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including Ashley Down, Horfield & St. Andrews

Matters

issue 113, Dec 2017



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Dear Readers...

Season's greetings! Wow, it is hard to believe we are embarking on another festive issue! As I type this there is much anticipation and excitement in our household as we await the arrival of our second baby this December. Young Henry will be joined by his brother or sister soon, so 2018 is set to be another busy one!

I hope to get out and about to the numerous Christmas events taking place in our community over the coming weeks (providing our special delivery does not arrive early!). Find details of seasonal fairs, street markets, carol services, wreath-making workshops and tree sales throughout the magazine.

We share with you a Christmas message from Pastor Sarah Phillpot, as well as details of all the local seasonal church services.

We hope this year, you will continue to love

local and support our special Gloucester Road traders when shopping for all things Christmas. To help you on your way, we have created a pull-out Christmas Gift List on the centre pages; there are ideas that will keep everyone happy!

It wouldn't be a Christmas edition without some wonderful, fun, festive illustrations thanks to Ashley Down Primary, the pupils' creativity never fails to fill me with cheer.

Bishopston Matters is delighted to be celebrating its 10th Birthday! With all the other events taking place this month, we have decided to put the bubbles on ice until the New Year, when we will be running a free, special reader competition to show our appreciation for a decade of happy work in our community.

Love and thanks to you all, **Kerry X**

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk Bishopston Matters
Bishopston Matters, PO Box 337, Bristol, BS9 4WT **Tel:** 07881 924 059 / 0117 349 4483 @bishmatters

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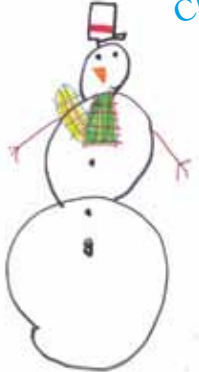
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Festive cheer thanks to Brunel and Hyacinth Classes, Year 2, Ashley Down Primary School



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The Diamond Edge Model  Realising Individual Brilliance

SENDaWelcome to learners of French

By Alice Watson, French Club Bristol

Foreign languages are, by nature, inclusive. Learning languages is all about communication and understanding, exploring the differences between people and types of expression. So, when Viviana got in touch about her daughters joining French Club (after-school club for primary children), one of whom has Downs Syndrome (DS), I did not hesitate to welcome them as every other child that has joined over the years. I felt that the way I teach, using props and actions, would lend itself well to Special Educational Needs (SEND), it was already multi-sensory and highly visual.

However, I have to admit, it was not without a little anxiety. While I support wholeheartedly the principle of inclusion, I was acutely aware of my lack of experience with DS. My concerns centred around the potential for disruption; that focusing on one child could alter the dynamic of the class unfairly for other children.

The reality has been quite different, entirely positive and impacting in ways I had not anticipated.

Firstly, and perhaps most obviously, the other children in the class respond really well to Olivia's needs. They help her out with practical tasks and look out for her during activities. Olivia joins in enthusiastically with most activities and if she chooses not to, she happily watches the others. In my opinion, the other kids have only gained from Olivia's presence – they are more patient with one another, totally accepting and always kind.

Secondly, having Olivia in my class has enhanced my teaching skills. I have reappraised the way in which I communicate. Initially, slowing down and clarifying my message was for Olivia's benefit, but has improved comprehension for everyone.

I've learned a lot: my props and actions were good, but quite haphazard. Learning some Makaton (a simplified system of sign language) to make Olivia feel more connected to the group has brought formality and consistency to my previously random gestures. It has had a remarkable effect on the rest of the class too. Signs are adopted instinctively by the children, providing an extra memory 'hook' for learners to grasp. Unscientifically, I'd surmise that the children are combining visual, auditory and kinaesthetic learning, and with great results. I now use it with all my classes.

Makaton is not a silver bullet though. The first time I proudly introduced 'le pain' with a corresponding



sign, fresh from the Makaton Foundation course, I was stumped when Olivia looked up at and said perfectly 'bread'! Over the months, Olivia has proved that she can adapt to new language and enjoy learning as much as anyone else.



Most significantly, the notion of Inclusion has had an existential impact that I hadn't expected. I have been running French Club for about three and half years now and since Olivia joined in February, it has felt stronger, more relevant and more deeply-rooted in the community. I feel very proud to be able to say (now with confidence) that French Club is truly inclusive and reflective of our brilliant, vibrant community.

French Club Bristol is a local after-school club at Gloucester Rd Quaker Meeting House. For more info visit: www.frenchclubbristol.com

We hope this shared positive experience from Alice will encourage other local groups to follow the same route. For more information on SENDaWelcome go to –

@SENDaWelcome Bristol on Facebook & @SENDaWelcome on Twitter



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A local mum's exciting new adventure with Gymboree

This month it was great to catch up with Bishopston resident Abi Lethbridge, who, after 18 years as a primary school teacher, has embarked on a new career as the owner of Gymboree Play & Music Bristol. Abi told us, "Gymboree has played a huge, positive part in my two girls' childhood and now I am excited to join Gymbo and his amazing team!"

Gymboree was the only class that Abi and her children stuck with over the years; her girls loved the sessions, while Abi valued the flexibility to make up missed classes and the daily free soft play.

Gymboree is unique in offering 7 levels of classes from sensory baby play (0-6 months) – to school preparation (3-4 years), on their own site. The award-winning programme has been perfected over 40 years to develop children through music, dance and play on their specially designed play equipment.

A key philosophy of Gymboree Play & Music is the unique approach to parent involvement, which encourages participation in, and understanding of, their child's development.

Gymboree Play & Learn classes encourage development through play; the programme is designed to support children's growth at their own pace. From sensory stimulation to problem solving games and storytelling, classes use fun play-based

activities to stretch mind and body.

It is clear Abi has a tremendous amount of passion and enthusiasm for Gymboree Play and Music, that she can't wait to share with local families. "I am really looking forward to meeting all of the parents/carers and getting to know their little ones – do pop in soon, say hello, and let me practise my bubble blowing and barista skills on you!"

As well as daily classes, they also offer amazing children's parties on their large site, and their cafe is perfect for children and parent meetups – with scrumptious cakes, barista coffee and other tasty snacks. Your local Gymboree is situated on Eastfield, off Henleaze Road (BS9 4BE), with a large car park.

Get in touch to book a free trial today!

W: www.gymboreeclasses.co.uk/franchisees/bristol/#about-us

T: 0117 329 0670 E: bristol@gymboree-uk.com



Abi with Gymbo



A huge, spooky Thank You!

The Tea Garden family would like to say a huge thank you to everyone who supported their Halloween fundraiser for CLIC, a charity close to their hearts.



Mr Brown & Tea Garden owner Fay Aldridge with her gorgeous pumpkin (grandson)!

The Halloween party held in St Andrews Park was a great success thanks to Mr Brown's Pig Stories, games, Halloween treats, an amazing raffle and the many local families who came along to support this special event. The community coming together for some spooky fun, enabled them to raise a fabulous **£1505.00!**

The Tea Garden would like to show their thanks and appreciation, to the following loyal customers and local traders for their generous donations – Bishopston Matters, Claire & Dougal, Claire Groom, Clare Cutts, Co-Op, Cosy Eco Cabin, Franco's Barber, Freja, Grape & Grind, Jackie, Jennie Cave, Karen Bailey, Katie & Kim's, Park Keeper Micky, Paul Bullivant, Reason Interiors, Scoopaway, Sewing with Shelley, The Blue Lagoon, The Fish Shop, The Flower Shop, The Spiegelent, Totally Toys and of course WOMAD festival.

Special thanks goes to local residents Simon and Nada, for all their support and encouragement with the event. Simon's words on the day, highlighted the invaluable and excellent work of CLIC Sargent.



And finally, a huge thank you goes to each and every person who attended and donated; Tea Garden owner and event organiser, Faye Aldridge told me, "We are absolutely over the moon with the amount we have raised for this fantastic charity. I am pleased to have this opportunity to share our thanks with all the many, kind, local people and businesses that enabled the event to be such a success."

Bishopston Matters would like to thank Fay and her team for putting on such a brilliant event, the Tea Garden is an important part of community that we are lucky to have.

Homestay accommodation wanted in 2018 for overseas students aged 16+

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**North Bristol is getting its
First Forest-based Pre-School!**



"Studies have shown that children who learn outdoors all day have fewer allergies and move twice as much as those in traditional settings."

"Where Nurture Meets Nature"

It was a pleasure to take time out this month to meet Lizzie Staite and Janie Ankers – local mums and two of the co-founders of North Bristol's first forest-based Pre-School opening in January 2018.

Little Foxes' ethos is simple: they believe that there is no better place for children to learn, grow and thrive than in nature. With more and more opportunities for children to be in front of screens and indoors these days, they took it upon themselves to try to offer the young children of Bristol a chance to connect with the great outdoors.

Little Foxes Forest Pre-School will be open for 3 and 4 year olds on Mondays, Tuesdays and Wednesdays, 9:30am–2:30pm term time only.

