackle isolation by bringing people together – to try something new and get to know each other while you do!

There's a range of activities run across Bristol and the surrounding areas, from regular meet-ups in pubs, activities such as craft, music and exercise, day trips and training sessions.

Tucked away in the Elmgrove Centre in Redland is the fun informal singing group and where you can boost your endorphins, immunity and lower your stress!

Accessibility is the main focus; the peer support groups are much the same as any other but with a slight difference. They are inclusive groups that allow you to enjoy yourself, take your time and feel comfortable – there's no expectations on you. If for



any reason you don't enjoy attending mainstream activities, going along to one of WECIL's groups can give you the confidence to give things a try!

Although you can make new friends by coming along, feel free to bring someone with you – family member, friend, carer or support worker.

The peer support community is very informal, they hope to appeal to what you want to do and can encourage you to come along because it's fun, relaxing and most of all friendly!

"It has made me feel more confident in myself; I now do things that I would never have tried beforehand" Erica

"It gives me something to look forward to." Chris

**The Singing Group meets fortnightly on Wednesdays at The Elmgrove Centre 2.00–3.00pm. For more information contact peersupport@wecil.co.uk / 0117 947 9942.**



## News from Bristol St Andrews Bowling Club

Following a very successful year both on and off the bowling green, Bristol St Andrews Bowling Club have again been busy preparing for the new outdoor season, which starts in early April.

Members of the club have worked hard carrying out further improvements to the clubhouse during the winter months, and in particular to the skittle alley bar area. As a result of these improvements, the club can now offer two venues for private hire – a clubhouse room with full bar facilities and the skittle alley room.

The clubhouse bar (which is located on the first floor) now also boasts a stair lift to help those with limited mobility. Vice Chairman Pete Jones says,

"Whilst we remain very much a Bowls club, it is important for the club's future too make our

facilities available for use by the local community. And whilst there is still a lot of work to be done, the improvements made to date have proved to be very popular by those using it."

Lawn Green Bowls takes place on the green during the summer months (April – October) by players of all abilities. A full programme of both friendly and competitive games is offered throughout the season, with games being played on both weekdays and weekends.

Due to demand, Bristol St Andrews has entered an additional side into the Bristol & District league for the coming season, and there are already plans to enter a side into the Bristol Ladies league for the 2020 season. The club also has a very busy social side; this year sees the club touring North Devon where they will be playing four games during the annual four-day tour.

New members (male/female/juniors) are always welcome – and 'Bowls Taster Days' for anyone who would like to know more about playing are already planned for the May Bank Holidays – Monday 6 and 27, 12–4pm.

The Bristol St Andrews Bowling Club can be found in Derby Road, Bishopston (BS7 9AQ), near its junction with Sommerville Road.

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



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# Local History Matters

## The Southmead Workhouse

BHA local history research – Andy Buchan ©.

Not many people living in north Bristol or visiting Southmead Hospital today will know that until the First World War, it was the site of the Barton Regis Union, Southmead workhouse.

To many workhouses were places of fear and shame, but for some they were venues to stay when you needed a roof over your head. There are many examples in their records of people, usually men, staying at a workhouse for short periods, while maybe they were out of work, while others who had work would have stayed because they had nowhere else to live. Others laboured at a workhouse, for example breaking rocks, in order to qualify for 'family support' payments. The workhouse charged the parish in which you were born for the cost of your accommodation.

The building at Southmead was built between 1900 and 1902, the foundation stone having been laid on 18 September 1900 by the Dowager Duchess of Beaufort. The foundation stone may still be seen today on one of the few buildings from the original workhouse that survives within the new hospital complex. Today the main surviving buildings are the main building and the original men's and women's wings.

It was built in large grounds and comprised of separate blocks with walk ways between them. The central block contained the master's dwelling with dining hall, kitchens and a boiler house at the back. To one side was the male block and on the other side was the female block. Unlike some early workhouses in which married couples were split up, there was a small block for married couples to the north of the male block.

Near the female block there was a small hospital for women and children. The site also had its own laundry on the female side and a carpentry workshop on the male side.

Entrance to the site was off Southmead Road; near the entrance were offices and receiving wards. The workhouse also had a small stable and a mortuary block.

When first built, there were walkways linking the main building, later called Beaufort house, the men's wing and the married quarters. Later a link was built between the main building and the female wing. At this time, c 1912, a hospital for men was built in the opposite corner of the site to the female hospital.

