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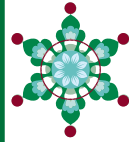
including Ashley Down, Horfield & St. Andrews

Matters

issue 123, Dec 2018



Season's Tweetings



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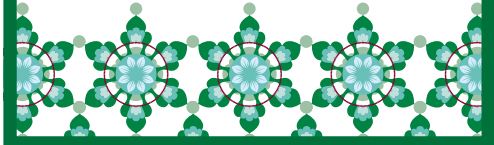
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Dear Readers...

Wow, it is hard to believe another year is drawing to a close as we embark on what I hope will be for all, a fun-filled festive season! If you need a bit of coaxing into the 'season to be jolly' we have oodles of content that will do just that!

Starting with seasonal illustrations (including the front page) thanks to Brunel Class at Ashley Down School.

We have a pull-out centre page Gift Guide to inspire and encourage you to shop local this year. Our fabulous independents really do have something for everyone and shopping on our treasured Gloucester Road is so much more of a positive experience than hitting the malls. You will also be treated to some wonderful entertainment, activities and refreshments as you shop - in the form of cosy markets, sing-a-longs,

wreath making, mulled wine, live music from harmonious choirs to Bristol Samba band! You can also post your letter to Santa and search for Elf on a shelf! Check out GRBID and Glos Rd Central pages for full info.

Of course, the merriment extends well off our high street with Christmas school fairs, tree sales, craft workshops, carol services (see our full list of church services) and much more!

A super-fan of the Great British Bake Off, we were delighted to catch up with 2019 semi-finalist and Horfield resident Briony May - what a treat, and lovely lady; we hope you enjoy our interview.

Well, thank you for another fabulous year, I wish you a peaceful and happy Christmas and look forward to seeing you in 2019!

Much love,

Kerry x

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk  Bishopston Matters
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All the Gossip with GBBO's semifinalist Briony May

The Great British Bake Off is a much-loved tradition in our household. Each Tuesday evening over

the summer, we settled down with a cup of tea and appropriate delicious cake from Joe's Bakery and supported Briony May, as she so fantastically flew the flag for Bristol. Imagine our delight when we discovered the 2018 contestant was a Horfield resident!

Colleague Anne-Louise and myself were delighted Briony was able – in her whirlwind life of media and baking – to take some time out for coffee and chat on Gloucester Road with the Bishopston Matters team.

The locally born Briony May we meet is indeed the one we have grown to love over the series – warm, bubbly, smiley and enthusiastic. She is quick to point out that in fact all the contestants were just as you imagined – genuine and down to earth. A close group, many of them still WhatsApp each other daily.

So how do you find yourself on one the UK's most popular TV programmes? Briony, who came late to baking, explained:

"It was while I was suffering from a long-term illness and had to take extended leave from my teaching job, and, not one to sit comfortably inactive, I thought, I'm going to

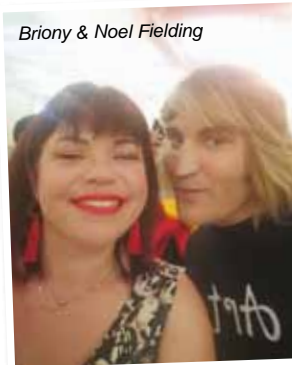
try baking. The idea of making something that in the end people (myself included) could enjoy was very tempting. My first attempts definitely needed a bit of fine tuning," she laughs, "but it was when I did a cake in the shape of a penguin that I realised – hey I can do this!"

And with friends and family urging her to apply for the Great British Bake Off, one day very quietly with no fuss and without telling anyone, that is exactly what she did. In fact, it took several attempts from the GBBO team to make contact with her, as initially not recognising the number she assumed it was a PPI call and ignored them! She describes her experience as fantastic and reflects on how Noel Fielding (kind and naughty) and Sandy Toksvig were so genuinely sympathetic. Especially when off camera, while assembling her biscuit chandelier, the cameraman accidentally swiped part of her creation off the table with his equipment – sending biscuits cracking and crumbling. That moment was frantic – with the judges about to appear, she had to quickly make it presentable and is thankful to Manon, who immediately was on hand to help.

Her proudest moments on the show – the first being named Star Baker for her game pie 'a la Alice in Wonderland' style – you know, the one you could play croquet on! And secondly, picking herself up after some harsh criticism from Paul of her signature bake and channelling this emotion to win the technical challenge!

Briony is quick to point out that none of it would have been possible if it hadn't been for the unconditional support she had from her husband, mum and other local family and friends. Her inspirational, 93-year old Nan was present for the final and had a lovely time chatting with Noel Fielding, who took a real shine to her.

So, what now? A new world of exciting opportunities is flooding in – potential books deals, personal appearances, baking demos – she even has an agent these days (which her mum is incredibly proud to share with everyone – including the plumber!). She continues to be very much involved with her community, including recently judging at her old primary school Elmlea, at their very own Bake Off. And of course, her local pubs The Gloucester Old Spot (who hosted GBBO Tuesdays with a big screen) and The Crafty Cow have been brilliant for her throughout.



Briony & Noel Fielding

And when she has some quiet time? She likes nothing better than taking a stroll with her hubby Steve, 3-year old daughter and adored Cockapoo Archie, in St Andrews Park, and tea and cakes at Cox and Baloney (they did some GBBO filming in

there too). And of course, she is also very fond of Joe's Bakery and Bakers and Co!

Bishopston Matters wishes Briony all the very best with her exciting future, we hope to keep you posted as her GBBO adventure continues. To sample some of her delicious recipes visit her website or follow her on social media.

www.brionybakes.co.uk

Twitter/Instagram: [brionymaybakes](https://twitter.com/brionymaybakes)



Briony with the Bishopston Matters team – Anne-Louise (left) & Kerry (right)



The GBBO class of 2019!

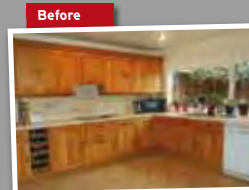


Briony with husband Steve and their gorgeous daughter



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The award-winning Window Wanderland is back in 2019 and needs you!



In 2018 more than 280 residents in Bishopston decorated their windows, switched on the lights and got the whole of Bristol talking about their inspirational illuminated arts trail.

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

on Saturday 9 February to Monday 11 February 2019.

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

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

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

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

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

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

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

There will be art workshops at the Ardagh, to help you create your displays, 6.00– 8.30pm on the following Thursdays in January – 10, 17, 24, 31 and 6 Feb 2019.

Please check windowwanderland.com/event/bishopston-bristol-2019/ for details, and of course to sign up! For any queries email www.bishopston@gmail.com.

Find out more about taking part in this winter's Bishopston's Window Wanderland: www.windowwanderland.com.



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

Merry Christmas from SENDaWelcome

We would like to thank all those partners and supporters this year who have worked with us to make our community a more inclusive place for our children with Special Educational Needs and Disabilities (SEND).

These fabulous people include:

Jess, Cathy and the University of Bath • Dr Jeni McElwee • The Golden Hill Community Garden • Kings Tennis Club • French Club Bristol • Circomedia • The Children's Scrapstore • Beth, the Bobcats and Bishop Road Netball Club • Emma Thompson and Waitrose at Westbury Park • St Michael's Church • Joes Bakery • Pawsons • Tara and Tony from the Rin Tins • Window Wanderland • BAND • Boston Tea Party, Gloucester Road • Amy from Baby Bites • Room 2 1 2 • Barbara Disney from CreativeShift CIC • The Ladies of Stoke fundraising team • Our lovely volunteers – Nicky, Helen, Barbara.

Purchase this card and support SENDaWelcome



We look forward to working with you again in 2019 as well as making new connections and partnerships in our community and beyond!

Our Christmas card above, is now on sale. Please go to www.sendawelcome.co.uk for more details.

All proceeds to SENDaWelcome.



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Our entrance examinations and assessments for entry in September 2019 are taking place in January.

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admissions@cliftonhigh.co.uk | 0117 933 9087

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Local Christmas Fairs/Tree Sales

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

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

Craft sale and coffee morning in aid of Cancer Research UK |

1 December, 10am-12.30pm

There will be a craft sale and coffee morning in aid of Cancer Research UK, at Horfield Parish Church Hall, Wellington Hill, Horfield. There will be handmade gifts for children and adults, Christmas decorations and delicious cakes for sale. Do join them for coffee and cake and buy your Christmas gifts!

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

The Christmas Fair takes place at Ashley Down Primary School on Downend Road, BS7 9PD. There will be lots of delicious food, drinks, games, and Santa will be in his grotto! Entry £1 adults, children go free.

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

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

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

Sefton Park School Christmas Tree Sale | Saturday 8 December, 9am-12pm

The Sefton Park School PTFA will be selling a wide range of Christmas trees at the school - St. Bartholomews Road, BS7 9BJ (or via Happy Lane).

Fabulous, festive illustrations thanks to Ashley Down Infants - Brunel Class





Last chance to be part of Bristol's huge Santa run!

A must-do festive experience is to take part in the annual Santas on the Run at Bristol Harbourside on Sunday 9 December.

The fun run is supporting local charity, Children's Hospice South West (CHSW) which operates Bristol's only children's hospice, Charlton Farm. Runners are asked to raise sponsorship which will benefit the children and families for whom Charlton Farm is a lifeline. The hospice cares for children with life-limiting conditions and their whole family, providing them with short stays allowing them to spend time and make precious memories together.

Registration costs £15 per adult and £7.50 for children; under 3s (and dogs) are free! Your Santa suit, medal and festive treat is included in the fee. For more information about Santas on the Run, or to sign up, visit www.chsw.org.uk/santasbristol or join the Facebook event at <https://www.facebook.com/events/319349388622848>



Do you love LEGO? If you do please come and join ACT to help us do our bit!