Parents can sign up for one, two or three days. Every day the children's learning will take place in the beautiful surroundings of Stoke Park Estate in BS7. From spotting shapes during nature walks, to sparking imagination on gruffalo hunts, the Pre-school will harness the diversity of the forest surrounding to develop curious and creative little minds.

Lizzie, Janie and Julie (the three co-founders of Little Foxes) have over 25 years of combined experience as qualified teachers in the primary school sector and as registered child-minders. They have been successfully running an oversubscribed playgroup for years and felt it was time to expand as the demand for outdoor learning is growing all the time. Janie went on to explain: *"From our time teaching and at the playgroup, we are constantly amazed at just what an impact being in nature has on children. Children really do become more resilient, happy learners. They challenge themselves further; it's incredibly rewarding to watch the natural connection children have with the forest, especially when we live in such a big city."*

Little Foxes pride themselves on having a high adult to child ratio of 1:5 (government guidelines are 1:13 at this age) to get to know children really well and to keep them safe. The Pre-School also has a strong emphasis on fresh, healthy and wholesome food. Lizzie says: *"Children will be encouraged to be a part of the mealtime process, often helping to cook their lunches over the fire."*

Naturally, the Pre-School that only launched in September has gathered lots of interest. Spaces for the January intake were full within a month and they are now taking names for waiting lists. If you'd like to add your child to the waiting list email info@littlefoxesforest.co.uk. Further open days are also taking place next year. To find out more or to register interest visit their website –

Web: www.littlefoxesforestschool.com

Tel: 0117 332 3683

Email: info@littlefoxesforest.co.uk

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



Friends of Horfield Common encourages you to help #SaveBristolParks

Merry Christmas to all BM readers from all at Friends of Horfield Common. We have decided to focus our December update on the current consultation being run by Bristol City Council in relation to proposed further budget cuts to Bristol's Parks Service. It's not very festive, but given the importance of this consultation to everyone in the city who uses their local parks, it is crucial that as many people as possible take part and make clear how these budget reductions would impact on them. Please do read the below and please take action if your local park is important to you.



In November, the latest in a long line of consultations was launched by Bristol City Council asking the city's residents to contribute their views about increasingly unpalatable cuts to public services which will enable the city's executive to achieve the necessary budget cuts to meet reductions being imposed by central

government. We've all heard the rhetoric repeatedly over the last year or so. Money needs to be saved and all of the city's services have to contribute; it is difficult to argue with the logic and rationale behind this.

However, the rational and logical arguments belie a history which has left what remains of Bristol's Parks department (after previous and repeated restructurings and efficiency savings) on its knees. The budget proposals now being consulted on may appear to present a position which means that those services will be able to continue without a reduction in quality, despite further budget reductions.

This is a significant concern.

Metaphorically speaking, Bristol's Parks Service is already on life support. This service has been subjected to ongoing and repeated cuts over the last 10-15 years, which have meant significant and continual reductions in the number of staff available to manage our parks day-to-day, and to work with and support with the army of volunteers who (frequently, quietly and without fanfare) contribute hundreds of thousands of hours annually to protect and enhance the city's parks and green spaces. Improved outcomes for wildlife, nature, wellbeing, community cohesion and a wide range of other strategic aims for the local authority are achieved through parks; notwithstanding their role in supporting a healthy environment and enabling the city to manage the increased impacts of climate change in the form of flooding, heat, poor air quality, etc.

The proposed budget cuts will cut a service which has no more 'spare' to cut. The impact of these proposals on Bristol's Parks will be devastating.

Dave Morris, Chair of the National Federation of Parks and Green Spaces underlines the issues currently facing parks UK-wide:

"Parks take a long time to fall apart. It's not immediately noticeable, like a library closing, but all the pillars of effective park management and maintenance are crumbling. If not reversed, parks will be plunged into the disaster crisis of the 1980s and 1990s when they became no go areas full of syringes and no park staff."

It is crucial that Bristol residents speak up in response to this consultation. As with many things that are not immediately visible, we are in danger of the budgets proposals being accepted before the impact of them is clear to park users – by when it will be too late.

If you value public parks and believe that they are important, please make your voice heard.

There are a range of free text options within the consultation which you can clearly state that you object to proposals to make further cuts to Bristol's Parks budgets. **Accepting any further cuts to the city's parks budget will herald the beginning of the end of good quality, public parks and green spaces for all in Bristol.**



We look forward to seeing many of you throughout 2018 on the common – thank you to all for your support during 2017! Happy Christmas!

Consultation on proposal to reduce Bristol's Parks Budget (again...) #SaveBristolParks2017

Action you can take:

- 1. Participate in the consultation here:** <https://bristol.citizenspace.com/neighbourhoods/parks-and-green-spaces/> You can type into the free text boxes to disagree with the proposals to cut Bristol Parks' budget because of the devastating impact that this will potentially have for public parks (and citizens of all ages, abilities, backgrounds who use them) now and into the future. More than 90% of Bristol's residents use public parks in the city.
- 2. If you are concerned about the ongoing lack of funding (following years and years of cuts to Bristol's Parks Service) threatening the continuing availability of accessible, and good quality public parks (including play areas and equipment) in the city, please write to your Councillors, MP and the council executive making your views clear.**
- 3. Join your local Park's 'Friends of' or 'Action' Group.** All of the public parks in our area have 'Friends of' groups whose work helps to improve outcomes for our parks, and without whom many of our local parks would not be the assets that they are. These groups can only continue to exist if local people support them.

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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. Cherry kirsch hearts and superior Mozart chocolates are also hugely popular. If rum is your tittle, make sure you take away some of the rum-filled Christmas puddings, their aroma is wonderful.

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 bags available. And you certainly wouldn't be disappointed to receive a net of chocolate satsumas in your stocking!

Classic gifts & Stocking fillers - The beautiful chocolate bar filled tins are certainly on my Christmas list this year or one of the fine chocolate, boxed penguins or reindeer. There is of course all the traditional favourites - chocolate santas, festive tree decorations, lollipops and 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: 11-17.30,
Tues - Sat: 10-17.30, Sun: 11.30-16.30.**





Bristol's Independent District

PRESENTS...

A FESTIVE BONANZA

SATURDAY 2ND DECEMBER

VISIT YOUR FAVOURITE LOCAL SHOPS FOR:

FLASH SALES * OFFERS * FOOD & DRINK TASTING

RAFFLES * GIFT GIVE-AWAYS * MINCE PIE GIVE-AWAYS

<p>DROP-IN WREATH MAKING</p> <p style="font-size: 2em; font-weight: bold;">17:30 - 19:30</p> <p>ON THE GALLIMAUFY TERRACE</p> <p>There is £5 cost for the wreath making drop in - but you do walk away with a lovely creation to put up straight away on your door!</p>	<p>COZY CHRISTMAS MARKET</p> <p>NAILSEA ELECTRICAL'S XMAS TAVERN POP-UP</p> <p style="text-align: center;">FROM 12PM</p> <p>AT 102 GLOUCESTER ROAD (NAILSEA ELECTRICAL CARPARK)</p> <p style="font-size: 0.8em;">HOT FOOD * WAFFLES * BAKED GOODS * BBQ * GIFTS * BOOKS ARTISAN JEWELLERY * HANDMADE CRAFTS * BRISTOL CALENDARS AND MORE...</p> <p>Glos Vox and the folk House Choirs performing together at 13:00 and 16:00 at the market</p>
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18 - 23 DECEMBER

KIDS TRAIL

FIND THE CHRISTMAS PUPPIES & KITTENS!

1 - 23 DECEMBER

POST YOUR LETTERS TO SANTA!

POST BOXES AT IOTA, TOTALLY TOYS, THE PARLOUR, PLAYFULL, 7TH SEA, BISHOPSTON LIBRARY, POST OFFICE (OPP SCOOPAWAY)

SEE OUR WEBSITE & FACEBOOK PAGE FOR DETAILS OF PARTICIPATING BUSINESSES AND THEIR OFFERS

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

All Day Local Festive Bonanza 2 December

We are celebrating Small Business Saturday with a fantastic day of experiences, sales, offers and mince pies from your local shops. Including free pizza slices from Planet Pizza, the chance to win a VW tent from IOTA, Wreath-Making Drop-in workshop at the Gallimaufry, brandy tasting at Grape & Grind to name just a few things. There will also be our Cosy Christmas Market 12–16:30 outside Nailsea Electrical by their Xmas Tavern and, with carols from local choirs Glos Vox and the Folk House Choir, it's sure to bring festive cheer. They are performing at 13:00 and 16:00 – so come on down for a sing along.

See poster opposite for information and check Facebook 'BristolIndieDistrict' for all the fantastic offerings on this Bonanzastic day!

Post Your Letters to Santa right here locally – From 1 December children will be able to post their letters to the North Pole in various places on Gloucester Road! See the Community Noticeboard on page 73 for more information.



School Holidays – Kids Festive Trail in the District from 18–23 December 2017

Find 12 puppies and kittens in shop windows on this festive fun trail on Cheltenham Road, Zetland Road and Gloucester Road.