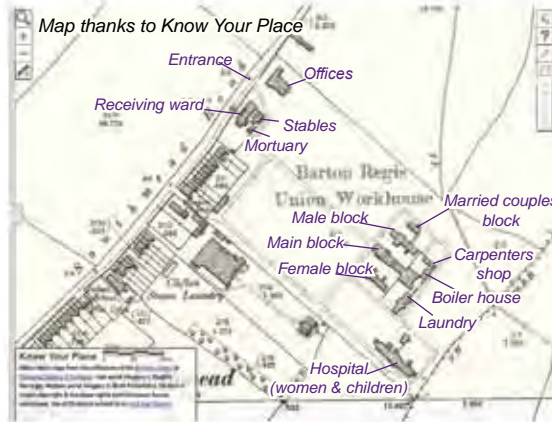
The Southmead workhouse was much smaller than the workhouse in Eastville, which could house up to 1180 inmates. At the time it was built, the workhouse, which was mainly intended for sick poor people, had 64 beds, but over the next few years it was greatly expanded and by 1911, there were 520 beds. In 1915 it was taken over by the military as a military hospital and pictures from this time show how much it had expanded. It remained a military hospital until the early 1920s. In 1924 an infirmary was built and later the name was changed to Southmead Hospital.



Beaufort House c 1915, thanks to Know Your Place



Beaufort house – southside today. Andy Buchan ©



**The Bishopston Society's plans for its celebration of culture are taking shape nicely in the run-up to the special event on 2 April.**

An impressive line-up of representatives from local social and cultural organisations will be revealed on the occasion as visitors arrive. You'll hear from them and help celebrate the contributions which local talent and innovation make in Bishopston and beyond to Bristol, the UK, and the world!

You'll also be asked what social events or organisations do you want to tell others about? Which cultural icons in our midst should we boast about beyond our boundaries?

But the Society is taking a 'crowd-sourcing' approach to the agenda for this special event, and it's not too late to tell them which individuals, groups or organisations are YOUR favourites on Bishopston's social and cultural scene. Just send an email to [culture@bishopstonsociety.org.uk](mailto:culture@bishopstonsociety.org.uk) to do this.

**The celebration takes place on Tuesday, 2 April 2019 at 7.15pm for a 7.30pm start, finishing at 9.30 pm, at Gloucester County Cricket Club, Brightside Ground, Nevil Road, Bristol BS7 9EJ**

More details via [www.bishopstonsociety.org.uk](http://www.bishopstonsociety.org.uk) or the above email address.



## Bristol U3A

**Did you know the University of the Third Age, (U3A) in Bristol offers a programme of educational and social activities for people with leisure time?**

The U3A is open to anybody who is no longer in full time employment; there is no age restriction. Groups meet during the day in each other's homes or in various meeting halls, etc. No educational qualifications are required and none are given.

Members contribute their own experiences and knowledge and all learn from each other. There are over 150 special interest groups and some meet in your area. For example, there is a Biography Group who meet at Kings Drive Bishopston; a Calligraphy Group who meet in Bishopston; a Cinema Group who meet in Horfield; a Computer group in Redland; many language groups meeting in your area; Bowls, Poetry, Politics, Reading and Social groups all meet near you.

There really is something for everyone. Membership costs just £20 per year, and most of the meetings are completely free. If you would like more information, do have a look at the website –

**[www.u3asites.org.uk/bristol](http://www.u3asites.org.uk/bristol) or email: [judyeparker@hotmail.com](mailto:judyeparker@hotmail.com).**

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# News from Ardagh Bowling Club



**Ardagh Bowling and Sports Club** invite you to come and try **Lawn Green Bowls** on **Sunday 21 April, 11am–3pm**.

We will provide coaching and equipment, please bring flat-soled footwear to go onto the green. Refreshments will be available. Come along and have fun!

If you would like any further information, please call 01179 426 580.

**The Ardagh lunch club** celebrated its first birthday recently. The group has grown in popularity. It was set up to offer a hot meal at a reasonable price and encourage people to help combat loneliness. Making new friends encourages a feeling of belonging, people are welcome to just pop in on a **Wednesday, 12–1pm**. Two courses for just £3.50.

**Ardagh Toddlers Group** for 0–3 year olds runs on **Mondays, 10–11.30am**. They have lots of new toys and equipment; families can just drop in.

**Easter Egg Hunt 2019!** The Ardagh toddlers welcome you to join in their fun trail on **Saturday 13 April, 10am–12 noon**. All ages are welcome, £2.50 per person, find the Easter chicks and claim a prize.

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

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## Community Navigators can help you get out and about

**Are you over 50? Would you like to link up with others? Find out what's happening in your local community? Then Community Navigators Bristol can help.**

This free service provides signposting and support to people over 50 who want to do more in their local area. People like Maggie, an 86-year-old widow who lives alone with her dog, Jasper. Maggie was referred to Community Navigators by her GP after a series of health problems left her unable to drive, unconfident about leaving the house, and feeling lonely. Maggie felt her life had become dull and 'boring'.

Community Navigator Sarah visited Maggie in her home and took the time to get to know her and find out what was important to her. Maggie was very sociable and missed having regular visitors. She

was worried about Jasper because she couldn't walk him regularly.