On Saturday 1 December, 10am–1pm at the Cafe on the Common

Make a LEGO Christmas decoration or ornament, hang it on our tree and we'll post a pic of it to our Twitter feed using the hashtag #BuildToGive – LEGO will then donate a Lego set to a charity working with disadvantaged children in the UK.

ALL WELCOME – this is a free activity, but donations towards running costs are always welcome.

For more info see Facebook: @TheArdagh



4–8 & 11–15 December 2018

GOING POSTAL
By Terry Pratchett
Adapted by Stephen Briggs
www.kelvinplayers.co.uk

Kelvin Players invite you to Terry Pratchett's *Going Postal*

Award-winning theatre company delights family audiences with this Christmas production

A convicted con-artist chooses to take the job of fixing the city of Ankh-Morpork's ailing postal service, it was that or choose certain death! This takes him on a journey of redemption and self-discovery, a journey that leads him through the dark alleyways of murder and conspiracy.

Set in the thinly disguised reality of the Discworld, *Going Postal* is a satirical comedy about standing up for what's right in the face of what's wrong, finding love and community in the strangest of places, and how, when you think about it, stamps are much better than pins.

Going Postal opens on Tuesday 4 December, and runs for ten nights, over two weeks (Tuesday 4–Saturday 8, and again on Tuesday 11– Saturday 15). Showing at the Kelvin Players Theatre at 253b Gloucester Road, BS7 8NY, curtain up will be at 7.30pm each night, and tickets are £12 (£10 for concessions). Recommended age range is 8 and up.

More information can be found at www.kelvinplayers.co.uk/current-production and tickets can be bought directly through this link – www.ticketsource.co.uk/kelvinplayers



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Get tips on how to enjoy a sustainable festive season & find out when your holiday waste and recycling collection days are.

www.bristolwastecompany.co.uk/festive



Download your calendar to find out your collection dates

In the interest of reducing our impact on the environment we are encouraging residents to download calendars online. If you are unable to do so please email hello@bristolwastecompany.co.uk or call 0117 922 2100.

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Christmas all wrapped up at

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

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

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

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

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

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

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



83 Gloucester Road. scrumptiouslysweet.co.uk



My curly hair-cut experience

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

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

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

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

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

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

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

Kerry



Celebrating their New Look

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

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

Offering their clients more

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

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

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

A talented team

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



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

Dedicated Aveda Salon

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

The word Aveda comes from – AYURVEDA

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

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

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

Curly Hair Specialists

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

"Nuala is fantastic! Not only did she bring out my natural curl in a way I have never seen before (smooth,

defined, soft), but she also gave me some great tips on care and styling.

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

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

The place to be!

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

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

178 Gloucester Road,
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www.nulahairdressing.com



Nuala Morey





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Sailing Success for Sally!

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



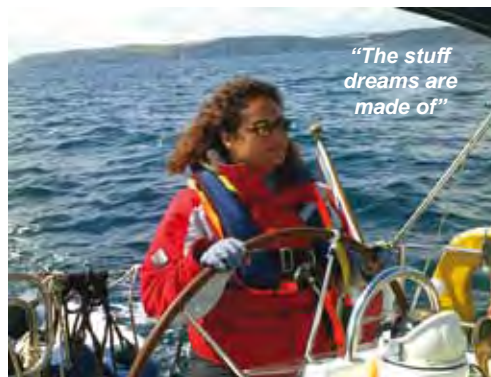
Sally enjoying medal success with her team mates in America

because this champion I am meeting is blind.

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

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

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



"The stuff dreams are made of"

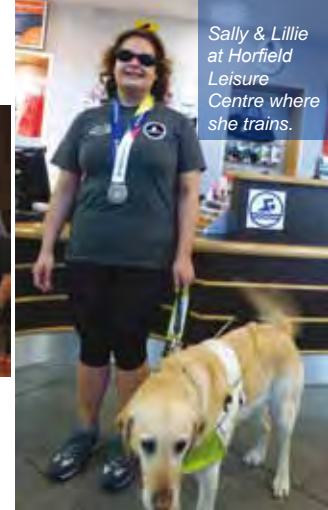
By 2010 she was training with the GB blind sailing squad where, with the wind in her hair, the speed sensation and freedom, even sailing in snow conditions sent her head over heels in love for the sport. "I fondly remember I had a huge smile on my face the whole time I was at sea in the snow. The irony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

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

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

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

ALP for Bishopston Matters



Sally & Lillie at Horfield Leisure Centre where she trains.



News from the Goldenhill Community Garden



Hi everyone,
It's December! so we're running our ever-popular wreath making workshop again! Saturday 1 December 10am-4pm £10. No need to book You are welcome to drop in throughout the day and making a wreath takes about an hour so please arrive by 3pm. It's a fun, friendly and informal session and we'll provide willow, foliage, advice and encouragement.
You'll weave a willow ring, decorate it and walk away with something absolutely beautiful. We have indoor space and space undercover in case it's awful weather but wrap up warm as well. We also provide secateurs and gloves but bring your own if got some nice ones. **Children welcome and hot drinks and mice pies available.**

Also, we're starting our new expanded **afterschool club on Thursday 8 January** and at the time of writing we still have spots! It's for Years 1-6, 3:45-5:45, and we do a pick-up from Bishop Rd Primary but you can drop off your kids from other schools. **Our sessions are a happy mix of free play, bush craft, tree climbing, den building, outside cooking, nature exploration, gardening, arts, singing and silliness, and all getting together and telling stories and toasting snacks on the fire.** It's a small club with just 16 places and the Tuesday group always has a waiting list so get in now while you can! In winter we have a warm indoor space but there's lots of wrapping up and running around and shouting in the dark. It's great! It is run by me (Lucy - I run the garden and the Golden Adventure holiday club) and Lisa (Forest School leader, bush craft whizz and fire starter extraordinaire) with help from Millie (a small and friendly dog). Get in touch to find out more.

And It may be December but we don't stop in the garden! We run our toddler groups, afterschool club and volunteer days all through the winter and it's a great time to get outdoors and spend time with other folks, which I always find important in the short dark days. Though even we can't garden in the dark so the Wednesday volunteer days close early - we're open 10am-3pm for December and January - and will be closed 25 Dec and 1 Jan.

We'll be harvesting veg to cook a tasty hot soup for lunch each week and there's still veg to harvest to take home. Everyone is welcome to come and get involved any Wednesday; come find us at the end of Monk Road behind the prison to get involved or just pop in to say hello.

See you in the garden!
Lucy Mitchell
For more info - 07506 905 394
thegoldenhillcommunitygarden.com

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Little Foxes Forest School is delighted to have established itself as Bristol's most sought after outdoor nursery. We opened our doors for 2-3 year olds, our 'Mini Foxes', in November and we are thrilled to see how well they are settling in. Our forest nursery is in BS7, just a 5 minute drive away in the beautiful woodland and meadows of Stoke Park Estate. Founded and run by ex-primary school teachers and local mums, we offer high ratios, government funded places and a truly exceptional nursery experience unlike any other in Bristol.

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

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

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

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News from the Ardagh Community Trust



Litter Pick across Horfield Common

Thank you very much to the 23 adults, 11 children and 4 dogs who joined the litter pick on Horfield Common on 27 October. The common is a big area and this number of volunteers meant that we were able to litter-pick across all of it effectively, which was fantastic! We collected 10 full bags of general waste and 2 bags of recyclable materials to help keep the common clean and healthy for us and for wildlife. We'll be organising regular litter picks through 2019 in partnership with FoHC – please do keep an eye on noticeboards, the website and social media for dates.

Halloween Party – We had a 'spooktacular' time at this year's end of season Halloween Party at the Café on the Common on 31 October. It was a lovely evening that included the annual Horfield Common Halloween Parade – showcasing brilliant fancy dress with some amazing costumes. Thank you very much to everyone who came along for making it such an enjoyable event – we're already looking forwards to next year!

Café opening hours – Winter Season

The café has now closed for the winter and will be back open again regularly from March 2019. It has been a wonderful summer and the café has been busy throughout – providing a much-needed and well-used meeting space for local people as well as hosting a range of events and activities. Thank you very much to all who have used and supported the café throughout 2018 – we look forward to seeing you again as soon as we are back open in the spring.

As well as all of our fabulous customers and brilliant staff team, led by Sara and Jamil, we'd like to give a great big thank you to the amazing volunteers who work incredibly hard behind the scenes to make running the community café possible – we could not do it without you.

Proposal to site a competitor catering provision on Horfield Common –

Thank you to everyone who supported our objection to BCC's proposal to issue a licence to site a competitor catering concession on the common adjacent to the children's play area near to the Ardagh. As a result of the objections submitted, the application has been referred to the licencing committee so that it is reviewed. This committee is due to meet in very late November so by the time you read this, we should know the outcome. We are really hopeful that local people's concerns will be listened to on this and will update the website and our social media pages with information as soon as we receive it.

Carols at the Café on the Common – Thursday 13 December, 4–6pm

While the café is closed daily over the winter, we will be running a range of one-off events and activities. Please do come along to the Carols at the Café on the Common event, which we are hosting for the first time this year, in partnership with the Friends of Horfield Common. We have local musicians attending to accompany our singing and we'll have some festive drinks and treats available to keep us all warm. Please dress for the weather and bring torches if you have them – all are welcome – it should be a lovely evening and we are looking forward to celebrating the festive season with friends and neighbours.

Window Wanderland workshops at the Ardagh –

We are delighted to be working with the amazing Window Wanderland team this year – through running a series of arts workshops at the Ardagh in early 2019. Our fabulous facilitator, local artist and crafter, Ali Bingham, will be leading **free, open workshops on Thursdays from 6–8.30pm, from 10 January to 7 February**. As well as working on individual window displays and exhibits for



your own home, you can get involved in making a collaborative window display, which will be our exhibit for this fab event (9–11 February 2019, 5.30–9.00pm daily, in Bishopston). The Café will be open throughout the event so we look forward to seeing lots of you as you wander around!