Forms are available online to download www.bristolsindependentdistrict.co.uk and available to pick up from The Bishopston Library, Totally Toys and Playfull – on Gloucester Road.

Once your form is finished collect your prize.

GRBID Brings Gloucester Road Arts Banners to the District

This is a community art project aiming to celebrate the independent shops and community and enhance the local street scene. It has been a successful collaboration between GRBID and Gloucester Road Central led by a steering group from both parties. Local artists, individuals and schools were invited to submit their artwork to be used to create banners to go on selected posts in the area. The remit was images and words inspired by the Gloucester Road area. In the selection process our aim was to be inclusive and as reflective as possible. We have contributions from a wide range of sources

including some more well know local artists such as Inkie, Alex Lucas and Toni Burrows. The BID area is sponsoring a number of the banners extending from Cheltenham Road into Zetland and up to the bottom of Pigsty Hill.

New to the District –

Big welcome to new eatery in Bristol's Independent District – RocoTillos. You'll find it on Gloucester Road (where Zazus was). A diner and a cocktail bar!

GRBID – Call Out –

If you are a GRBID member and would you like to get involved with the GRBID we have openings to be on The Board of Directors. It involves donating a bit of your time, about 1–2 evenings per month when we meet up. It's an opportunity to work as a team delivering elected projects to the area. Email the bid grbidoffice@gmail.com if you would like to find out more.

Your News, Events and Job Vacancies

Please do send us any events or news you have so we can share on our social media pages. www.facebook.com/BristolsIndieDistrict



Christmas Services

Sun 3 December

Advent Carol Service 6pm,
Horfield Parish Church

Sat 9 December

Messy Christmas 10am
Fresh Ground Cafe at
Horfield Baptist

Sun 10 December

**Carol Service for
Uniformed Organisations**
1.30pm at Horfield Methodist

Wed 13 December

Pop-up Carols in the Park
6.30pm, in St Andrews Park

Sat 16 December

Carols on the church steps
11am, Bishopston Methodist

Afternoon Tea Carols

3pm, B&A St Andrews Park.

Family Nativity Service

3pm, children can dress up in
costumes and join in with the
performance. Refreshments
after the service and some
fun activities for the children.

Sun 17 December

Candlelit Carol Service
6pm, Horfield Methodist

Family Carols 4pm,
B&A St Andrews Park

9 Lessons & Carols –

6pm, Traditional Carols and
beautiful music from the
choir, Horfield Parish Church

Sun 24 December

Carols & Readings 10.30am,
Bishopston Methodist

Fancy Dress Nativities
10.30am and 4pm, B&A St
Andrews Park

Carols with Christingle
3.30pm, & **Midnight Mass**
11.30pm Horfield Parish

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, Churchsway Ave, BS7 8SN
St Bonaventure's Church, Egerton Rd, Bristol BS7 8HP
Church of the Good Shepherd, Bishop Road, BS7 8NA

Christmas Message

Messy Christmas Praise

4pm, Informal worship
particularly suitable for
children and families, Horfield
Methodist

Carols by Candlelight
5.30pm, Horfield Baptist

First Mass of Christmas
6pm & **Midnight Mass**
12am, St Bonaventure's

Midnight Communion
11.30pm, Bishopston
Methodist

Midnight Services 11pm
at B&A St Andrews Park &
11.30pm Church of the Good
Shepherd.

Christmas Day

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

Christmas Day Mass
9.30am, St Bonaventure's

Christmas All-Age Worship
10am, Horfield Methodist

Christmas Mass 10.30am,
Horfield Parish Church

Christmas Morning Service
10.30am, Bishopston
Methodist

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

Tues 26 December

St Stephen's Mass 10am,
Horfield Parish Church

Wed 27 December

St John's Mass 10am,
Horfield Parish Church

Thurs 28 December

Holy Innocents Mass 10am,
Horfield Parish Church

So here it comes! The Season of
Christmas and all that phrase means
to you. For me it's turkey and all the
trimmings, a carol service or two, tinsel,
presents and a plastic doll in a cardboard
box representing the Son of God.

But it starts long before the day itself and
that's part of the fun – or the challenge,
depending on your viewpoint. Making
the cake and the puddings in October,
choosing the Christmas cards – should
they always have a Christian theme? The
traditional moan that Christmas starts
too early and costs too much, real tree or
fake, presents in the morning or presents
after lunch?

We say that Christmas is 'traditional' but
for most of us that means incorporating
the traditions of our own family or
creating new ones.

Perhaps we wonder as we fill our
children's stockings with more chocolate
than they can reasonably be expected
to eat, will they retain traditions from
our family or will they, like us, rebel
and want to do everything differently,
then gradually reintroduce more of the
traditions of the past?

Do we include the Christmas story, or do
we just enjoy the festive season? And for
those of us who do include the Christmas
story in our Christmas celebrations, we,
too look back to a God who loved us
so much that he gave his one and only
Son to be born as a baby, to teach his
followers about the love of his Father and
to give his life. And we look forward to
a time when Jesus said he would come
again so that those who believe in him
may live with him forever.

Whatever you believe about the
Christmas story and whatever the
traditions in your family at Christmas'
I pray that you can look back with fond
memories to a time of innocence, family
and excitement, and forwards with
expectation to what may come.

Sarah Phillipot
Pastor, Horfield Baptist Church



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bomboloni

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12 noon-4pm Sunday

225 Gloucester Rd, Bristol BS7 8NR
Tel: 0117 2396506
bomboloni.net

Bomboloni – a truly family affair

Opening its doors in June, it has been non-stop at Bomboloni ever since. A new Italian inspired restaurant on Gloucester Road, Bomboloni aims to achieve the atmosphere of a relaxed Italian family kitchen, at the same time providing excellent value for money and great quality.

Andrew Griffin, a veteran Bristol chef, formerly of *Markwicks, Tart Café and Foodstore and Prego*, has opened Bomboloni with his wife Sara, also an experienced chef. Sara is responsible for the wonderful array of cakes, pastries and bread, all handmade daily in the Bomboloni kitchen. Not least of which – and the restaurant's name-sake – are the bomboloni – a delicious Italian doughnut, filled with cream, salted caramel or chocolate ganache, and more.

Molly Griffin, Andrew and Sara's daughter is also a chef, formally of *Tart and The Stock Exchange Bakery* and now part of the Bomboloni family venture. Other family members such as Molly's younger sisters Lily and Nancy, her older brother Tom and her grandad Raymond can also be spotted in supporting roles in and around Bomboloni. This truly is a family affair that particularly welcomes other families at Bomboloni.

Opening at 10am (Mon–Sat), mornings offer great coffee and breakfast pastries, or if you fancy

something savoury you could try a freshly made roasted mushroom, pecorino and pesto toasted sourdough sandwich. But equally it is never too early for a delicious bomboloni fresh from the kitchen.

Lunch is a traditional Italian menu, with a lighter touch, that swings into action from 12 noon. Choose from freshly made pasta dishes, risotto and pizza. If you are looking for something lighter, you will always find a healthy, freshly made salad such as – roasted cauliflower and butternut squash. With winter upon us, you may prefer a tasty soup served with sourdough bread.



Dinner is served from 6pm and is a slightly different affair at Bomboloni, as the lights dim and the candles are lit, there is a more varied menu to choose from. Such as: lovely fresh fish from Brixham, Devon; whole Dover sole, pan-fried and served simply with basil, parsley, pinenut and butter; slow-cooked lamb shoulder with cannellini beans; wild mushroom tortellini; seafood linguini or an exceptional slow-cooked beef ragu.

We hope that this has titillated your taste buds and we look forward to seeing you very soon at Bomboloni.

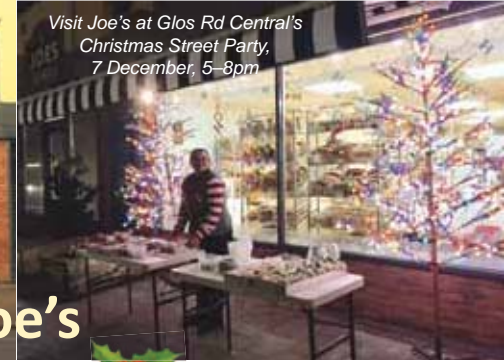


Seasonal news from Joe's

Pre-book a selection of products NOW, for Christmas Eve collection.

Always looking to do the best for their customers, Joe's Bakery will be open from 8am – 2pm on Sunday 24 December, to enable customers to collect pre-ordered items, from a selected range of products.

Saturday 23 December will be a full day, run as a normal Christmas Eve service, with fully stocked counters of their huge range of delicious confectionary and bread. On this day ORDERS WILL ONLY BE TAKEN FOR – Sourdough breads, soft and crusty cobs, and all Christmas products.



All your seasonal favourites

Their delicious range of seasonal goodies includes: Christmas bread, authentic German Stollen, Mince pies, Cinnamon stars, Panettone (large/mini), Yule logs and of course traditional Christmas cake. Spelt stollen and mince pies are available too. As well as stocking up for your own family to enjoy, these items make fabulous gifts.



www.louisewender.com 2014 ©



In the community this Christmas

The bakery looks forward to taking part in Bristol independent District's – Christmas Market, taking place alongside Nailsea Electrical's returning Winter Alpine Christmas, on Saturday 2 December.