Sarah referred Maggie to the Good Gym. She now has a runner who visits her for a chat each week. Next, she linked up with The Cinnamon Trust who organised a dog walker five times a week. Sarah went with Maggie the first time she visited the local Friendly Club as she felt shy going on her own. Now Maggie goes regularly and has made new friends. Next, she fancies trying the local singing group!

"Talking to Sarah made me feel better and now I can look at joining clubs," Maggie said. "Life gets harder as you get older but people like Sarah bring a breath of life and cheer you up."

Community navigators can also help people tackle any concerns they have about getting out and about – including safety, transport or money worries – by connecting them with other community and health services.

**If you, or someone you know, is over 50 and feeling isolated, get in touch with Community Navigators. In north Bristol, contact Laura on 0117 951 5751 or email [laura.t@northbristoladvice.org.uk](mailto:laura.t@northbristoladvice.org.uk).**

Community Navigators Bristol is run by a partnership of trusted local organisations and is funded by Bristol Ageing Better. [www.communitynavigators.org.uk](http://www.communitynavigators.org.uk)

## Bishopston, Cotham & Redland Community Partnership



[bcrcp.org.uk](http://bcrcp.org.uk)

### Community Forum and AGM

**Thursday 11 April**

**At Bishopston Library,  
100A Gloucester Road, BS7 8BN**

Come and hear what the BCR Community Partnership has done over this year, help shape the work for the next year, suggest priorities for local development-related funding and catch up with police, councillors and local groups.

The Community Partnership has now been going for



a year and this meeting will include a report back on the work of the CP over that year and an opportunity to feed into next year's goals.

Police and councillors will also be available for you to talk to and we are inviting the groups who have submitted outline proposals for funding through the CIL (Community Infrastructure Levy) process to tell the meetings about their projects. The meeting can then help to prioritise the community's preferences for projects to be turned into full proposals before the councillors from the Area Committees allocate the funding in September.

# News from Friends of Bishopston Library



On Friday 1 March, we welcomed photojournalist **Colin Moody** talking about his new book **Stokes Croft and Montpellier**. Colin's photographs capture a moment that reflects the people and the lifestyle – he is constantly on

the lookout for something a bit different or quirky that tells its own story. He also showed us some of the initial photos taken for a new project about Gloucester Road, the Great Bristol High Street. Working in collaboration with Room 212 owner Sarah Thorp, the project seeks to create a record of the independent businesses and people who help to make this a much-loved street.



**World Book Night** is on 23 April; just two days later on **Thursday 25 April**, we will be celebrating with our **Good Read** event. Our panel of readers keen to share their good reads with you are **Chris Brown**, Library Group Manager and Glos.Vox singer; **David Dwek**, enthusiast, curious reader and aspiring writer, and **Daniella Radice**, keen cyclist and champion of Playing Out. Their chosen books will be announced soon and will be available in the library, so that you can enjoy a good read beforehand, and share your thoughts on their selections.

On the night, please bring along a book in good condition to donate to **The Park Bench**, a charity that aims to provide access to a lending library service for people in Bristol who find it difficult to register with a public library ([theparkbench.org.uk](http://theparkbench.org.uk)). Current requests from their users include cookery, wildlife and biographies – not just sport – and Stephen King is always popular.

**Tickets for a Good Read are £3.00** online or at the library. **Doors open at 7.00pm for 7.30pm**, and there will be a cash bar with wine, beer and soft drinks.

Bishopston Library is going to set up a **Lego Club** for 7–11-year olds later this year. The Friends of Bishopston Library will buy 1,600 basic bricks and some wheels/axles to get things going. But to make sure there is plenty to go around, the library is appealing to everyone to see if they can't find **Just One Brick to donate** – although feel free to donate more than one if you like! Look out for the large tub in the library. Please do your bit to encourage creativity, fun and learning – and remember, that's one fewer brick to tread on in your bare feet!



Finally, we are pleased to accept Bristol pounds (cash only) on the door and the bar.

**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](http://bishopstonlibrary.org.uk), or email [friends@bishopstonlibrary.org.uk](mailto:friends@bishopstonlibrary.org.uk)

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

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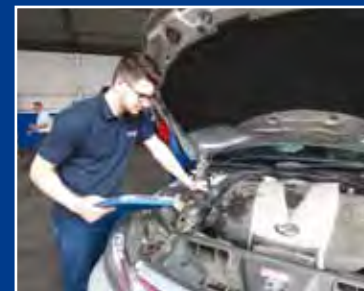
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# News from Friends of Bishopston Library



On Friday 1 March, we welcomed photojournalist **Colin Moody** talking about his new book **Stokes Croft and Montpellier**. Colin's photographs capture a moment that reflects the people and the lifestyle – he is constantly on

the lookout for something a bit different or quirky that tells its own story. He also showed us some of the initial photos taken for a new project about Gloucester Road, the Great Bristol High Street. Working in collaboration with Room 212 owner Sarah Thorp, the project seeks to create a record of the independent businesses and people who help to make this a much-loved street.