Christmas Gifts & Crafts workshops

For those of you who would like to make gifts, cards and decorations for friends, neighbours and families this Christmas, we are running a series of open, **free arts and crafts workshops at the Ardagh on Thursdays 22, 29 November and 6, 13 and 20 December, 6–8.30pm**.

Come and make your own gift tags, cards and decorations in these fun, creative and DIY craft sessions! Please get in touch for more info and to book. Sessions are free to attend but places are limited. There may be some small costs (for a specific fabric, for example) but the tutor will discuss these with you before you start any project.

Support Project Ardagh through Tesco Bags of Help Scheme over winter 2018

We are delighted that Project Ardagh has been selected as one of Tesco's Bags of Help scheme projects, meaning that shoppers at the Golden Hill store can support us to raise funds while they shop! So please do pick up a token at the checkout when you shop there & pop it into the ACT container as you leave the store. The cause with the most

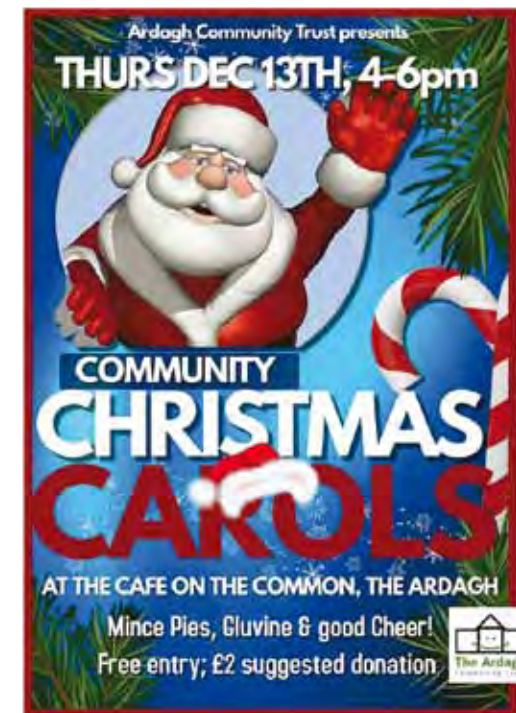
support receives the most money, so every shop counts. Thank you very much!

Community Asset Transfer

We are continuing to work with Bristol City Council to achieve a solution that will safeguard the future of the Ardagh as a public asset. There are a range of complex issues which BCC are working through and while we wait for the outcome of these, we are exploring how we can continue to raise funds to make improvements to the site – particularly to ensure that it is fully accessible and available for use by all members of our local community. We hope to be able to report back on progress in the new year. In the meantime, we'd like to send a massive thank you to the amazing Trustees and local volunteers who are working so hard to ensure that the site – which was threatened with sale for development in 2010 – will remain a community asset, available for use by all and able to support a wide – and increasing – range of community activities.

Happy Christmas & Happy New Year from all at Ardagh Community Trust

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





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

encourages you to picture the future that you want, rather than dwelling on the negative issues that are stopping you from getting on with your life.

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

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

by young people in the modern world; for example, school phobias, exam stress,

lack of self-esteem/confidence, bed wetting, and so on; please ask about other issues.

How does it work?

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

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

Planning Portal relaunched...at historic moment for planning in Bishopston

The Bishopston Society is pleased to announce that our Planning Portal has now been relaunched.

This unique and innovative web service provides an interactive view of local planning applications that we are scrutinising, and often making representations to Bristol City Council on, on behalf of You, the members of our Society and other Bishopstonians. Monitoring planning applications is, and has always been, a key facet of The Bishopston Society's work.

The Planning Portal enhances The Bishopston Society's planning work by providing a visual representation of selected current planning applications via an interactive map, and access to a database customised for Bishopston.

Please take a look – the Planning Portal can be



accessed via pp.bishopstonsociety.org.uk. More information about planning in Bishopston can be found at bishopstonsociety.org.uk/planning.

Historic moment – The portal relaunch takes place by coincidence at the same time as a historically significant planning application went live. As many readers will have already seen, fresh plans for the Bristol North Baths have just been revealed. (See our website for further reports on this).

Bristol City Council have put the North Baths up for sale and the preferred bidder is proposing to convert the building into offices. At time of writing, we are preparing to attend the Old Bristol North Baths Consultation Day on 20 November detailing these plans.

While it is extremely regrettable that the Bishopston Medical practice withdrew from the project, as a result of the endless delays and certain aspects of the building as constructed which were not suitable for their requirements, it is good to see that it will now be brought back into use, albeit not as a health centre.

It is proposed the upper floor will be a single open-plan office area for one company, while the ground floor will comprise small offices on short-term lets to young start-up companies around the perimeter, with the internal spaces proposed for private use as a coffee bar and gym for the staff.

The council specifically excluded the requirement for the Baths to provide community facilities, on the basis that the Bishopston Library provides this function within the overall project. However, it would be good to see some flexibility for community uses within the coffee bar area of the Baths once it is up and running.

The alterations currently in for planning permission are almost totally internal and will not have any impact on the Grade 2 listed building. Please go to our Planning Portal to see all the planning application details and the related details concerning listed building consent.

bishopstonsociety.org.uk

Words and images thanks to The Bishopston Society.

Tax advice from your local – TaxAssist Accountants

Tax on dividends

The rules for taxing dividends changed dramatically in 2016, when the notional tax credit of 10% was removed and new rates of tax on dividends were introduced. Under the new regime, there is a dividend allowance which effectively works like a tax-free band for dividends (£5,000 in the 2017–18 tax year, then £2,000 from 6 April 2018).

Under the old rules, dividends could be taken tax-free within the basic rate band. However, the removal of the 10% tax credit has meant that tax will now be paid on all dividends above the personal allowance and the dividend allowance.

Small business owners running limited companies tend to pay themselves a mixture of a small salary and the remainder in dividends. Many business owners will therefore be hit with tax liabilities; something they may not have been expecting.

Tax Assist Accountants can give you estimates of your tax payments; allowing you time to put some money aside each month. They'll also make sure that the company is deducting all the expenses it is entitled to and that you are claiming all the allowances you are eligible for.

Do I need to declare my property income to HMRC?

When you start renting out property, you must tell HMRC and you may have to pay tax. If you don't, you could be charged a penalty. You must report income from property rental if you receive:

- £2,500 or more from property after deducting allowable expenses
- £10,000 or more from property before deducting allowable expenses

If your property income does not meet either of these thresholds, you must still call HMRC to advise them of your new income.

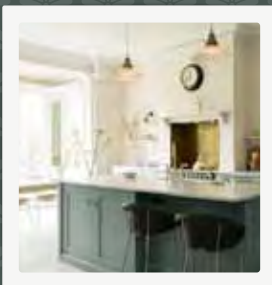
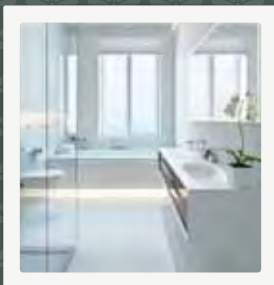
If you make a loss on renting, you're unlikely to meet these thresholds. But as accountants we often recommend that you seek confirmation from HMRC that it doesn't require a tax return from you. Furthermore, you may want to register for a tax return voluntarily if you have losses you'd like to document and carry forward.

For further information, contact Tax Assist Accountants at 288A Gloucester Road in Horfield or call 0117 370 0016.

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Salon News

The lovely Amber McCullough (pictured right) is our newest therapist and a fantastic addition to the ever-growing Icon Beauty team.

A self-confessed perfectionist, Amber always gives 100% and has a wealth of experience. She's a great all-rounder but particularly loves treatments with instant results, such as eyebrow shaping, nails and spray tans. Book an appointment with Amber and we guarantee she will leave you feeling pampered, lifted and very special.

Dermalogica Gift Sets

We have beautiful Christmas gifts for everyone and every budget. Dermalogica is one of our favourite brands and is the number one choice of skin care professionals worldwide.

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December Spray Tan Offer

With our £5.00 discount, you can look glowing and fabulous for just £19.50

Whether you are escaping for some winter sun, have a glamorous party invitation or just want to look gorgeous, a St Tropez Spray Tan is the perfect festive season pre-prep. The favourite of celebrities, St Tropez expert tans are developed with the very latest innovative ingredients and give a rich result, lasting for up to 7-10 days.

Professionally applied and taking less than 15 minutes, you can expect flawless results in the time it takes to write your Christmas list!

Book your Christmas nail, spray tan and skin treatments at Icon Beauty and enjoy free onsite parking, late-night opening and a wide range of gift ideas.

See you soon,

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5 Reasons why you should protect your eyes this winter

Protecting your eyes from harmful UV rays is important all year round. But, at this time of the year when the sun is lower in the sky, it can lead to more UV exposure. And, if you're heading to the ski slopes, protecting your eyes is crucial as snow can reflect up to 80% of the sun's UV rays.

1. Eye health risks – Short-term exposure to harmful UV rays can cause discomfort but long-term, the cumulative effect can cause more serious eye conditions such as cataracts and AMD (age-related macular degeneration) which could affect your sight.

2. Dry eyes – On cold, windy days sunglasses or snow goggles will protect your eyes, stop them watering and stop debris getting in which can make eyes irritable and sore. Protecting them will help with dry eyes, keep important moisture in, make them feel more comfortable and your vision clear.

3. Choose wisely – For optimum winter sun protection choose sunglasses that block out 99 to 100% of harmful UV rays and that carry the CE mark which means they meet European safety standards. Goggles are best for winter sports like skiing and snowboarding, as sunglasses won't provide sufficient all round protection, especially if visibility is low.