The bakery will of course also have a strong presence at Glos Rd Central's forthcoming Christmas Street Party on Thursday 7 December (5–8pm); there will be plenty of samples on offer for all to enjoy, as well as an opportunity to purchase some of their beautifully packaged Christmas baked goods.

Jane and Martin thank all their local customers for their ongoing support and wish them a very Happy Christmas!



Joe's Bakery, 240–242 Gloucester Road, BS7 8NZ
Tel: 0117 975 5551 • www.joesbakery.co.uk

News from Fairfield High School



Fairfield High School (FHS) has recently launched an inspirational project involving some stitched 'positive words' which have been popping up on display around the school. These works of wonder

have been left by Year 7 students to brighten up everyone's day following inspiration from two 'Craftivists' (Betsy Greer in America and Sarah Corbett in the UK).

The students are really proud of their work and considering some of them had never threaded a needle before, FHS is in awe of their determination and eye for detail.

This project has evidently been of mutual benefit to students both on the delivering and receiving line, as demonstrated by these comments:

"It made me feel relaxed and happy and in some ways more calm and confident. Hopefully it will make other people feel the same way as I did and special because they found it." Maaice

"It was really hard because it was my first time. However, I didn't give up." Botond

"I think this is important so people know that positivity is out there." Freya

Harriet Page, Textiles Teacher and Leader of the project, comments: "We are so proud that our students, however creative they believed they were before they embarked on this project, have produced such happy and inspirational works of art. We have thoroughly enjoyed swapping and changing their location in order to keep the message fresh and enjoyed by as many of our FHS community as possible."

The school also places staff wellbeing as utmost importance; measures put in place this academic year include the reduction of directed time in order to address a better balance, shorter team meetings, added wellbeing strands in CPD programmes and a dedicated wellbeing group. The events and initiatives organised so far this academic year, include a community charity walk; a massage therapist available on in-service days; pre-occupational health referral system to a councillor; staff buddy system; regular activities such as sport,

crafts, patchwork, music and social activities; cake sales to promote good relationships, the raising of morale and supporting a charity – MacMillan Cancer Support – a cause close to everyone's hearts.

Janice Callow, Vice Principal at FHS comments: "We take staff wellbeing seriously for two reasons: our staff deserve to know they are valued and respected, and our students need to see that having a professional job does not mean sacrificing quality of life and wellbeing. This year we have focused on increasing the wellbeing of our staff; as a result, the positive feedback has been overwhelming."



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Your local I LOVE MY PC store are feeling generous this festive season and are giving away a **FREE Laptop!**

The team at I LOVE MY PC are looking to have a new T-shirt created to be worn as a uniform by the staff. They thought this would be an ideal opportunity to enlist the help of young, local talent to come up with a great, original design. As a reward, the winning design will not only be made into the T-shirt but the creator will win a brand new laptop!

To be in with a chance of winning this fantastic prize, all you need to do is come up with a great design that reflects that they are a PC repair/sales shop, so has some link to computers. Full details will be on the entry form but the size of designs should be based on A4 paper.

Entry forms are available at www.I-LOVE-MY-PC.COM via their Facebook page – I Love My PC Ltd or pop into store at 207 Gloucester Road, BS7 8NN.

Entrants must be 16 or under.

Make sure you get your entries in before 6pm on Monday 18 December, with the lucky winner being announced on Thursday 21 December.

What better Christmas present than a brand new laptop? Go on, get your artistic juices flowing and have a go at winning this top prize!

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A good Reason to get shopping!

As the family team head into their eighth year at Reason Interiors, they are still successfully blending a mixture of carefully selected vintage items, with new ranges of beautiful products for your home, from quality British and European suppliers.

You cannot fail to find the perfect gift for a loved one this Christmas in this inspiring shop. When I visited recently, they had just laid out some sumptuous, mohair blankets by Malagoon – perfect for keeping you cosy this winter.

The much sought after sequined baskets by Dassie, continue to be a bestseller and now there are some new, black baskets in stock – a great gift if you are looking a bit of sparkle this Christmas!

The ever-popular Angela Harding advent calendars are now in; get your hands on the 2017 design whilst stocks last!

Candles always make a lovely present and Reason has extended their range to include – Hampton Holistics, created locally, with pure essential oils. Handmade, Barley Twist, Beeswax candles are both stunning in their design and scent. Completing the new candle range are The Recycled Candle Company, with their seasonal fir tree shaped candles, in a range of colours and spiced scent.

Dassie's two tone paddle boards, perfect for bread, pizza or cheese, are handcrafted by artisans using marble and wood harvested from ancient mango trees and make excellent, stylish gifts.

What better way to celebrate the festive season than chinking bubbly in vintage champagne glasses! There will be a range of glasses to choose from but they always fly out of the shop quickly.

If you are looking to adorn your home in style this Christmas, you will be thrilled with the huge range of decorations available, from traditional glass baubles to kitsch birds, frosted berries to paper fan angels or retro bright snowflakes, so much wonderful choice!

Reason Interiors, 73 Gloucester Road

Tel: 0117 329 4505



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

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

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

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

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

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

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

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

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

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

Focus on Your Future with Progressive Mediation

If you want to find out more about our mediation services, we're always happy to talk about the best way forward for you without obligation, so why not give us a **call on 0117 9243880** or visit our website **www.progressive-mediation.co.uk**

Marc White & Co are a local, independent firm of solicitors who assist people and businesses with their legal needs.

We are pleased to announce a new solicitor to our team: Kay Winston. Kay brings with her over 20 years' experience and is accredited with 'Solicitors for the Elderly'.

We can help with a variety of matters, including Wills, Lasting Powers of Attorney, estates and succession planning, together with trust advice. Kay is available to make home visits if required.

Our Gloucester Road office deals with international matters including a Notary Public service, assisted by Julie Teulon, who manages the administration of estates both in the UK and overseas.

Please call us on 0117 946 7709 or call in to 48 Gloucester Road to arrange an appointment and discuss what's on your mind.

You can also find out more at www.mwnotary.com



News from The Bristol Fryer

Looking good inside and out! As well as installing a counter range inside, the local Bristol Fryer has an improved outside area. A wooden canopy attractively shelters the outside dining area and, in the evening, the area is lit with blue LED lighting. The blue glow onto the sea creature window stickers, creates a great sea theme in which to enjoy your fish and chips.

Fair price food – With prices rising on raw materials, The Bristol Fryer do their best to keep their food at a fair price for their customers and are competitive within the area.

Thank you for your custom – The Bristol Fryer thanks all its loyal customers for their continued support and always looks forward to welcoming new people. The local chippy is a huge supporter of Bristol Rovers. They continue to be super busy on match days, when they are happy to extend opening hours to meet demand.

**The Bristol Fryer, 431 Gloucester Rd, BS7 8TZ
Tel: 0117 9515 415 • Open 7 Days**

Monday* to Thursday: 11.30am – 2pm* & 4pm – 10.00pm
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Sunday: 4pm – 10.00pm *Closed lunch times bank holiday Mondays



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Why not be Sociable with the Bristol U3A?



Do you think the University of the Third Age, (U3A) is all about learning academic subjects?

Do you think it is somehow affiliated to University of Bristol?

Do you think it is probably not for you?

Well you may be wrong!

It is certainly true that Bristol U3A has well over 100 special interest groups, ranging from architecture and art, through to ukulele and watercolours, with many in between – including no fewer than 17 language groups. But in addition to all those groups where the emphasis is undoubtedly on learning, there are no fewer than 14 social groups. Everybody is welcome at most of these groups as they tend to meet in a public venue, a pub or café, etc.

Once there, members simply enjoy a chat and a drink, but in addition, whilst talking about various interests, new groups are formed. So, if you have always wanted to join a group whose main interest lies in collecting stamps, cigarette cards, foreign coins or recipes, you may just find a like-minded person at one of the social groups. Six years ago, there were very few U3A groups in Bedminster. Now, as a result of the social groups, there are

15 subject groups in that vicinity. Bishopston has always had plenty of groups, but there is room for many more.

You do not need to be a member of the U3A to join in at one of the social groups – everybody is welcome to join in one or two 'taster' sessions before they decide to join the U3A. **Full details of all the social groups can be found at the website www.u3asites.org.uk/bristol/** However, one of the nearest social groups to Bishopston, meet at Horfield Lodge Cafe, Kellaway Ave (near Tesco), on the 3rd Monday of the month at 10.30am. You are more than welcome to just drop in. This group is particularly active, frequently organising outings, walks, meals, trips to exhibitions, etc.

So, if you have given up full-time employment, and perhaps are looking for a new interest, or would like to advance an existing passion, then do check out the **U3A website, www.u3asites.org.uk/bristol/**. Go on, I defy you to look at the website and not find something of interest!

Membership is currently £20 a year and membership of all groups is free (although there may be a small charge for room hire, refreshments, materials, etc).