**World Book Night** is on 23 April; just two days later on **Thursday 25 April**, we will be celebrating with our **Good Read** event. Our panel of readers keen to share their good reads with you are **Chris Brown**, Library Group Manager and Glos.Vox singer; **David Dwek**, enthusiast, curious reader and aspiring writer, and **Daniella Radice**, keen cyclist and champion of Playing Out. Their chosen books will be announced soon and will be available in the library, so that you can enjoy a good read beforehand, and share your thoughts on their selections.

On the night, please bring along a book in good condition to donate to **The Park Bench**, a charity that aims to provide access to a lending library service for people in Bristol who find it difficult to register with a public library ([theparkbench.org.uk](http://theparkbench.org.uk)). Current requests from their users include cookery, wildlife and biographies – not just sport – and Stephen King is always popular.

**Tickets for a Good Read** are £3.00 online or at the library. **Doors open at 7.00pm for 7.30pm**, and there will be a cash bar with wine, beer and soft drinks.

Bishopston Library is going to set up a **Lego Club** for 7–11-year olds later this year. The Friends of Bishopston Library will buy 1,600 basic bricks and some wheels/axles to get things going. But to make sure there is plenty to go around, the library is appealing to everyone to see if they can't find **Just One Brick to donate** – although feel free to donate more than one if you like! Look out for the large tub in the library. Please do your bit to encourage creativity, fun and learning – and remember, that's one fewer brick to tread on in your bare feet!



Finally, we are pleased to accept Bristol pounds (cash only) on the door and the bar.

**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](http://bishopstonlibrary.org.uk), or email [friends@bishopstonlibrary.org.uk](mailto:friends@bishopstonlibrary.org.uk)

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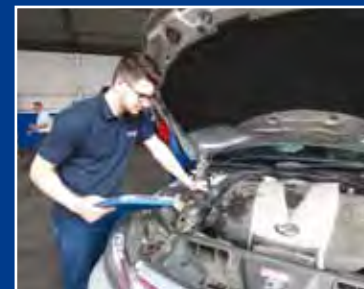
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# News from our Ashley, Bishopston & Redland Councillors

## Ashley ward news

The next Full Council will be held on Tuesday 21 May 2019 at 2.00pm in City Hall. This will be the 'Annual Council' meeting, including the ceremony for the election of the new Lord Mayor for the 2019–20 municipal year. Annual council meetings do not have a public forum as other Full Council meetings do, but members of the public are welcome to attend and sit in the public gallery.

At February's Full Council meeting the annual budget was approved. This involved the Mayor/administration presenting their budget for a vote by all the city's councillors. The budget can be approved, rejected, or amendments can be agreed. This year, amendments agreed cross-party by Full Council included funding for community energy generation, increased enforcement of fly tipping, action on localised flooding, funding for adapted accommodation for adults with disabilities, and funding for adapting and enlarging existing council housing. The whole budget, with amendments, was then approved, and this included a 3.99% increase in council tax for ratepayers.

The council is developing a modernised library strategy. As part of this, they want to hear ideas about opportunities for community-led activities and partnerships to create a library service for the future. The library service is greatly valued, but the council says that it needs to change to be more relevant to neighbourhoods and local people. The council is aiming to create a library service which will serve future generations and be well connected to everything else that's going on in the local area. If you would like to get involved, please see [bristol.gov.uk/libraryideas](http://bristol.gov.uk/libraryideas), or visit your local library, to submit your ideas before 30 April 2019.

The council is also inviting people to nominate projects that could improve their local neighbourhoods. As part of the planning process, a developer often has to give money to the council to pay for improvements in the area that they're developing in. This is usually through a planning charge called the Community Infrastructure Levy (CIL) but is sometimes through a planning obligation called a Section 106 (S106) agreement. A proportion of this money is made available for local decision making by councillors and we are looking for suggestions about how this should be spent. CIL and S106 money can only be spent on infrastructure (capital spend) rather than on services (revenue spend). So, for example, CIL/S106 could pay for the construction of a playground, but not on wages for a play worker. Infrastructure basically means things you can see and touch – CIL/S106 could be

spent on, for example, improvements to parks such as lighting and paths, public realm improvements such as paving or cycle racks, or highways improvements such as speed bumps or bus shelters. CIL/S106 can be given to local charitable/third-sector/non-profit organisations, or allocated to council departments, to be spent on their land or buildings. If you have any ideas for possible CIL/S106 schemes, please get in touch with us.