4. Reduce glare – Poor weather conditions like surface water and ice can cause reflective glare making driving hazardous. And, lights can create reflections and glare on your glasses, increasing risk. Choose an anti-reflective lens coating or opt a specifically designed driving lens.

5. Lens technology – When it comes to protecting your eyes lenses are the key. For example, Oakley's PRIZM lens is designed to improve contrast, depth perception and fine tune vision for sport environments. They carry the trademark HDO (high definition optics) have impact protection (they've been high mass and high velocity tested) and come with full UVA, B, C and blue light protection.

Optimum protection for your eyes – We stock quality sunglasses including Maui Jim, Ray-Ban, Oakley and Oakley PRIZM Snow Goggles plus a wide range of lenses. Don't miss our Oakley Goggles in the Christmas Gift Guide in this issue.

Book an appointment today and get the best winter sun protection for you and your family. We'd like to take this opportunity to wish all our customers a very Happy Christmas and we look forward to seeing you over the festive season. Book at www.lynnfernandes.co.uk, call 0117 942 6843 or pop in to see us at 75 Gloucester Road.



Oakley Snow Goggles. See Christmas Gift Guide on page 41 for details.

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Christmas at Joe's

Jane and Martin wish all their customers a very Happy Christmas!

The good news is, this year you have two venues to pick-up all your delicious festive bakes from! Check out Joe's seasonal opening hours below.

Joe's Bakery @ Glos Rd Central – Sunday 23 December, you can collect selected production of pre-ordered goods only, 8am–12noon. **Monday 24 December**, normal Christmas Eve service, with fully stocked counters of their huge range of delicious confectionary and bread, 7am–5pm.

Joe's Bakery @ the Breadstore – Monday 24 December, Christmas Eve service as above, 7am–5pm.

Please note Joe's stores ARE NOT taking orders for Christmas Eve. Full production will be available until lunch-time; you will only need to order specialist rolls, Christmas Logs and Stollen.

Both shops re-open on Thursday 26 December, 8am–3pm.

All your seasonal favourites – Their scrumptious range of seasonal goodies includes: Christmas bread, authentic German Stollen, Mince pies, Cinnamon stars, Yule logs and of course traditional Christmas cake. Spelt stollen and mince pies are available too. You can sample and purchase some of these treats during Glos Rd Central's Christmas Street Party on 6 December.

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



Think you know the Women's Institute? Think again!

Want to try something new? Want to meet new friends? Then why not come along to the Gloucester Rd WI when we welcome new members for 2019?

Forget the Jam and Jerusalem stereotype. Yes, we do traditional crafts and baking. But we also hear from local, national and international speakers and get involved in a wide range of fun activities.

Talks and activities – Past talks include the *Prevention of Torture* by UN member Professor Malcolm Evans OBE, Tom Hovey on his Great British Bake Off illustrations and Anna Freeman, poetry slam champion and writer on her award winning novel, *The Fair Fight*. Activities have included wine, gin, beer and chocolate tasting sessions run by local artisans, Bollywood dancing, yoga and a wide range of crafts.



Fundraising – In our first six years we've raised over £21,000 for local charities. Our members have completed the Three Peaks Challenge, and in 2013 published the hugely popular *Gloucester Road Cookbook*. And yes, we've run cake stalls at local events too.

Campaigning – Every year the WI, at a national level, vote and campaign for a resolution. Past campaigns have championed the relevant, and sometimes taboo, issues of the day: Equal Pay in 1943, HIV/AIDS awareness in 1986. And this year we're tackling micro bead pollution and the stigma of loneliness.

Want to get involved?
Come along to **2019's first meeting on 15**

January. We meet the third Tuesday of every month. Doors open at 7.30pm for 8pm start at St. Andrew's Bowling Club, Derby Road, BS7 9AQ. Membership is £42.00 for the year or you can come as a guest for £5 to try us out.

Follow on social media and visit our website for more information. gloucesterroadwi.org

All women welcome. We look forward to meeting you.



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Local Christmas Church/Carol Services



Saturday 1 December

Messy Church, 10am. *Fresh Ground Café at Horfield Baptist.*

Sunday 2 December

Mass with the Anointing of the Sick, 2pm. *Followed by Senior Citizens' Christmas Party in the Presbytery. St Bonaventure's.*

Advent Sunday, 6pm.

Advent Carol Service. Horfield Parish Church.

Saturday 8 December

Come and experience the Christmas Journey, 9am–1.30pm. *Horfield Methodist Church. Please email ChristmasJourney@horfieldmethodist.org.uk to book a place.*

Sunday 9 December

Christmas Journey Service, 10am, *Horfield Methodist.*

Friday 14 December

Christmas Carol Service, 7pm. *Carols with performance from Bristol Ladies Choir, followed by mince pies in the Presbytery. St Bonaventure's.*

Saturday 15 December

Afternoon Tea and Carols, 3pm, *B&A St Andrews Park.*

Sunday 16 December

Young people's and uniformed organisations Carol Service, 10am. *Horfield Methodist.*

Family Carols, 4pm, *B&A St Andrews Park.*

Candlelight Carol Service, 6pm. *Horfield Methodist.*

Thursday 20 December

Park Carols, 8pm. *Pop-up carols in St Andrew's Park.*

Church Venues

B&A St Andrews Park, (Formerly St Bart's) Maurice Rd, BS6 5BZ

Bishopston Methodist Church, 245 Gloucester Rd, BS7 8NY

Horfield Baptist Church, 279 Gloucester Rd, BS7 8NY

Horfield Parish Church, Wellington Hill, BS7 8ST

Horfield Methodist Church, Churchways Ave, BS7 8SN

St Bonaventure's Church, Egerton Rd, Bristol BS7 8HP

Saturday 22 December

Singing on the Steps, 11am. *Bishopston Methodist.*

Children's Christmas Nativity, 2pm. *Followed by children's party afterwards. St Bonaventure's.*

Sunday 23 December

Morning service of Carols and Readings, 10.30am. *Bishopston Methodist.*

Carols by Candlelight, 5.30pm *Horfield Baptist.*

The Fourth Sunday of Advent, 6pm. *A Festival of Nine Lessons and Carols. All are welcome at this formal celebration as we reflect on the Christmas message in music, carols and readings led by the choir of Horfield Parish Church in a style made famous by King's College, Cambridge. 6pm. Horfield Parish Church.*

Community Carols, 7pm.

Can we put on a carol service in one day? Musicians are invited to come at 2pm and singers at 4pm for rehearsals for a candlelit carol service that very evening. B&A St Andrews Park.

Christmas Eve

Fancy Dress Nativity, 2.30pm & 4pm. *Come dressed as your favourite nativity character or just in fancy dress! Communion 11pm. B&A St Andrews Park.*

Christingle Service, 3.30pm.

A simple and joyful service for everyone, especially children, to begin the Christmas celebration & Midnight Mass, 11.30pm. A traditional, sung celebration of the Lord's Nativity with carols, music, candles and incense. Horfield Parish Church.

Messy Church for Christmas, 4pm, *Horfield Methodist.*

Christmas Eve Mass, 6pm &

Midnight Mass, 12am. *St Bonaventure's.*

Midnight Communion Service, 11.30pm. *Bishopston Methodist.*

Christmas Day

Dawn Mass, 8am. *If you wish to celebrate Christmas quietly in church, before you celebrate with your families and friends.*

Day Mass, 10am. *A joyful sung celebration with carols for Christmas Day. Horfield Parish Church.*

Communion Service 9am & Family Celebration 10.30am *B&A St Andrews Park.*

Family Christmas Worship, 10am, *Horfield Methodist.*

Christmas Morning Service, 10.30am. *Bishopston Methodist.*

Christmas Day Family Service, 10.30am. *Horfield Baptist.*

Wednesday 26 December

The Feast of St Stephen, 10am. *Mass. Horfield Parish Church.*

Thursday 27 December

The Feast of St John, The Evangelist, 10am. *Mass. Horfield Parish Church.*

Friday 28 December

Holy Innocents' Day, 10am

On this day, we remember that Mary, Joseph and their new-born baby, Jesus, were forced to flee as refugees to Egypt, as King Herod ordered the killing of all infant boys in Bethlehem.

If you have lost a baby or child through miscarriage, accident or illness, then come and quietly remember that brief life, which will always be precious in God's eyes and yours. Mass, Horfield Parish Church.



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Runners up in the nationwide search for Great

Britain's Best High Street 2018

Gloucester Road is a very proud runner up in this very special national honour.



Emma Garner

Back in summer 2018 Gloucester Road Business Improvement District entered the area in to the national search for Great Britain's best high street. With the final stage recently held at Lancaster House in London, joining the contenders were Anne-Louise Perez (GRBID Manager) and local

trader Emma Garner of 7th Sea.

"We came so close – and we hold our heads high – to be acknowledged by UK leaders in retail as one of the top high streets across the whole of the United Kingdom is indeed high praise and a momentous achievement which gives deserved recognition to local traders and our staunchly loyal community. Gloucester Road on is now on the map of the best!" Emma Garner, 7th Sea.



Anne-Louis Perez

Christmas Message

The Life-Light Blazed Out Of The Darkness; The Darkness Couldn't Put It Out: John 1:14

I am writing this sat in front of our wood burner. Every year as the nights draw in and get colder my family look forward to the first night when we light our wood burner. There is something about the heat and the flames, sometimes we love to simply watch the flames rising in the burner creating beautiful patterns!

In the dark we love the light.

At Christmas we remember that in Jesus God's light has come to our dark world. John, one of Jesus' closest friends came up with this image as he wrote his story of Jesus' life. I think he came up with the image because he himself had become captivated by Jesus and had found in Jesus something that reminded him of what it is like to be sat by a fire on a cold night. In the dark there can be warmth and light.