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Filton Golf Club Winter Warmer



Local North Bristol secret revealed! Intrepid urban explorers have recently discovered a beautifully maintained and

challenging parkland golf course with extensive practice facilities and a warm, friendly clubhouse.

Drive along Golf Course Lane (just off Filton Roundabout, BS34 7QS) and you find yourself leaving the busy, urban rat race behind as you enter a lush, green oasis of quiet sporting endeavour, where members focus on the joys and frustrations of moving a small dimpled ball vast distances towards vanishingly small targets.

We have a growing Junior Section and a thriving Ladies Section and the Club supports teams at all levels. The Club also hosts lots of competitions throughout the year.



Filton Golf Club is looking for new members to share the delights of golf. We're offering very tempting deals for new members so check us out – we think you'll like what you see!

Our Winter Warmer offer, 5 months unlimited golf for £250, running from November 2017 to March 2018.

Get in touch!

For more details about becoming a member of Filton Golf Club, visit www.filtongolfclub.co.uk, phone us on **0117 9696968** (option 3 to speak to the Office) or take the drive down Golf Course Lane and say hello.



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Winter News at Hair Mechanics

Salon Manager Vickie is back! The Hair Mechanics team are delighted to welcome Vickie back from maternity leave. She has returned to the Ashley Down Salon for three days a week – Wednesdays, Thursdays and Saturdays. Whilst still loving being a mummy to young Jenson, she admitted what a pleasure it will be to return to work; she has missed her clients and the great team.

Introducing the VIP Card – Hair Mechanics is pleased to announce the launch of the Wella Systems privilege card; pick yours up today from the local salon. Present your personalised card after each colour treatment at Hair Mechanics and, after every 3 colour appointments, you will receive a FREE in-salon treatment.

New! Wella Professionals RE ◀new colour product – To be used by hair professionals only, this new product helps speed up the process of changing dark dyed hair to light! Vickie explained, application of RE ◀new helps to strip colour out of dyed hair, significantly speeding up the transitioning process from a dark to lighter colour. Ask in salon for full details.

System Professional Gift boxes, now in stock! As thoughts turn to Christmas, why not give a loved one a stylish gift box containing three of their favourite hair products. You can choose from 'Hair full of life', 'Radiant colour results' or 'Rejuvenated locks'. Prices start at £35 (a 25% saving if you were buying the featured items individually). See Gift Guide on page 40 for product image.

Happy Christmas to all! Hair Mechanics would like to wish all of their clients a very Merry Christmas and Happy New Year! Appointments are filling up for the festive season, so do book in for yours soon! The Hair Mechanics team will be working up to Saturday 23 December, they will be back on December 29 and 30 and then closed until Wednesday 3 January 2018.

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

For more info on offers, check out the A-board outside the Ashley Down Road salon or visit the Hair Mechanics Facebook page.



Welcoming Salon manager Vickie back to work!



Living Room Project Update



Garden Planters

Thanks to Alex Geddis and Bev Cavender (of Knitted Pea fame) who turned out on a cold November morning to preserve our planters with Linseed oil. The planters (made by Bristol Wood Recycling Project) are for Brunel Field

Primary school gardening club to help make the cricket ground greener and prettier! We will be lining them with liners kindly provided at a discount from Kellaway Building Supplies and filling them with soil soon so the children can get growing.

Ashley Down Road and Arthur Milton St Road Safety –

A group of parents have got together to campaign for changes to Arthur Milton Street and Ashley Down Road to make them safer for pedestrians and particularly children walking to and from school. Roxanne Moore, and Daniella Radice organised a public meeting in November. Daniella said, "Arthur Milton street has many design flaws that make it unsafe for children, the pavement is not separate from the road surface and this has led to many serious near misses in recent years. Traffic often speeds down Ashley Down Road and we want to think of as many ways as possible to slow it down."

For more info on the Living Room Project: daniellaradice@hotmail.com or for the Road Safety meeting, please contact Roxanne Moore mooreroxanne@hotmail.com

The chef-owner of the gourmet restaurant **Onion Garlic** is visiting Bristol

Sevinc runs a small and renowned beach restaurant in Gumusluk near Bodrum, Turkey. She uses recipes from her great-grandmother who was born in Istanbul in the 1880s (no precise date available!) and only cooks with fresh ingredients and extra virgin olive oil or butter. Her restaurant has featured in the media and is the haunt of gourmet Turks, as well as Brits who have made a home there. Sevinc is a member of Slow Food Bodrum.



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Tel: 07762-103785 ~ info@sogansarmisak.net
www.sogansarmisak.net



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www.archfieldhousenursery.co.uk



News from Golden Hill Community Garden

Hi everyone

It's December so we're running our ever-popular **wreath making workshop** again! **Saturday 9 December 10am – 4pm**. You are welcome to drop in throughout the day; making a wreath takes about an hour so please arrive by 3pm. It's a fun, friendly and informal session and we'll provide beautiful foliage, advice and encouragement. You'll weave a willow ring, decorate it and make something lovely. We have indoor space in case it's awful weather but wrap up warm. We also provide secateurs and gloves but bring your own if got some nice ones. Children welcome and hot drinks and mice pies available.

It may be winter but we're still busy 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 spend time with other folks, which I always find helpful for keeping up your spriting in the darkening days. Though even we can't garden in the dark so the Wednesday volunteer days close early and we're only open 10am – 3pm for December and January. 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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The ever-popular North Bristol Art Trail takes place over the weekend of 25–26 November this year, with a preview night on Friday 24, when you can relax with a mulled wine and chat to artists and friends.

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

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

The NBA website offers full details on every artist member, year-round, while the Artists Profiles, facebook and twitter will give you lots more exciting news of our projects and achievements.

This year the NBA have decided to cut down on paper by printing less trail maps. This means that there will be no door to door deliveries. However, plenty of venues in our area and around Bristol will have the maps for you to pick up.

www.northbristolartists.org.uk



News from Glos Rd Central

What a fun and very busy time we're having here at Glos Rd Central! As a hub of the North Bristol Art Trail we are visited by art lovers from across Bristol and beyond. After the trail, Room 212, Paper Plane, Fig and Artemis continue to show art, craft and jewellery by local artists for all those looking for lovely original gifts for Christmas. Local artist Cath Read is the resident artist at Artemis; you can buy a



selection of her work displayed 'Downstairs @ Artemis'. There's even a couple of calendars showing artwork by lots of different Bristol artists. Continuing the arty theme, the **Gloucester Road Art Banners are now in place** and look fantastic up on lampposts all along our favourite high street. Sponsored by North Bristol Artists, Gloucester Road BID traders and

European Green Capital, and Sarah asked her to help coordinate the Gloucester Road Art Banners project. Artwork was contributed by open submission from Bristol artists and community groups and then selected by the public and traders. You can learn more about the project and even buy a print of some of the artwork here <http://www.room212.co.uk/gloucester-road-banners>



Room 212 gallery, the banners celebrate our community, artists and independent traders. The project was conceived by Room 212 owner, Sarah Thorp; when she opened her gallery 4 years ago, she remembers fellow traders saying that they'd like to see more art on the high street, and the idea struck a chord. In 2015 her Gloucester Road neighbour Deborah Weinreb installed banners for the Flagged Up project for

European Green Capital, and Sarah asked her to help coordinate the Gloucester Road Art Banners project. Artwork was contributed by open submission from Bristol artists and community groups and then selected by the public and traders. You can learn more about the project and even buy a print of some of the artwork here <http://www.room212.co.uk/gloucester-road-banners>

Saturday 2 December is Small Business Saturday and some of us are joining in with some great offers on the day. Millards is offering free lights and a chain with any bike; Room 212 is selling their calendars of Bristol artists for just £8; Artemis has 10% off Christmas decorations; and Catch the Moment is offering a free mini photo shoot. Check out the Glos Rd Central facebook page for more offers nearer the day. Room 212 and Artemis will be setting up stalls with traders from the Gloucester Road BID at the Christmas Market, taking place at Nailsea Electrical from 12.30–4pm, so you can pick up some bargains there too.

Xpress Computers is offering a FREE PC health check – worth £50 to one lucky reader, simply email your details to – xpresscomputers176@gmail.com or www.xpress-computers.co.uk. Wendy Day was pleased to win the reader competition featured in the last issue.



Glos Rd Central Christmas Street Party Thursday 7 December, 5–8pm

For the 4th year running traders are hosting a **Christmas Street Party** to launch our Thursday late openings during December. The event takes place out on the pavements in our section from Giles Butchers to the Golden Lion. Starting at 5pm, most of the independent shops and businesses will stay open until 8pm. This means you can have a browse while catching up with friends and getting into the festive spirit. As usual Joe's Bakery will be offering delicious tasters of their Christmas fayre, The Italian Sausage company will be outside Millards and there will be other food and treats on offer too. Mr Gotalot can't be with us this year but the Bristol Improv Theatre will be performing some skits from their upcoming Pantomime from 5.30–6.30pm. After that, you can enjoy live music and singing from Bishop Road Community and Glos Vox Choirs.

Glos Rd Central would like to remind their customers that many traders will be open late on Thursdays and all day on Sundays – including Christmas Eve! Many shops will also open between Boxing Day and New Year. We're looking forward to seeing you all and thank you for helping us by Shopping Local this Christmas.