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

### Please do get in touch

**Cllr Mike Davies, Labour Party**  
[cldr.mike.davies@bristol.gov.uk](mailto:cldr.mike.davies@bristol.gov.uk) / 07584 370413

**Cllr Carole Johnson, Labour Party**  
[Cllr.Carole.Johnson@bristol.gov.uk](mailto:Cllr.Carole.Johnson@bristol.gov.uk) / 07584 370414

**Cllr Jude English, Green Party**  
[Cllr.Jude.English@bristol.gov.uk](mailto:Cllr.Jude.English@bristol.gov.uk) / 07584 151099

## Bishopston ward news

**Muller Road consultation** – Hopefully local residents all received their information leaflets about the proposed transport changes to Muller Road and were able to find a local consultation event at a convenient time if they wanted to attend.

We were at many of those events, and it was clear most local people agree that there are real problems with the traffic on Muller Road as it is. However, residents did raise a lot of concerns with the proposed plan. For example:

- loss of parking on Muller Road, particularly for local shops and the Old Library
- lack of a continuous cycle and bus lane to really improve safety / punctuality
- no mitigation for likely impacts on neighbouring roads of closing Springfield Avenue turning such as increased traffic on Brent and Downend Roads

We know that many of you responded to the consultation, so thanks to everyone did. It is so important to get that real-world information from people who live, work, shop or travel on these roads. Of course, not everyone will agree, and it may not be possible to find one solution that meets everyone's concerns, but we will make sure the issues are taken seriously by the team working on the project. Updates about the progress of the project and the council's response to the issues

raised in the consultation should be posted at [www.travelwest.info/mullerroad](http://www.travelwest.info/mullerroad) if you want to follow them.

**Cricket ground parking and double yellow lines** – We have been told the double yellow lines to prevent dangerous and obstructive parking on corners in the area around the cricket ground will be delivered before the start of the cricket season this year. However, we still do not have an actual start date, so we will be keeping our fingers crossed, but not getting too excited!

**Has your bin or recycling collection been missed?** We have received reports of missed bin and recycling collections across the ward. Please do report any missed bin and recycling collections at [www.bristol.gov.uk/bins-recycling/missed-bin-or-recycling-collection](http://www.bristol.gov.uk/bins-recycling/missed-bin-or-recycling-collection). Feel free to email us as well so that we get a clear picture of what is happening.

**Great British Spring Clean** – The Great British Spring Clean runs to 23 April, so why not get together with friends and neighbours to do something for your local area? Bristol Waste has all the kit available to borrow ([www.bristolwastecompany.co.uk/about/community-engagement-team/litter-picking-packs/](http://www.bristolwastecompany.co.uk/about/community-engagement-team/litter-picking-packs/)) so it has never been easier to organise a litter pick yourself. Or contact your local park friends group or Bishopston, Cotham and Redland Street Scene Volunteers ([bcrp.org.uk/street-scene/](http://bcrp.org.uk/street-scene/)) to find out what they have planned and how you can get involved.

### Please do get in touch

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

**Eleanor Combley, Green Party**  
[Cllr.Eleanor.Combley@bristol.gov.uk](mailto:Cllr.Eleanor.Combley@bristol.gov.uk)

## Redland ward news

**Air quality** – At the time of writing measures to improve air quality in the city appear to remain stalled. A letter from the Mayor to the Minister



Concerns for loss of parking on Muller Road, particularly for local shops and the Old Library

appears to indicate that he believes that plans need to go back to the drawing board due to what he believes are the unacceptable economic impacts on less affluent areas of the city. This is not only of concern to us but also to central government who have so far provided in excess of half a million pounds to allow Bristol to conduct in-depth research into which measures will lower levels of NO2 to legal levels. It's approaching three years since we debated action to improve air quality in the council and many residents have been in touch to express their horror at lack of action.

We do not feel, however, that this is acceptable with around 300 Bristol residents a year – from predominantly the poorest areas – dying early due to our dirty air. Many similar cities have already submitted plans to government outlining their proposals, so Bristol is now lagging behind. A local resident has set up a new petition to press for action, on 38 degrees.

**Parking** – With an increasing number of areas of our ward raising parking issues with us, we're trying to establish from the Mayor and his new cabinet member for transport just what evidence is required to show that action is needed to solve our parking woes. We've been told that 'an overwhelming majority' of residents must support any changes but have not yet been told what this means. Despite promises last summer residents have yet to be offered any officer support to look for solutions. At the time of writing we are hoping to meet the cabinet member for transport. We are continuing to carry out door-to-door surveys in Redland to gauge the scale of the problem. If you'd like us to look at your street please let us know.

**Water fountains** – We were pleased to see the council's announcement in November that there will be funds for 12 new water fountains across the city. No further details have since emerged so Fi is now asking the cabinet member whether one of these can be in Redland.