I don't know what you make of the Christmas story. My prayer for this Christmas season is that we would each experience something of the love of God as we remember and celebrate the birth of Jesus.

God bless

Rev Wayne Massey, B&A Church

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145 Gloucester Road, Bishopston, Bristol, BS7 8BA



Bristol's Indie District Presents a Festive Bonanza!

Saturday 1 December 2018

Small Business Saturday – Various offers across local shops and venues on Cheltenham Rd, Zetland Road, Gloucester Road.

Riff Raff Choir – 11:00am, outside The Flooring Guide, 179 Gloucester Road.

Bristol Samba – 12:30–13:15, outside The Flooring Guide, 179 Gloucester Road.

Cozy Market – 9:30–14:30 – Street gift stalls from Bomboloni down to La Fiorentina on Gloucester Rd.

Food Stalls – 15:00–19:00 – Food stalls and seasonal drinks on The Prom (Gloucester Road).

Bristol Samba – 14.45–15:30, The Prom.

Night on Prom Sing-a-Long – 17:00–18:30, The Blue Lagoon terrace, The Prom. Peter & Lucy from Riff Raff leading – All welcome to this FREE event. Please arrive 15 minutes before.

Street Entertainment – Look out for wandering stilt walkers, jugglers and night glow hula hooping!

Saturday 8 December 2018

Big Festive Wreath Making Get Together with Sarah Jayne – 11:00–13:00 & 17:00–19:00, The Grace Back Garden and The Gallimaufry terrace Gloucester Road. Advance tickets £6.00 on Facebook @BristolsIndieDistrict, on the door £7.50 Please check FB for ticket availability.

Further Festive activities/events this December in Bristol's Indie District

Santa Post Boxes – Located in Bristol's Indie District (Cheltenham Rd/Zetland Road/Gloucester Road). 1–24 December – post boxes to the North Pole located in various shops (see poster).

Elf on the Shelf – Located in Bristol's Indie District (Cheltenham Rd/Zetland Road/Gloucester Road). 15–22 December – find the hidden elves – various locations (see poster). Entry forms from Bishopston Library & Totally Toys (Gloucester Road). Prizes!

Information, updates and more for all these events above can be found on our Facebook page @BristolsIndieDistrict



In Other News

GRBID – is celebrating!

Gloucester Road, in Bristol's Indie District is named 1 of 12 top high streets across England.

And Finally

GRBID Needs You!

If you are a business in the Gloucester Road Business Improvement District and would like to get involved, we have openings on the Board of Directors. It involves donating a bit of your time, about once per month. It's an opportunity to work as a team delivering elected projects to the area. **Email the bid grbidoffice@gmail.com if you would like to find out more.**

Bristol's Independent District presents

A FESTIVE BONANZA

on and around Gloucester Road

FROM **SATURDAY 1ST DECEMBER**

ELF ON A SHELF TRAIL
SANTA LETTER BOXES
STILT WALKERS | CHOIRS
COZY MARKET | BRISTOL SAMBA
NIGHT GLOW HULA HOOPER
FOOD STALLS ON THE PROM | SHOP OFFERS
NIGHT ON THE PROM SING-A-LONG
BIG FESTIVE WREATH WORKSHOP
GIFT GIVE-AWAYS | PLUS MORE!..



BRISTOL'S INDEPENDENT DISTRICT presents

12 Post Boxes to The North Pole

decorated by local groups & primary schools

Post your letter to Santa
1st Dec - 24th Dec

PRIZES IN THE NEW YEAR

DECORATED BY

- 'Send A Welcome' Sefton Park
- St. Bonaventure's Dolphin School
- Brusell Field
- Ashley Down
- Glenfrone
- Fairlawn

POST BOXES

- Post Office (near Simpsons)
- Amnesty Bookshop
- Hobbs House Bakery
- Totally Toys
- Joe's Bakery
- Iota
- Little Steps
- Playfull
- Bishopston Library
- Scrumptiously Sweet
- Spicer & Cole
- 7th Sea

Please check in advance shop opening times to avoid disappointment.

BRISTOL'S INDEPENDENT DISTRICT presents

ELF ON THE SHELF TRAIL

15th - 22nd December 2018

Find all twelve elves and write down their names then collect a small prize from the Co-Op (117-121 Gloucester Road).

Enter the prize draw to win a hand drawn original portrait of a child's own soft toy by local artist Gail Reid of www.soggyrabbit.com

Forms available from Totally Toys and the Bishopston Library

Find the elves at the businesses below...

Headwind	Co-Lab
Totally Toys	Pigsty
Amnesty Books	Romantica
	Art@ Bristol
The Co-op	Andrews Estate Agents
Playfull Toy Shop	Bishopston Library

BristolsIndieDistrict
www.bristolsindependentdistrict.co.uk

Please check in advance shop opening times to avoid disappointment

See our website and facebook page for all event details, participating businesses and offers

www.bristolsindependentdistrict.co.uk

@LoveGloucesterRoad
 BristolsIndieDistrict
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SMALL BUSINESS SATURDAY 1ST DECEMBER



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Bristol BS7 8NU



Some of our Doorstep Favourite Gifts for Christmas

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

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

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

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

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



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

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



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● ●
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Joe's Bakery

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0117 975 5551 • www.joesbakery.co.uk



Lustau Solera Gran Reserva Brandy de Jerez is a fine old tawny gold colour, with a rich, mature, almost sweet nose. On the palate its smooth and creamy with brown sugar, nutmeg, cloves, dried fruits, vanilla, toffee & nuts. £33.99

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



Reason Interiors

73 Gloucester Road, BS7 8AS
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reasoninteriors.co.uk

TIDLO wooden construction toys. Fantastic interactive toys. The range includes; Digger, Tipper truck, Front end loader, Bulldozer, and Builders. From £26.95.



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0117 9425355
electricsandlighting.co.uk

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Nola Interiors

168 Gloucester Road, BS7 8NT
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Facebook:
Nola Interiors-Bristol



Beautiful Dermologica Gift Sets from just £17.50.

Icon Beauty

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iconbeauty.co.uk

News from Glos Rd Central



Everyone enjoyed the **launch party for Alchemy 198** on 17 November. Guests were greeted with locally produced drinks, nibbles and live music. Live performances then continued in the Downstairs Gallery, surrounded by a wide range of art by Bristol artists on the walls, including well-known artists. Local wine producers Dunleavy Vineyard gave samples of their new rose and sparkling while Bishopston-based Xisto wines introduced partygoers to the Portuguese wines they've brought to Bristol by sailing ship. Alchemy have lots of events lined up for December, including a New Year's Eve party, so do get on their mailing list.

As usual the **North Bristol Art Trail** brings art lovers out onto our streets, whatever the weather. It's wonderful to see so many familiar faces enjoying the wealth of creative talent in our area. High points are singing and spoken word at Maita Robinson's house, big collections of artists in church halls along Gloucester Road and the amazing mosaics from floor to ceiling in the home of Toni Burrows. The regular suppliers for our venue boards weren't apply to supply them this year so the North Bristol Artists were really grateful to Elephant estate agents, who stepped in at the last minute.

And now it's that time of year when Gloucester Road traders are dressing their windows, putting up the lights and planning the **Glos Rd Central Christmas Street Party on 6 December, 5-8pm**. There'll be lots of festive goodies, including burgers and bangers outside Giles Butchers and Christmas cakes and biscuits from Joe's Bakery. The Bristol Jam Plan will also set up outside Joe's to offer jams and preserves. Artemis will give a free raffle ticket with every purchase to win a gift voucher worth £50. Room 212 will be spilling onto the street with wreaths made by Dot & Dandelion, who are creating an amazing gold leaf display around the front of



the gallery. Icon Beauty can't wait to join in with the festivities; look out for special new year discounts and goodies. And everyone's favourite puppet Mr Gotalot will be out and about having fun.

Local Glos Vox choir will be singing traditional songs and live musicians will perform outside Alchemy 198, including a 12-piece ukulele band playing a surprising range of popular songs! Alchemy 198 will also launch their December exhibition in the Downstairs Gallery, with well-known Bristol street artists in attendance. And of course, the shops will be staying open til 8pm to help you begin your local Christmas shopping. All in all, this popular well-attended community event is perfect for all the family, no matter what the weather!



If you would like to **win a FREE PC health check** with Xpress Computers this month (worth £50), simply email your details to – presscomputers176@gmail.com. Xpress would also like to offer a **FREE IT overview/ report**, looking at support/ current IT systems and back-up solutions to the **first five local businesses** who get in touch with them this month.

So now it just remains for us to encourage everyone to **support their local traders this Christmas**. Our shops offer a wonderfully diverse range of gift ideas as well as everything you need to stock your larders – Why go anywhere else?!

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



We've had a very busy November and that's helping us to gear up for the festive season ahead. First off, **Visa picked Fig and Room 212 to appear in their Christmas Campaign**, along with Grape and Grind. Saatchi and Saatchi got in touch with the owners of both galleries and asked if they could take photos of them outside their shops. Passers-by were amused to see photographers set up with all their paraphernalia on the Glos Rd Central pavement for a day. The billboards will be up around the South West for the Christmas period so look out!



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Billie-Jean Pop Up

Cashmere Event

Saturday 24 Nov, North Bristol Art Trail & Glos Rd Central **Christmas Street Party**
Thursday 6 Dec, 5-8 pm. On forecourt of



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Always a Reason to get shopping!

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

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

Starting with the vintage, I was particularly taken with the chic coffee spoon sets, and huge glass jars in the shop window. As always, they have a fabulous selection of vintage glasses – perfect for your festive cocktail party – cheers!