Billie-Jean Pop Up Cashmere Event

Glos Rd Central **Christmas Street Party** Thursday 7 Dec, 5 – 8 pm. On forecourt of



194 Gloucester Road, Bishopston



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New – Oakley Sports eyewear at Gloucester Road

Are you looking forward to hitting the ski slopes this season? Or perhaps you're a keen cyclist or golfer? Whatever your sport, we'll help protect your eyes and give you the best vision possible with our new range of Oakley Sports eyewear.

Oakley's new PRIZM lens technology is designed to improve contrast, depth perception and fine tune vision for sport environments. All lenses 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.

An Oakley lens for every sport

Snow – control the amount of light that travel through the lens so colours are precisely fine-tuned to maximise visibility and contrast. Available in several colour finishes.

Golf – improves contrast on green surfaces, depth perception to gauge distances, predict ball speed, different grass conditions (i.e. fairway, rough, variations in slope) and provides better separation of colours.

Road – enhances vision in bright light and shadows to spot the difference in road surfaces and textures. Improves visibility for spotting cracks, potholes and slip hazards.

Trail – enhances more reds and browns allowing you to spot more subtle transitions in dirt conditions quickly. So, whether you're a seasoned skier or you're into another sport, we can advise and guide you on the best sports eyewear for your active lifestyle.

Date for your diary – At the time of writing, we're busy preparing for our MOSCOT Open Day Friday 24 November. So, if you're reading this before the date, please come along and enjoy a glass of bubbly on us! See our website for more details.

You can book your appointment at www.lynnfernandes.co.uk, call 0117 942 6843 or pop in to see us at 75 Gloucester Road.



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LynneFernandes
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L I N D B E R G ∞

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Get Festive with Roxfords Pet Shop
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It's Jingle all the way at Roxfords!

From hand-crafted bandanas in a huge range of festive fabrics and sizes, to glitter collars with jingle bells, Roxfords has everything you need to make your favourite pet look fabulous this Christmas. I particularly loved the bow ties – any pooch would be proud to have one of these stylish creations attached to their collar. And everyone loves a classic seasonal jumper, there are some great designs to kit your dog out in.

Why not spoil your pet with a bone-shaped stocking and fill it with a selection of the numerous tasty treats available. You can also pick up a pre-packaged goody bag, suitable for all kinds of furry friends.

If your pets prefer to play, dogs will go crazy for the reindeer pull and stretch toys, squeaky, crackly Santas and soft, furry bones. Kong have a Christmas range that includes reindeers with four balls as feet, which will be sure to delight your excitable pups.

I particularly liked the tartan characters and Monty dog has definitely added the soft Father Christmas with spiky, rubber ball belly to his seasonal wish list!



Fabulous, festive bandanas

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



Your Local Christmas Gift List

This Christmas whether you're searching for unique gifts for your family or your home, it's all here on our very own Gloucester Road. Bishopston Matters hopes to inspire you with our pull-out – Local Christmas Gift List. No need to fear hours of being stuck in traffic, paying for parking, fighting your way to tills...all your Christmas shopping is on hand right here on your doorstep. We've created categories too, to help you along your merry way.

Why not make the most of the inspiring Christmas events brought to you by our independent traders? On Saturday 2 December, Bristol's Independent District invite you to their cosy Christmas Market, alongside Nailsea Electrical's returning Winter Alpine Christmas Bar. Traders in the district will also be bringing you a day of sales, offers and surprises! On the evening of Thursday 7 December, Glos Rd Central will once again be celebrating with their popular Christmas Street Party. Everyone is welcome to join in the festive fun 5–8pm.

This Christmas love local and shop local xxx

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

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● *Frida Kahlo – laser-cut necklaces*
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● **IOTA**
 167 Gloucester Road, BS7 8BE
 0117 924 4911
 iotabristol.com



● ● **Grape & Grind**
 101 Gloucester Road, BS7 8AT
 0117 9248718 • grapeandgrind.co.uk

● *Von Buhl Brut Reserve – A fabulous German sparkler made by a winemaker with 12 years experience at Bollinger! Bright and fruity with some creamy hints and attractive citrus fruit. Linear and focused with really pretty fruit.*
 £27.75



● ● *Contemporary Puffin Embroidery Kit (many more animals in stock).*
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● **Flo-Jo Boutique**
 36B Gloucester Rd, BS7 9LH • 0117 9041498
 www.flo-jofabrics.co.uk

● *Christmas wreaths, garlands & festive arrangements. Now taking orders.*

● **The Flower Shop**
 145 Gloucester Road, BS7 8BA • 0117 942 0050
 theflowershopbristol.com





From Scandinavia, the Lifestyle Range of vibrant coloured pendants. From £24.99.

Ablectrics

131 Gloucester Road, BS7 8AX
0117 9425355 • electricsandlighting.co.uk



Bike Accessory – Cat Eye Volt 80XC Rapid Micro Light (usb) £35.

The Bike Man

276 Gloucester Road, BS7 8PB
0117 3297189
thebikemanbristol.co.uk



Osna

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Handmade by Osna – Soya wax candles with essential oils, created in decorative tea cups. Scents include festive cinnamon and tea tree & eucalyptus to ward off winter colds. Once the candle has burned, you can return to Osna to request a refill of your choice of oils. Part of a range of gift goodies.

Grimms Large Wooden 12 Piece Rainbow £49.95.



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0117 9446767 • playfulltoyshop.com



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07570 115 561 • IG: [wildleafbristol](https://www.instagram.com/wildleafbristol)

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Set of 4 gold coloured measuring spoons. 1 Tbsp, 1, 1/2, 1/4 Tsp. Stainless Steel, £10.

Fox & Feather

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System Professional Gift Boxes. Select from – 'Hair Full of Life', 'Radiant Colour Results' or 'Rejuvenated Locks'. Prices start at just £35.

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Get your photo printing, personalised calendars, cards and frames here!



Cartridge Right

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0117 9248888
cartridgeright.co.uk

The Room 212 calendar features 12 of our favorite local artists and offers a mix of cheerful Bristol scenes and lovely wildlife. A4 spiral bound, available in store or online. £10.



Room 212

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



Poison Oak Booze Hound T-shirts and hoodies From £25.

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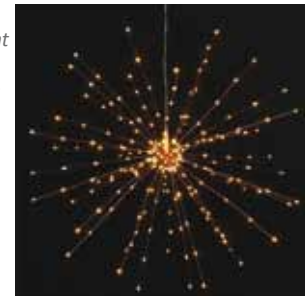
Tree Design – reversible woven scarf/wrap, available in 7 beautiful colour combinations, £25.



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Artemis

0117 9241003
214 Gloucester Road, BS7 8NU
artemisbristol.co.uk



Kara

208 Gloucester Road, BS7
07533 232692 • IG: [Karabristoltd](https://www.instagram.com/Karabristoltd)

Kara has taken on Keith Drury Art, with his quirky and contemporary interpretation of the urban landscape. Just a few prints remain of his Bristol collection. £145 for 16 x 16", £195 for 22 X 22".



Fine Art materials.
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0117 9446688 • computerright.co.uk



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73 Gloucester Road, BS7 8AS
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www.artemisbristol.co.uk
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Bristol BS7 8NU





Window Wanderland: A Walking Trail to Light up our Winter

Sign up for Bishopston's magical Window Wanderland, 24–26 February 5:30–9pm.

"Which event sums up community and creativity better than Window Wanderland?" – Featured in The Sunday Times.

Imagine walking around your streets at night and seeing your neighbourhood in a whole new light. Window Wanderland is an inspiring, fun community project that started here in 2015, with amazing results, and is back in February 2018. Since 2015, the Window Wanderland concept has spread – we have had over 20 events nationwide. In 2018, Canada and Germany will be joining us!

Window Wanderland invites all residents to make displays in their windows or gardens that will then form a magical trail which can be explored by the whole community.

Local, Abi Fisher, says: *"I love Window Wanderland as it really cheers up a dark time of year! It's fun to walk around and always makes me smile. You don't need any special creative skills – I have made displays with friends the past few years –*

it's fun coming up with an idea and putting something up together."

It's easy to put your house on the map, if you want to make a display; just visit our event at: www.windowwanderland.com/event/bishopston-bristol-2018. We will also be raising money for local charities on the night, so please spread the word and save the date for this magical event.

Creator of Window Wanderland, local mum and artist, Lucy Reeves, says: *"Everyone has a playful side to them, they just need an opportunity to show it. We have seen over 2000 displays made by schools, grandparents, even pets! It is proper community event – on some roads almost every house participates, using campervans, top floor windows and even decorating hedges with lights."*

Window Wanderland is an inclusive community event, aimed at bringing everyone together to have FUN!

For further information, email: wwbishopston@gmail.com, visit: www.windowwanderland.com or find us on FB, Twitter and Pinterest: @windowwander



Would you like personalised sound in your home that will keep every family member happy? No problem, simply visit –

Paul Roberts Hi-Fi

Graham Norton's entertaining you in the kitchen, whilst Matt Edmondson is in the lounge playing Radio 1's greatest hits to the kids!