An example of worrying local parking

Continued on next page ▶



► *Continued from previous page*

**New enforcement contractor** – You may have read reports that controversial private enforcement firm Kingdom is no longer working for the council. A new contractor was recently appointed and they are called 3GS. It's claimed they have a more ethical approach, and will supplement the enforcement work by the council with powers to fine people for dropping litter, allowing dogs to foul parks, or to fine people and businesses fly tipping. They are likely to be working in our area some of the time.

We've always pressed for liaison with the enforcement team and the contractor to ensure local priorities are taken account of. There's been renewed activity from the council staff working with local businesses to end poor waste storage and unlawful waste practices, with several companies challenged for not having waste contracts. We are also working with officers to try and improve the presentation of bins from shared houses.

**Waste collection** – While the single day of snowfall doubtless played a part in disrupting collections, many residents have been contacting us regarding non-collection of their waste and recycling over the past few months. This is down to an unreliable, ageing fleet of trucks, which was due to have been replaced by now and will now, finally, be phased in, starting next month. This process has, unfortunately been delayed by the inertia of the current administration when undertaking a review of our waste collection methodology. The consultants paid to make recommendations came up with 12 options, all of which the cabinet rejected in favour of in absolutely no change whatsoever for recycling arrangements.

We have asked the new cabinet member of waste (reshuffled in February) to ensure that the waste company website is updated with missed roads along with advice as to when replacement collections are planned as the situation isn't likely to improve any time soon. At the time of writing over 200 streets had had their recycling collections missed over the space of just two days. Please do report missed collections online on the council website so the service can be monitored.

There are also frustrations for households who have paid for the garden waste service (green bins) as several weeks have gone by with no green bin collections.

**Budget Full Council** – We are delighted to report that three green amendments were voted through at Budget, setting Full Council totalling many hundreds of thousands of pounds to improve housing provision and get plans to make Bristol carbon neutral a reality. We still felt unable to vote for the budget overall, however, as we felt it simply wasn't good enough – failing to provide much in the way of improving transport or crucial improvements to air quality while increasing the budget for the Mayor's office to an unacceptable level.

**Speeding cars** – We have had worrying reports of cars speeding close to our local schools on a regular basis. To support residents, we have set up meetings with local people and the police to discuss ways of tackling the problem, including community speedwatch and traffic calming options. Do get in touch if you'd like to discuss similar issues.

**Local Plan review underway** – The new policies and development sites in the Bristol Local Plan are out for consultation until 24 May. This helps direct developers to preferred sites around the city to accommodate a lot of new housing development required by the government. The policies adopted will affect what gets built and how it is managed to protect green space, ensure affordable housing and cut energy use, among other issues. Some of the proposed sites are in and near the ward so do have a look if you want to express a view. The document is on the council consultation pages and available in libraries. ■

**Please do get in touch**

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

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

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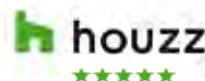
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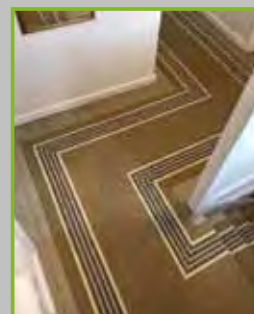
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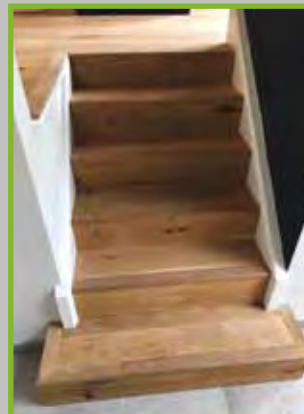
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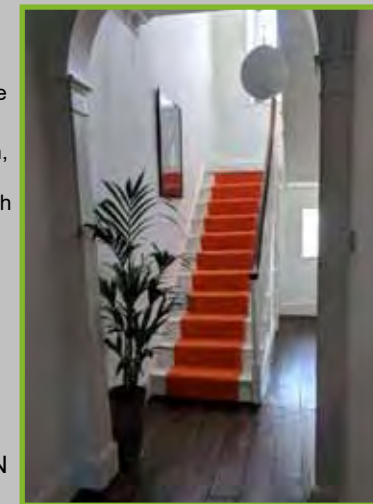
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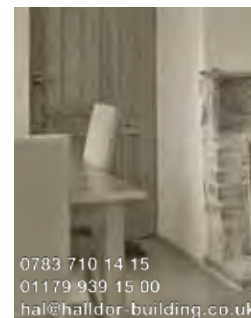
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## Community Noticeboard

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

## SOUTH WEST SHIP SHOW

SATURDAY 27 APRIL 2019

10.00 - 15.30

**BAWA Social Club**

589 Southmead Road, Filton, BRISTOL BS34 7RG

Admission £3, Concessions £2, Under 12s free

Exhibitors and traders will be displaying and selling model boats of various scales; books, postcards, photos, artwork, shipping memorabilia and ephemera. There will be a range of clubs and associations present.