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

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

New in, and sure to be hot favourites are the Angela Harding 2019 calendars, 'Nkuku' hand-painted, short, Kabar mugs and gorgeous Talu star baubles, hand-made from recycled glass with a pretty recycled sari tie. New 'St Eval' candles scented with Winter Thyme and Tabac are already being well-received by customers as well as the ever popular advent candles.

Finally, if you are looking for some glitz, select some stunning earrings from contemporary jewellery designer Matthew Calvin, as well as some of their fabulous, sparkling Christmas decorations!

**Reason Interiors, 73 Gloucester Rd
T: 0117 329 4505**





Trojan Dogs

The Trojan Horse was used by the Greeks to enter the city of Troy and win the war. The horse had a hidden load of men inside who, once

inside the city of Troy, were able to creep out of the horse and open the city gates to allow in the Greek army, who destroyed the city.

We now have a similar new concept, the 'Trojan dog'. A Trojan dog is a dog with an unknown health history that has been brought into the UK for rehoming. These dogs are of particular concern as they are very likely carrying infections that are common abroad but which we are free of in the UK. Recently the number of rescued dogs entering the UK has increased quite dramatically, hence risk of diseases entering UK by this route has also increased.

These dogs are being imported legally by well-meaning rescue societies under the Pet Passport scheme. However, the scheme was set up to protect human, not animal, health. Currently the scheme only covers health requirements regarding rabies and the tapeworm *Echinococcus Multilocularis*, both of which are zoonotic diseases potentially infecting humans as well as animals.

There is no requirement for imported dogs to have health screening prior to travel or even to have the standard vaccinations that we recommend annually for our own pet dogs here. As a result, we are seeing an increase in 'exotic' diseases in UK as travelled dogs may be harbouring disease. This can have serious implications for the imported dog itself as well as for the wider dog population in UK.

In an ideal world, a client thinking of rehoming a pet from abroad would first talk to his/her vet to discuss the implications. Ideally the dog would be screened for disease before travel; depending on the origin of the dog this may include diseases such as ehrlichia, babesia, leishmania, *Dirofilaria immitis*, *Brucella canis* and hepatozoon.

Ideally the dog should be treated for ticks as well as vaccinated with a standard vaccine before travel. Recently we have seen cases of Distemper in rescued dogs from abroad.

These measures are responsible for the pet travelling (as stressing an already infected dog could potentially worsen any illness), as well as responsible towards the rest of the UK dog population.

In addition, many of these rescue dogs will have been strays in their country of origin so it is also possible that putting them into a home situation will cause stress and result in undesirable behaviour.

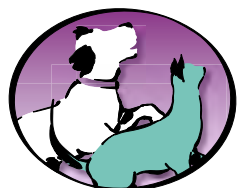
Currently the British Veterinary Association and the Dogs Trust are lobbying parliament to tighten the pet travel rules once the UK leaves the EU next year. That will go a long way to helping reduce the Trojan dog risk. Meanwhile a plea to all who may be thinking of rehoming a rescue dog from abroad to consider the health risks and if you are determined then please ask for the screening tests, vaccinations and tick treatment to be performed before the dog starts on its journey to UK.

<https://www.bva.co.uk/news-campaigns-and-policy/bva-community/bva-blog/trojan-dogs---doyou-know-the-risks-of-rehoming-a-stray-dog-from-abroad/>

Nicky Bromhall

Veterinary Surgeon

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Festive toys and outfits – The pet shop is a Santa's Grotto filled with a huge selection of seasonal toys, that is sure to delight any dog or cat's personality. Owner Sarah loved the new, soft, frozen Turkey, while her husband

Michael prefers the durable, squeaky, plastic penguin. I thought the robin with feathered tail and raccoon with cat nip made stylish feline gifts. And of course as we don our Christmas jumpers and onesies, are pooches can too! Select from some fabulous knitted or fleece outfits – the reindeer outfit is particularly cute!

Seasonal treats for the small & furies!

Of course Roxfords hasn't failed to cater for our little furry friends. There is a beautiful selection of hand-crafted, fair trade, palm leaf – Christmas trees, hats, gift boxes to hide treats in and my personal favourite – the pine cone Santa. All designed to be nibbled and played with.



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



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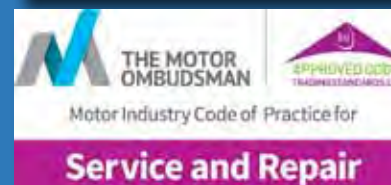
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News from Fairfield High School



FHS celebrates Black History Month by welcoming an iconic local figure

To celebrate Black History Month, Fairfield High School (FHS) was delighted to welcome a very special guest to speak to its Year 11 students during an assembly. Michele Curtis, founder of the seven Saints of St Paul's initiative, Artist, Founder & Director of Iconic Black Bristolians, plus former FHS student, shared her history, vision and values/beliefs with these students, before giving them an opportunity to ask their questions.

Michele is a very talented and inspirational artist who created, designed and actively petitioned for these artwork and murals to come to life within the area of St Paul's. Her work is quite spectacular, and captures the Saints perfectly as they exude vibrance and vitality; they are due to be completed in June next year.

Speaking from her own previous experience and journey within the world of art, Michele advised the students to believe in their own talent and never give up on themselves. She said that there is 'no perfect' and that what will mean one thing to one person will mean something completely different to another.

Students Choose Respect

In conjunction with Unique Voice, FHS was chosen as the secondary school to be the face of this year's Anti-Bullying Week in November. The project, which took place in the summer term, consisted of a collaboration between a small number of students across different years from FHS who wrote and then created a thought-provoking video from scratch. The video will be shown to schools across the area during this important awareness week.

It is clear that being given this project was a real privilege to the students involved; and that they are very aware of the potential impact it will have on their peers:

Deborah comments: "This was an area of interest

to us all. Respect is important, not just in school but in every day lives. Everyone has the capability to be respectful."

Rose Hooke, Achievement Co-ordinator at FHS comments: "I am so proud about the mature way in these students seized control of this video. The end result is a powerful, captivating and inspirational piece of footage, written by students, for students, which will undoubtedly make young people think twice before they act in the future."

National Happiness Awards 2018!

We are overjoyed and overwhelmed to have been announced as finalists in the National Happiness Awards 2018! This is a culmination of Team Fairfield's hard work, care, consideration and vision, resulting in FHS being shortlisted in the final three of the 'Happiest Secondary School' category of these national awards.

Now in their third year, the Happiness Awards is the UK's boldest and brightest honours scheme, where happiness pioneers in the workplace and in education are rewarded for making the world a better place.

With six categories including Happiest Workplace, Happiest Workplace Person, Happiest Team, Happiest School, Happiest School Person and Happiest Pupil. At time of writing FHS is waiting with bated breath for the results to be announced at the Awards Ceremony on 16 November.

Nick Lewis, Principal of Fairfield High School comments: "We are absolutely delighted to have been recognised in this way. As many people will know, for a long time we have recognised and prioritised the well-being of both our staff and students. We are therefore over the moon to be finalists in these very special awards, which speak volumes about the community which we have created and nurtured. I would like to thank everyone for this tremendous achievement."

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

News from the green room Natural Hair Salon

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Christmas Hours

Normal hours the week before.
Christmas Eve 3pm close.
Christmas and Boxing Day closed.
Thursday–Saturday normal opening.
New Year's Eve 3pm close.
New Year's Day, 2 Jan closed.
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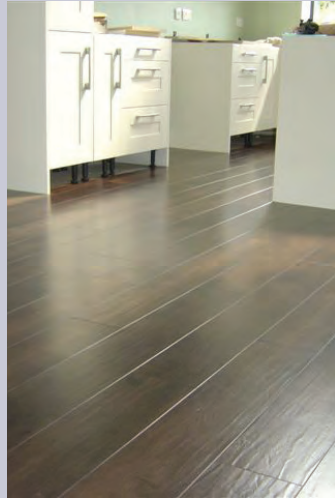
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Redesigning Your Garden

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

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

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



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

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

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News from Bristol St Andrews Bowls Club



The 2018 End of Season Open Fours Tournament (like the 2017 Tournament) was a sell-out, and the 24 teams gathered on Sunday 30 September. Bowlers travelled from as far as Dorset, Surrey, Monmouthshire and Gloucestershire to compete for the prize

money, which this year totalled £320. Nobody has ever defended their title before but 2017 winners (The Park), did come close this year finishing third, on shot difference.

All this year's prize winners finished the day on 40 points – so it was shot difference that would see The Shaftsbury Four as 2018 champions!

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



Great Western Air Ambulance Charity

Christmas Charity Quiz

Saturday 8th December

Bristol St Andrews Bowls Club, Derby Rd, Bishopston, BS7 9AQ

Teams of up to 5 / 7.30pm for 8pm start

£10 per team / register online in advance:

<https://www.justgiving.com/fundraising/bsa-quiz>



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Local History Matters

Cholera at Horfield Barracks

BHA local history research – text copyright Andy Buchan.

In the 19th century a terrifying new disease struck Britain, Cholera – it was spread through the drinking of contaminated water and caused a series of major epidemics throughout the country. It mainly affected those living in slums and poor housing because of high population density, poor sanitary conditions and usually contaminated water supplies.

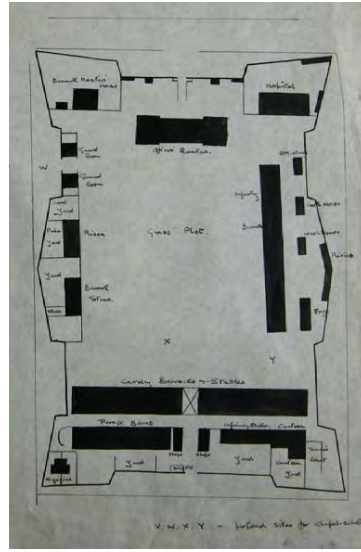
The disease was first recorded in the autumn of 1831 on the North East coast of England, having gradually spread across the whole of Europe. In July 1832 a woman and child were found in a house in Bristol suffering from the disease. By the time the outbreak was declared to be over in November 1832, at least 1612 are recorded to have been infected of whom 626, 38%, had died. In some places – for example the Bristol Workhouse, St Peter’s Hospital – the death rate was even higher. These figures are considered to be underestimates since deaths were not formally recorded before 1837. A further outbreak occurred in 1848–49, which had an even higher death rate and another with a lower death toll in 1854–55. A final outbreak occurred in 1866.