How does this happen?

Good connections – right? No – all you need to make this happen is two, Bose SoundTouch speakers and the free SoundTouch app.

You can have multiple speakers across the house if you wish, so you can walk from room to room without missing any of your favourite show or tunes.

So much choice with Deezer & Spotify –

Deezer and Spotify offer endless albums and playlists across all genres of music and come with the SoundTouch app.

Control at the touch of a button!

This is the good bit! – While you're preparing Christmas dinner, singing along to some carols via Spotify, Sam can be upstairs with his own music, and Flo can be listening to the radio in the lounge. But if you decided it was time for some festive cheer across the family home, at the touch of a button, you can have carols ringing out in each room, thanks to all the speakers being controlled via the one SoundTouch app (supported by Wi-Fi).

How easy are the speakers to install?

These speakers are stand-alone – so installation is a breeze! There are no wires to connect them from room to room, just a small wire in the back of each speaker so you can plug in wherever suits you best.

Looking good, sounding fantastic!

Bose speakers are always stylish as well as offering fantastic sound quality, and with a starting price of £159, they are great value.

Don't believe me?

The Paul Roberts team invites you to come in and visit the show(sound)room. They have the SoundTouch family all set up and ready for you to sit back (yes they have a sofa) and listen.

And being the experts that they are, they'll be able to answer your questions – there'll be no pressure – just great sounds and professionalism.

Could I get one in time for Christmas?

Yes you can – and wouldn't these speakers and system make a great present for your partner, a teenager or for anyone that would enjoy listening to music.

Competitive on price, unbeatable on service –

Paul Roberts Hi-Fi prides themselves on being competitively priced but unlike some of the larger retailers, you get all the benefits and excellent customer service of an experienced, local independent.

Paul Roberts Hi-Fi

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www.paulrobertshi-fi.co.uk

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Top Christmas Gift

Paul Roberts recommend

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Waterproof & rugged
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Pair two for stereo or party mode
Take it everywhere with easy tear-resistant strap

News from Bishopston Library

Local choir Glosvox will be singing carols in the library on **Saturday 16 December at 2pm**; do come along and join in. You can also post your letters to Santa in our special post box, decorated by Sefton Park School from 1 December. Further Christmas events will be taking place, pop into the library for more info this month.

Babybounce takes place on **Wednesdays** (term-time only) at **11.30am** and we have a **Storytime session** for children **Saturday 11.30am**.

The **Library reading group** will be meeting on **Thursday 14 December** instead of the third Monday of the month as the participants will be busy with the lead up to Christmas.

Bishopston Library opening hours: Mon: 1–7pm • Tues: closed • Wed–Sat: 11am – 5pm • Sun: closed. Over the festive period the library will be closed on Mon 25 Dec 2017 & Mon 1 Jan 2018.

Bishopston Library, 100 Gloucester Rd, BS7 8BN • Tel: 0117 357 6220 / www.bristol.gov.uk/libraries



The Future of the Memorial Ground

Bristol Rovers to stay at the site

A recent frank and promising meeting of Bristol Rovers FC directors with a group of local residents, bodes well for further dialogue between the club and its neighbours. The meeting was arranged by Friends of the Memorial Ground (FOMG), to discuss the intention of Dwane Sports Ltd, who are the owners of Bristol Rovers, to rebuild the Memorial Stadium.

The two key 'take-aways' were that Dwane Sports is considering building a new stadium with a capacity of about 17,000–20,000 (which is 5,000–8,000 more than the current capacity) and that the new stadium would be self-funded.

We discussed revenue stream ideas to complement the football-related business, such as a gym, a school, a medical centre, conference/wedding reception rooms, etc. – facilities available to all and not only on match days. Rovers are seeking further suggestions from the community and fans.

In a spirit of co-operation and a shared interest in a sustainable/successful future for the stadium, FOMG emphasised that a wide range of creative solutions to match day traffic and parking would be necessary. The club recognises that research into fans' travel patterns was needed. Rovers are putting up bicycle stands. We discussed other options, including providing incentives to fans to cycle or walk to matches, shuttle buses to Kingswood, Easton, Temple Meads, etc., a deal with local bus companies, pooling resources and solutions with Gloucestershire County Cricket Club, park & ride, park & stride, car sharing, and the setting up of a match-day-only residents parking zone.

The Memorial Ground is to be rededicated to commemorate Bristol rugby players killed in wars since 1945. Bristol Rugby Former Players are applying for funding to professionally restore the listed entrance gates. FOMG and Rovers are to explore the possibility of re-planting the Scots pines around the ground's perimeter, where these are now missing.

As the stadium's redevelopment plans evolve, further dialogue between the club and local residents – and a thorough community consultation – are envisaged. The Bishopston Society has kindly offered to facilitate this.

<https://memorialgroundbristol.wordpress.com>



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www.windsorroad.co.uk



Craig, Andy & Steve



Motor Industry Code of Practice for

Service and Repair

Antifreeze Toxicity



With winter in full swing, many owners are very aware of the food products they have in their homes ready for Christmas that can be toxic to pets, but something many people are not

aware of is the danger of antifreeze in pets.

Antifreeze, screen washes, water coolant and brake fluid from cars are all very dangerous to pets as they contain ethylene glycol, which is very rapidly absorbed by the body causing toxic effects. Initially pets can show vague signs before rapidly developing kidney failure. It is particularly toxic to cats, so even licking up a very small amount can be fatal.

If you keep antifreeze then make sure it is kept in sealed containers in a place that your pet cannot access. Make sure any spillages are cleaned up straight away and that your pet cannot access the area. Spillages can occur when people are topping up the antifreeze in their car or if their car is leaking antifreeze. If you are disposing of products containing antifreeze then contact your local council to find a safe way to dispose of them.

Antifreeze has a sweet taste and is particularly attractive to cats. You can buy products that contain a bittering agent to try to reduce the likelihood a pet would be attracted to it; however, we would still advise being very careful about storage and cleaning up of these products as bittering agents do not prevent your pet ingesting some.



If you are at all suspicious that your pet has ingested or had contact with antifreeze then contact and take them to a vet immediately and inform them of your suspicions. Symptoms can appear within 30 minutes including vomiting, lethargy, difficulty breathing, twitching, incoordination and seizures. The prognosis is favourable in animals if treated early and an improvement is seen within 16 hours of treatment. Unfortunately, if the animal has progressed to kidney failure then the prognosis is poor and the toxicity can often be fatal.

If you have any concerns please contact us at Animal Health Centre on 0117 924 7832.



Animal Health Centre

Gloucester Road's
Independent Veterinary Practice

A small expert team providing friendly, and experienced care for your pet.

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- Free Nurse's clinics • Modern surgical facilities
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www.animalhealthcentre.org
0117 9247832




Puppy and Kitten Packages Available



Local History Matters

The Will of Elioner Jones

BHA local history research – Copyright Andy Buchan, based on research carried out by Denis Wright.

Old wills are very important documents for helping us to learn about people who lived in the past and relationships within and between families. The more detailed wills sometimes contain much information about bequests and help us to establish how wealthy the writer of the will may have been.

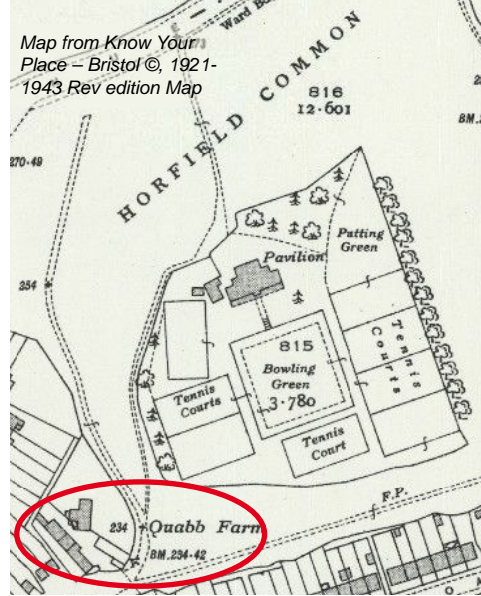
One such will is that of Elioner Jones of Quab Farm; Quab Farm used to be near the Ardagh Sports Club on Horfield Common. Elioner's will is dated 1688.

The most valuable bequest made in her will was a set of three dwelling houses held by lease in the Bristol parish of St Stephens. She gave these properties 'unto my two Sonnes George Jones and William Jones', both of them 'Anchorsmiths'. The premises and their profits were to be shared equally between the two sons 'but my said son George Jones shall make the first choice', probably because he was the older. The remaining bequests were almost entirely cash or clothing.