Catering and ample free parking will be available.

Telephone: 01275 846178

## Redland Green Bowls Club

Free taster sessions on Saturday Mornings throughout May 2019, with their qualified coaching team.

Contact Gerry or Jean 0117 9624466

for further information, or visit [www.redlandgreenbowls.webs.com](http://www.redlandgreenbowls.webs.com).

The club offer reduced membership for the first year (£50), no experience necessary.

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## Spring Fair

Bradbury Hall, Waterford Rd  
6 APRIL 2019, 11pm - 3pm

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13<sup>TH</sup> APRIL 2-4PM

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CAKES, GAMES, DVDS

## 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

16 April - Terry Merrett Smith.

Ration Books to Rock 'n Roll

21 May - Helen Thomas.

Bedminster's Tobacco Women

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



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Muller Road, BS5 6XP  
[www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)

## Circle Dance Evenings

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

30 April, 7:30-9:30pm

As always, enjoy music from different countries.  
Beginners are welcome and you don't need to have  
a partner. Great variety of dances, from peaceful to  
lively Join in as much or as little as you want.

Our evening will be enlivened with 'live music'  
whenever possible for our dancing!

Susannah teaches as we go along, so you can pick  
it up gradually. Wear soft shoes or bare feet - floor is  
carpeted. Light refreshments provided Five pounds  
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Welcome to all!

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For more details, get in touch with Susannah:  
0117 979 1519 [susannah@googlemail.com](mailto:susannah@googlemail.com)  
Information also at

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



## Messy Church

2019 Dates

April 6

June 8

August 3

October 5

December 7

Come and share the fun with us!

More details from the church office  
[office@horfieldbaptist.net](mailto:office@horfieldbaptist.net)  
0117 924 3608

## Can you help us keep the café doors open?

Horfield Baptist Church's  
Fresh Ground Café  
needs more volunteers  
to keep going - could  
you spare a few hours  
each month to help?  
Find out more about at  
[www.horfieldbaptist.net/cafevolunteering/](http://www.horfieldbaptist.net/cafevolunteering/)  
0117 9624 185.



## Events at Bishopston Methodist Church

245 Gloucester Road, BS7 8NY

### New Friends Group

No need to be bored or lonely - come along to  
the New Friends group, you will be made very  
welcome. For £1 you can meet new people, have  
tea and cake and try a different activity at each  
meeting. Hope to see you there!

Meeting on Wednesdays, 2.30-3.45pm

10 April - meeting to enjoy hot cross buns!

### Light lunches

Thursday 25 April, 12-1.30pm.

Varied menu and good company.

### Easter services

Maundy Thursday Communion at 7.30pm in  
the Church. Easter Sunday Morning service at  
10.30am which will include the sacrament of  
Holy Communion.

## Bristol St Andrews Bowling Club



Come to our OPEN DAYS on  
Monday 6 May & Monday 27 May  
From 12pm-4pm

Beginners Welcome, Men / Women / Juniors  
All equipment (please wear flat shoes) will be  
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And after, join us for a drink in our clubhouse  
Membership options can be discussed on the day

Green Address & Location:

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0117 9421103

[bristolstandrewsbowlingclub.co.uk](http://bristolstandrewsbowlingclub.co.uk)



# 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](http://www.walkingforhealth.org.uk).

**2 April, Stockwood Open Space** – Meet at Horsefair, back of Primark (opposite Marks & Spencer) at 9.55am (Bus 2 at 10.06). A south Bristol saunter with lovely views. Leader: Sheila.

**16 April, Brunel's Bristol** – Meet at Temple Meads Station by 73 bus stop at 10.00am. Exploring some of Brunel's Heritage. This is a memorial walk for Ruth, who was a great admirer of all Brunel's achievements. Leaders: All.

**30 April, Bath Bridges** – Meet at Bristol Bus Station at 10.00am (bus X39 at 10.18). A really enjoyable riverside walk. Please note, it can be muddy in places and parts are single file only. Leader: John.

**14 May, Abbots Leigh** – Meet at Bristol Bus Station at 10.00am (bus X4 at 10.15). A chance to discover the Abbot's pond in Fish Pond wood. Coffee stop at Brackenwood Garden Centre before catching bus back. Leader: Julienne.

**28 May, Kingsweston Woods** – Meet at Horfield Leisure Centre at 10.00am (bus 11 at 10.20). A wander through the woods and enjoy the views over the Severn Estuary. Leader: Joan.