On 12 October 1854 the disease was seen in Horfield Barracks, two miles from the city where there was an outbreak and about one mile from the village of Westbury on Trym, which had also been badly affected. The following day William Budd, the well-known Bristol physician and epidemiologist, who had been involved in investigating the 1848–49 outbreak, was called to the barracks. When he arrived, he discovered that there were between 500 and 600 men in the barracks and five privies. These were reported to be in a very poor unsanitary condition because the drought of that year meant that the water pumps in the barracks had stopped working and water had to be brought to the barracks from some distance away. At that time four men were diagnosed with the disease.

Budd immediately put in measures to control the outbreak and reduce the risk of further spread of the disease. These included disinfecting all the toilets twice each day. Toilets/buckets used by sick men contained disinfectant. All men were checked twice each day for signs of the disease and men from the barracks were prevented from visiting the city or neighbouring towns. Within a short time, the outbreak was controlled. In total between eight and ten men had caught the disease and through prompt treatment all recovered.

Later that year Budd was able to successfully apply the same programme at the Bristol Workhouse. In 1849 there had been 600 cases of infection and about 150 deaths. In 1854 there were three outbreaks in the workhouse; 30 cases of infection were seen and there were eight deaths. Budd said that if his measures had been followed with more rigour there would probably have been even fewer deaths.

Image Copyright: William Budd, left – Andy Buchan. Barracks plan image above – Soldiers of Gloucestershire Museum at Gloucester.



Plan of the barracks in 1853 showing the position of the privies in the middle on the right-hand side. It has been suggested that the cholera outbreak was one of the reasons that the right-hand side of the barracks was subsequently re-laid out.



William Budd

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

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

The completed piece features a floral interpretation of Picasso’s Peace Dove as a mark of bringing God’s peace and contemporary Christianity to our local Bishopston community. Fr Tom told us, “We are so excited to have Jody come and liven up our walls with his amazing art work.

As one of Bristol’s foremost street artists Jody’s work brings St Bon’s to the world of Bristol’s renowned street art culture.”

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

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



Homestay accommodation wanted in 2018 for overseas students aged 16+

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THE OLD LIBRARY ~ EASTVILLE ~

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Stay & Play

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

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

Board Game Evening

Second Tuesday of the month

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

Not a Pub Quiz

Third Tuesday of the month

Enjoy a fun quiz and BYO drink with friends.

Circle Dance Evenings

Last Tuesday of the month, 7.30-9.30pm

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

THINKTANK Fridays:

Open Your Mind, share, learn, inspire!

Second Friday of the month, 7.30-9.30pm

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

Rock Documentary Club

Third Friday of the month

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

The Old Library Film Club

Fourth Friday of the month, 7-10pm

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

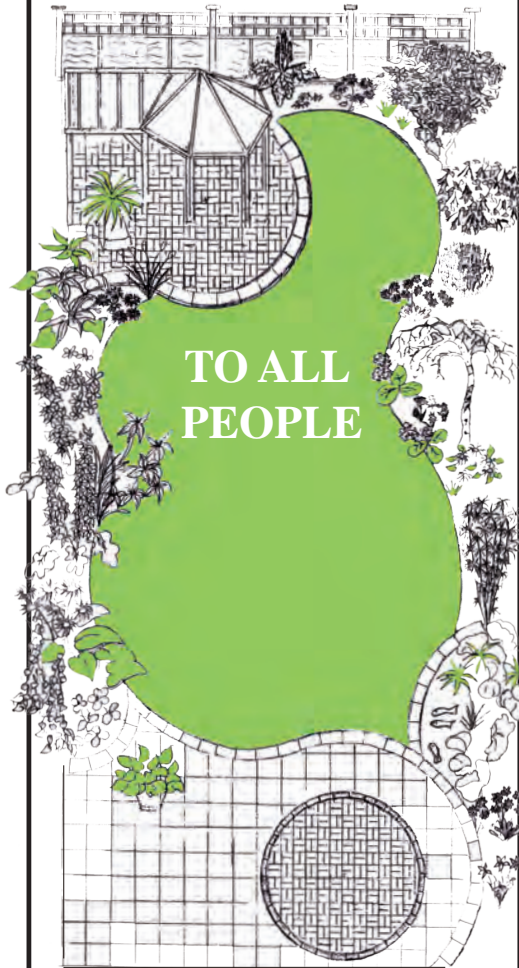
Many other weekly and monthly groups take place covering a wide range of interests. If you want to find out more these or anything else about the project, contact:

southlockleaze@gmail.com or

Facebook: facebook.com/TheOldLibraryEV.

www.theoldlibrary.org.uk/events

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News from Friends of Bishopston Library

Bishopston library was delighted and privileged to host the last ever Bristol performance of *Stony Broke in No Man's Land* by the *Hotwells Howlers* (pictured right). First commissioned by the Friends of Bristol Museum to mark the centenary of the outbreak of World War I, this show is based on a range of sources, including original research, about the wartime experiences of people from Bristol and Somerset.



Through songs – traditional and less well known – words and images, it tells the story of those who fought, those who died, some who deserted and others who were conscientious objectors. Playing to a full house, *Stony Broke* was an emotional roller-coaster, harrowing, funny and compassionate, and was certainly really appreciated by the audience. The evening raised £89 for the Red Cross, the Hotwells Howlers chosen charity.



The library also had a display of WW1 stories and photos contributed by local people. In a similar vein to the show, the display looked at all aspects of wartime experience. The sheer scale of the First World War make it hard to comprehend - both the show and the display reminded us that it is perhaps only through the individual stories of men and women that we can begin to understand its lasting and devastating impact.

We don't have any definite news yet on the next phase of the library strategy. However, we understand that the next phase will involve a smaller number of meetings covering multiple areas, and will enable people to attend either during the day or in the evening. These meetings are likely to take place in the new year, and we hope to be able to let you have the dates in December – look out for information on our Facebook page and we will send via email to supporters.

We don't have any events during December, but look out for information about writing sessions early in 2019 with local author Mike Manson. And if you have written a letter to Santa, you can post it in the library letter-box.

See you all in 2019!

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

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



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News from our Bishopston & Redland Councillors

Bishopston ward news

Bristol Energy – Did you know that Bristol City Council has founded an energy company, committed to being a force for social good? Bristol Energy is a gas and electricity supplier, for both domestic and business customers, that champions social equality. It's one of the only publicly owned energy companies in the country, and they offer fair and transparent tariffs (including renewables-only options), re-invest in local communities, and support and invest in renewables.

Around 7% of residents in our ward are already Bristol Energy customers – why not find out more here: www.bristol-energy.co.uk or pop into The Hub on the Harbourside.

Budget consultation – Every February, the council sets a budget for the next year, which sets out how much money will be spent on each of the services the council provides. Since 2010, government has drastically cut the amount of money the council receives. At the same time, its costs have risen, because of inflation and because more people need to use the council's services. In recent years, the council has had to cut budgets to make ends meet. This year, however, that may not have to be the case, but only if council tax is increased by 3%. The council is consulting on residents' opinions about this – you can take part here: bristol.gov.uk/budget2019-2020.

Bus changes – First Bus has made changes to bus services in our area, which we believe will be to the detriment of local residents. The number 70 will no longer serve Temple Meads (apart from late evenings), and the numbers 9 and 71 will no longer operate on Sundays or evenings.

As the buses in Bristol are privately run, the council has no control over the changes, but that doesn't

mean you can't make your voice heard. The more people that tell First what a terrible idea these changes are, the more likely they are to reconsider. You can contact them using their form here: bit.ly/2JJdL2M

HMO consultation – Earlier in the year, the council consulted on introducing additional licensing of Houses in Multiple Occupation (HMOs) in the 12 central wards of Bristol, including our ward. This consultation included a proposed fee structure. Since then, a high court judgement been made that is requiring the council to re-consult on the fee structure. Have your say here: bristol.citizenspace.com/communities/further-consultation-licence-hmos.

Filton Bank works – Residents who have travelled by train recently will no doubt be aware that there are a lot of engineering works going on. A key part of this has been on the Filton Bank, which runs between Temple Meads and Parkway stations, including past Ashley Down. Network Rail has been doubling the number of tracks, which will allow for more reliable and frequent services, both locally and inter-city. The works will also allow the future re-opening of Ashley Down station, which is planned for 2021. You can find out more about the works here: networkrail.co.uk/bristol-upgrades.

Gloucester Road Christmas – Some great events will be going on along Gloucester Road this Christmas – come along and help support our local independent high street! **Gloucester Road Central** (the top of Pigsty Hill) are having their **Christmas Street Party on 6 December, 5–8pm**, and the **southern part of the road are having a Festive Bonanza on 2 December, 9am–7:30pm**.

Whatever you're up to this holiday season, we hope you have a great Christmas and wish you all the best for 2019!

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

Tom Brook, Labour Party
Cllr.Tom.Brook@bristol.gov.uk

Eleanor Combley, Green Party
Cllr.Eleanor.Combley@bristol.gov.uk

Redland ward news

Sale of the Bristol North Baths building – Redevelopment of the old Bristol North Baths building is now at the stage of a new planning application. The buyer wants to discuss their plans locally, and invited us to discuss their adaptation



of the half-converted building into offices for their company and other local office users. We are hoping there is scope to support community organisations in some way once the company confirms their move will take place. Any profits from sale will be ring-fenced for affordable housing across the city.

Libraries 'engagement' – While Fi and Martin are pleased that the council has withdrawn its proposed library closures for the moment, we are still pushing for a clear longer-term commitment to libraries. This, alongside a well worked strategy, is needed so that libraries and the groups that support them have the security they need to plan for the future. The council has proposed a process to 'engage' communities on ideas for the future. These discussions are meant to link issues around the future of community buildings and branch libraries – and in this area community activities have to share the one council-run space.

We don't know what background information is being provided, but we stressed that earlier ideas and responses from 2015 and 2017 consultations should be included if the council wants a practical discussion. We're worried about consultation fatigue!

The form of outreach is not clear as initially it was proposed only daytime meetings would be held in most areas, plus a chance to comment online or via paper copies at libraries. We're pressing for more evening meetings. It's likely that some funds for piloting ideas such as community management of buildings or co-locating facilities and activities could be available from underspent library budget. Do watch this space.

Parking – There have also been further incidents of emergency vehicles being trapped on the way to callouts by bad parking, and collisions in congested streets. While the administration has promised officer support to look at potential solutions, this has yet to materialise so Fi and Martin are pressing for some action on this. Matters are further complicated

by the resignation of the cabinet member for Transport and her replacement by the Mayor, which may well indicate a delay while information is handed over. In the meantime, we are conducting some door-to-door surveys in some of the affected areas. If you think your road is being affected by poor parking then please let us know and we will come and talk to residents in your street.

Bristol waste – Recently entire streets have had their recycling collections missed, with some waiting for several days before it's been picked up. Over 80 streets were missed one Friday. Clearly this is more than a glitch, so please let us know if this happens to you so that we get a clearer picture of the situation. Please do report missed collections via the council website so the extent of the problem can be logged and to remind the council to provide the service.

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

Tackling disposable plastics – Martin's petition calling on the council to eliminate single-use disposable plastics from its activities topped 3,500 signatures precipitating a debate at Full Council in November and at the time of writing we look forward to seeing the Mayor's response to the issues raised. Fi had started work as Cabinet Member to get rid of such plastics in council-owned premises such as parks and museums, but this has been stalled for the last year. We're therefore hoping that the 4,000 plus signatures petition from people across the city will be accepted by the administration and kick-start action by the council to play its part in reducing waste.

Please sign up so we can keep in touch!

We'd like to keep residents in touch with an occasional newsletter about our work in the ward, no more than 6 per year, but can only do this if you tell us you agree by following this link and registering. <http://eepurl.com/cms9Pr>.

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

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



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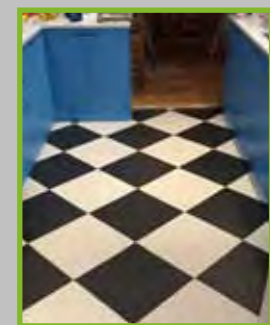
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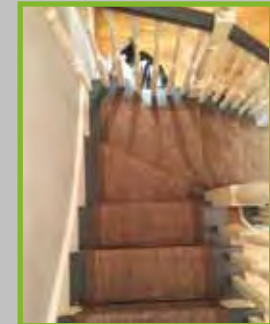
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Carol Concert

Sunday 16 December, 7.00pm

A local choirs will be singing a selection of
Christmas songs for all to join in.

Free entry. Drinks and mince pies will be on sale.

Come and join in the Christmas festivities
Ardagh Bowling Club, your local community club

Events at Bishopston Methodist Church

245 Gloucester Road, BS7 8NY

New Friends Group

Meeting on Wednesdays

5 December – The group are going out for
a meal. If anyone would like to join them, they
will be meeting at 1pm at the Beefeater in town
(opposite to Primark).

Light lunches

Thursday 6 December
from 12-1.30pm. Varied menu and good
company if you would like it.



December Circle Dance Evening

Different Tuesday! Different Venue!
More live music!

Tuesday 18 December, 7.30-9.30pm

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Welcome to all!

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Community News/Events...

Charade Drama presents Babes in the Wood by Paul Reakes. A fun-filled pantomime for the family – the innocent Babes, their larger-than-life Nurse, the evil Sheriff and his incompetent henchmen, swaggering Robin Hood and the Merry Men, love-sick Maid Marian, a wicked Welsh Witch, mischievous Ghosts and much more!

The show takes place at Westbury-on-Trym Methodist Church Hall, Westbury Hill, BS9 3AA on Thursday 29 November to Saturday 1 December, 7.30pm with an additional Saturday matinee at 2.30pm. Tickets £7/£6/£5 for adult/concession/child from Box Office 0117 9508488, call for Group Rates.

Christmas is Coming! Get into the festive spirit by attending the Henleaze Ladies' Choir Christmas Concert on Thursday 6 December. 1.45–3.30pm at St Peter's Church Hall, Henleaze.

Enjoy carols and music at this FREE afternoon concert, plus tea and mince pies! A collection will be taken for the Julian Trust charity. For further details contact Jean on 0117 9624466 or Jane on 07752 332278.



Bristol Cabot Choir – Christmas with Handel's Messiah – Monday 10 December, 7.30pm, Bristol Cathedral. Enjoy inspiring excerpts from the Messiah; Eric Whitacre's luminous Lux Aurumque and carols for Choir and audience. Conducted by Rebecca Holdeman, with Ffion Edwards, Soprano, James Atherton, Tenor and Paul Walton, Organist. Tickets: Reserved £15, Unreserved £10/£5 (NUS card/under 18s) on line: www.opus13.co.uk/ / Ticket Line: 0117 923 0164. Supporting Bristol Age Concern.

Local choir celebrates 10th anniversary – The Redland Green Choir celebrates its 10th anniversary with a concert on 1 December at St Matthew's, Kingsdown. The concert will feature Benjamin Britten's St Nicolas Cantata, with a chamber

ensemble and Rhodri Jones as soloist, together with some 'greatest hits' from the last ten years and a selection from Handel's Messiah. Tickets are £10 (£8 concessions): see www.redlandgreenchoir.org.uk for details.

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

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

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

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

Smalls for All – Bra Recycle. BRAS! If you're having a clear out please note that most charity shops don't take bras, but many are too nice to throw in the bin. 'Smalls for All' is a UK based charity that sends unwanted bras to African villages to improve hygiene and prevent the rape of young girls and women, as wearing a bra in some villages is a sign of wealth, status and power.

If the bra is too tatty, they recycle the material and metal to raise money to buy underwear. So if you're throwing out your old bras, whatever state they are in, please save them from going to landfill and send them here instead: **Smalls for All, 108 Buchanan Crescent, Eliburn, Livingston, EH54 7EF.**



National Centre where our helpline volunteers are based

Charity makes urgent plea for volunteers

Cancer charity, Penny Brohn UK, is urgently looking for motivated and committed volunteers to join its helpline team at its National Centre in Pill, near Bristol.

The helpline team offers confidential support to people living with cancer and their close supporters by providing information and a listening ear.

Sarah Gottesman, Volunteers Manager at Penny Brohn UK, said: "We rely on the commitment and enthusiasm of our amazing volunteers to run our helpline to support people living with cancer. To reach more people and help them live as well as possible, for as long as possible, we urgently need more volunteers to help us run this vital service."

No previous experience is necessary and full training will be provided. The helpline is open between 9.30am and 5pm, Monday to Friday. Volunteers are asked to cover a four hour session a week with some additional hours for training and attending courses.

With over 38 years' experience, Penny Brohn UK recognises that people with cancer need more than medicine. Its Bristol Whole Life Approach provides integrated whole person cancer support that works alongside medical treatment to achieve the best health and wellbeing.

For further information, a full role description or application form email volunteer@pennybrohn.org.uk or call 01275 370 094.

Craft sale and coffee morning in aid of Cancer Research UK – Saturday 1 December, 2018, 10.00am–12.30pm, at Horfield Parish Church Hall, Wellington Hill, Horfield. There will be handmade gifts for children and adults, Christmas decorations and delicious cakes for sale. Do come and join us for coffee and cake, buy your Christmas gifts and help us raise funds for Cancer Research UK.



Support for carers over Christmas



Carers Support Centre
Bristol & South Gloucestershire

The Christmas period is a time for celebration, but if you are looking after someone with an illness or disability it can mean added demands on top of an already stressful day-to-day life.

Did you know there is a local charity dedicated to supporting unpaid carers? Carers Support Centre offer a range of services for carers of all ages living in Bristol & South Gloucestershire.

If you help look after family or friends who could not manage without this help, you are a carer. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

The variety of tasks that a carer takes on can be broad. They can include practical tasks such as cooking, cleaning, washing, ironing, paying bills, financial management and engaging appropriate services; personal care such as bathing, dressing, lifting, administering medication and collecting prescriptions; and emotional support such as listening, advocacy, problem solving, motivating and companionship.

This time of year can place extra demands on carers. If you're caring for someone it's important to find out what help is out there for you.

Keith Sinclair, Chief Executive of Carers Support Centre, said: "Most carers first contact us through CarersLine and, when they do, they are often near breaking point. Our support workers guide them through the range of services available to make sure they are getting the best support.



"Our message to someone who is caring for a relative or friend is: don't wait for a crisis. Find out what support is available now."

If you or someone you know is a carer in need of help, contact CarersLine or visit the Carers Support Centre website for information, advice and to access any of their free services: 0117 965 2200

carersline@carerssupportcentre.org.uk
www.carerssupportcentre.org.uk

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Special timetables will be in operation between Monday 24th December and Friday 4th January 2019.

There will be no buses on Tuesday 25th December.



For more details visit firstgroup.com/xmas2018
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