**St. Alban's Players** present Neville's Island by Tim Firth on Thursday 2, Friday 3 and Saturday 4 May, 7.30pm, at St Alban's Church Hall, Bayswater Avenue, Westbury Park, Bristol, BS6 7NU. Neville's Island charts the hilarious tale of four middle managers on a team-building exercise in the Lake District. The four somehow become stranded on an island and what should have been a bonding process for Gordon, Angus, Roy and Neville turns into a muddy, often comic, sometimes serious fight for survival. Tickets: £10, students and under 16s, £7. [www.stalbansplayers.co.uk/boxoffice](http://www.stalbansplayers.co.uk/boxoffice).

**Henleaze Ladies' Choir**, under their conductor Jane English, invite you to join them for an afternoon of singing, tea and cakes on Thursday 11 April, from 1.45–3.30pm, at St Peter's Church Hall, Henleaze. Entry is £3 and includes tea, cake and raffle ticket. Further details from Jean on 0117 9624466.

The Choir's next charity concert is on 16 May at 2pm, in St Peter's Church Hall and will be in aid of Home Start – Bristol and their work with families with young children.



Henleaze Ladies' Choir, meets on a Thursday afternoon at St Peter's Church Hall, Henleaze. There are no auditions to join the choir and the aim is to enjoy singing a wide repertoire of music together and to give pleasure to audiences. New members are always assured of a warm and friendly welcome.

**Glos Rd. WI** meets on the third Tuesday of every month. Doors open at 7.30pm for 8pm start, at St Andrews Bowling Club, Derby Road, BS7 9AQ. Membership is £42 for the year or you can go as a guest for £5 to try the group out. Forthcoming meetings – 16 April 'Craft workshop' with Jemima Lumley. 21 May 'A talk from Unseen UK' and 18 June 'Cheese tasting (with wine) and a quiz'.



**North Bristol Community Project** promotes well-being through access to education, leisure and volunteer opportunities, regardless of background or abilities. The venue offers a supportive, friendly environment for local residents to meet and flourish. They run a selection of courses; below is a summary: Sewing Classes: Mondays 10am–12 noon. Makers Meet-ups: Wednesdays 7–9pm. Arts for Wellbeing: Thursday 10am–12pm. Computer skills for over 50s: Thursdays 2–3.30pm. Spanish Conversation Classes: Thursdays 7–9pm. Supper Club: Once a month, usually on the last Friday. For more information and to book email: [nbc84@gmail.com](mailto:nbc84@gmail.com) or look at their website [www.northbristolcommunityproject.org.uk](http://www.northbristolcommunityproject.org.uk).

**CLIC Sargent** is the UK's leading cancer charity for children and young people, and their families. They provide clinical, practical, financial and emotional support to help them cope with cancer and get the most out of life. They are there from diagnosis onwards and aim to help the whole family deal with the impact of cancer and its treatment, life after treatment and, in some cases, bereavement.

The charity is looking for volunteers to help raise vital funds for their work at their flagship vintage fashion and homewares store at 97 Gloucester Road, BS7 8AT. Volunteering is a great way to meet new people,

learn new skills, get back into employment and give back something of real value to the local community. The store is open 9.30am–5.00pm, Monday to Saturday. Whether you have a few hours to give or a few days – they would love to hear from you! To find out more just pop into the shop or email [Natalie Stephens](mailto:stephens@clicsargent.org.uk) at [stephens@clicsargent.org.uk](mailto:stephens@clicsargent.org.uk). Or you can call Natalie on 0117 923 2967.



**Volunteers Wanted** – Bristol Child Contact Centre, based in Trinity Henleaze United Reform Church, needs

volunteers for the contact sessions held on the second and fourth Saturday of every month.

Work as part of a team of four providing a safe space for children to see the parent they no longer live with. There are two sessions from 10am–1pm and from 2–5pm and volunteers would be on duty once a month on average. DBS check will be done. Training will be given in all aspects of issues which may arise in a contact centre. Call Vanessa on 07511 290505 or email [info@bristolchildcontactcentre.org.uk](mailto:info@bristolchildcontactcentre.org.uk)

## Wild Women

Local resident Emma Tyrrell (pictured right) is looking to make a revolutionary film called *Wild Women*. A film about unknown hero's – Dian Fosseys of our generation.



The film is to show the world what they do, and why they do it. To witness and enjoy through the art of storytelling the lives of these wild women and the beautiful species they protect.

The story of wild women is about western women dedicating their lives thousands of miles away from home, working with their trusted rangers, masters of the landscape to conserve species for generations to come. One of the featured women is from our very own town, Bristol.

Hollywood veteran actress Virginia Mckenna, of the memorable film 'Born Free', is the willing narrator of the film and Emma has the verbal support of the worlds most amazing biologist, George Schaller.

It's your chance to get behind a revolutionary film!

**More information can be found at:**

[www.facebook.com/wildestwomen/](http://www.facebook.com/wildestwomen/)

**You can support the making of this important film by visiting Emma's fundraising page: -/donate/246740926234278/**

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- Directly dealing with all the major manufacturers

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