Elioner's third son, Samuel, also an anchorsmith, got 'twenty pounds...and one Guinea in Gold', but no property. Elioner then interrupted her list of sons in order to accommodate bequests to other close family. These were Alice Jones, her daughter-in-law and wife of Samuel, who got 'my best black Coate and my light coloured Barrateene [woven fabric] Coate'; Elizabeth Jones, her granddaughter by Samuel and Alice, who got 'one Jacobus in Gold' [English coin of James I]; and John Jones, her grandson also by Samuel and Alice, who got 'One halfe Guinea in Gold or the value thereof in silver'. Elioner then completed her list of sons with Charles Jones, who got ten pounds and 'two Guineas in Gold'. Bequests also went to Elizabeth Jones, described as 'my Kinswoman, Daughter of Thomas Jones of Bishford in the County of Somerset Yeoman', who got 'One halfe Guinea in Gold or the value thereof in silver'; Elioner still had in her possession several items which her sister Mary Wall had left in her custody 'for a security of three pounds and fifteen shillings'. Elioner now wished to return these goods with the exception of 'one brasse Kettle'. She also made it very clear that Mary Wall's husband was not to be trusted in this matter. It was her will that he 'shall have nothing to doe therewith or any part thereof'.

Mary Wall got 'two Mantuas [loose gowns], two Cloath Pettecoates one Serge Pettecoate and foure of my best wearing Shifts [smock or chemise] and two paire of my old sheets'; more distant relatives got gifts of cash or a pair of gloves 'as tokens of my love'. Elioner's circle of women friends, Mary Sinnett widow, Elizabeth Price widow, Joanne Churchill, Mary Mountjoy, and Lydeah Stibbin got 'two shifts apiece', and Mary Sinnett 'my two old Coates and one old Mantua'. Mr Nicholas Penwarne (Minister of St Stephens) got 20s 'for a sermon which I desire him to preach att my funeral'. Sons, George and William, would deal with 'householdstufte', 'plate Jewelry Rings' etc. and any outstanding debts. From manor court records we know that on Elioner's death the farm passed to her son Samuel. The family held land in Horfield for over two hundred years.

Image Left: Example of Mantua garment – The Metropolitan Museum of Art © 2000–2017



Brookfield Mobility Solutions

Brookfield Mobility Solutions continues to deliver high quality customer focused service.

We offer a bespoke car adaptation fitment service.

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It is our aim to provide a personalised solution to all our customers in conjunction with our high class suppliers of adaptations.

Brookfield Mobility Solutions can fit your adaptations at your convenience either at your supplying dealer, home address or place of work. We can also fit at our fully equipped workshop which is situated in the north of Bristol.

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Brookfield Mobility Solutions are proud to be a Motability Scheme partner.



For full details of our services and product range visit www.brookfieldmobility.co.uk or Tel: 0117 951 2285

BROOKFIELD GARAGES

In association with Brookfield Garage
140 Ashley Down Road
Horfield, Bristol BS7 9JS



High Blood Pressure

More than one in four adults in the UK have high blood pressure, although many won't realise it. High blood pressure can put pressure on your heart and the arteries around the heart, which can lead to increases in health complications. In fact, high blood pressure is the single biggest risk factor for stroke, causing about 50 per cent of strokes due to a blockage (ischaemic Strokes).

What is considered high blood pressure?

Blood pressure is usually taken by your GP using an arm cuff and you can get these in many supermarkets.

High blood pressure is considered to be 140/90mmHg or higher

Ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg

Low blood pressure is considered to be 90/60mmHg or lower

Exercising to decrease blood Pressure – Exercise can help increase the strength of your heart and improve circulation, this can lower the blood pressure and cause less stress to your heart.

What the best way to get started? We suggest people that have high blood pressure speak with their GP, they can refer you on our *Active Choices Scheme* where we have specialist instructors that can guide you through safe exercise. For more information visit: www.bristol.gov.uk/social-care-health/exercise-referral-programmes

Ashley Metcalfe, Fitness Manager, Horfield Leisure Centre

Kat Day: Life Coach & Reiki Master Practitioner



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Client feedback: "Thank you Kat for your completely transformative support. You enabled me to access positivity and strength that I have been wanting for a long time. I feel so grateful for your work. You are a wonder!"

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News from **the green room** Organic Hair Salon

Nine years on the Prom – When I sat chatting with salon owner Joe, as she gave me a much needed hair cut recently, it was amazing to hear the Green Room has recently celebrated its ninth birthday!

Book in with junior stylist, Summer – The Green Room is pleased to have junior stylist, Summer, as part of their hardworking team. If you would like a great cut, at a reduced price, then why not book in with Summer, who is at the salon Wednesday to Saturday.

Getting into the festive spirit! The Gloucester Road salon is geared up for another busy winter season; they advise customers to book their appointments early to avoid disappointment, as we head into the season of Christmas balls, parties and nights out!

The perfect gift – Vouchers make a wonderful present for that special lady or gent in your life. Due to popular demand the salon will once again be stocking Kevin Murphy gift packs for men, which include – shampoo, wax and shaving cream.

Don't forget the animals this Christmas – As a long-time supporter of the Bristol Dogs and Cats Home, Jo will be taking donations of food, blankets and toys for the local animal charity; please do pop into the salon with some soon.

15 The Promenade, Gloucester Road, BS7 8AL

Tel: 0117 942 75 75  **The Green Room**



Junior stylist Summer looks forward to taking your booking soon.

Christmas Hours

The salon will be closed 24–27 December, re-opening on Thursday 28 December 2017.

It will then be closed 1–2 January, re-opening on Wednesday 3 January 2018!

Wishing our clients a very Merry Christmas

A Glimmer of Hope in the Darkest Places

by Jayne Connell MClInPsy

Most people, at some stage in their lives, will experience emotional difficulties, maybe relating to health, relationship problems, early life experiences, social situations, loss of someone significant – the list goes on.

Often, we work through these things with the support of those around us or even on our own, but sometimes we need the help of a trained and skilled professional to guide and support us. Emotional difficulties (like anxiety and low mood/reactive depression for example) are so commonplace they are pretty much a normal reaction to the pressures of life – they are certainly no cause for embarrassment or shame – neither is recognising when we need a little help.

During my career as a Clinical Psychologist in the NHS, I have worked with all ages and pretty much every kind of difficulty you could imagine. I have won a national award for innovation in treatment and have been published by Oxford University Press, but more importantly I have been fortunate to work with many brave and determined clients and results have so often been remarkable. Above all I am constantly reminded of the potential for positive change in all of us regardless of age or circumstances. I have seen glimmers of hope in the darkest places.

I am offering 50-minute private consultations at the Alma Vale Centre in Clifton (no obligation to sign up for ongoing sessions) from October 2017. You will meet me for an initial assessment appointment to explore how my professional assistance might make a difference to you.

If you feel it is time to seek a more positive way forward in life please contact the Alma Vale Centre on 0117 3771186 to make an appointment. I look forward to meeting you.



“I have won a national award for innovation in treatment, and been published by Oxford University Press, but more importantly I have been fortunate to work with many brave and determined clients and results have so often been remarkable.”



bcrcp.org.uk

Bishopston, Cotham and Redland Community Partnership invites members.

BCR CP is inviting local community groups to become founder members of the Community Partnership. Founder members will sign up to the aims of the Community Partnership and will be integral to bringing forward the purpose of the CP. This is an open invitation to any individuals and groups who would like to be part of the new organisation;

you are invited to have a look at our new website and how you can join at bcrcp.org.uk/join

The BCR CP has been set up to carry on the best practice of the former Bishopston, Cotham and Redland Neighbourhood Partnership following the withdrawal of funding and officer support for the Neighbourhood Partnerships in Bristol.

BCR CP area will cover the neighbourhoods within and around the wards of Bishopston & Ashley Down, Cotham and Redland

BCR CP aims to

- encourage and promote community spirit and cohesion, and the involvement of local people in community affairs;
- seek to safeguard and improve the social, physical and cultural character of our area;
- help people in our area to have a greater influence on decisions affecting their lives;
- support local community groups, institutions and businesses to contribute positively to the quality of life in our area.

The steering group has been meeting since April 2017 to draw up the Constitution and Aims of the proposed BCR CP organisation (see website) and is planning a first Annual General Meeting in early 2018 where the first full committee and officers will be chosen and the constitution proposed for adoption.

bcrcp.org.uk/join

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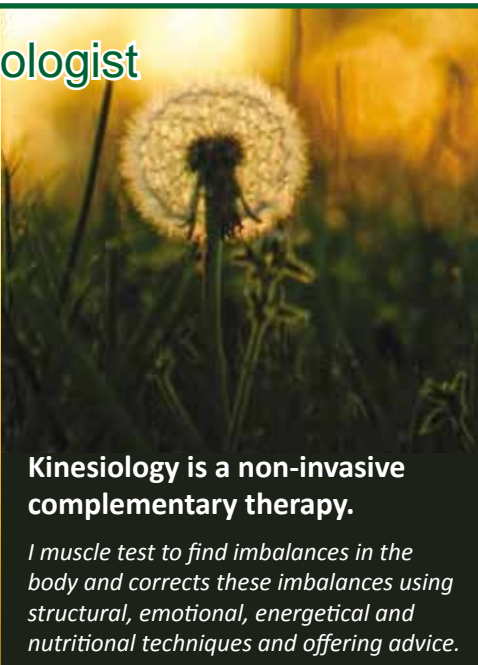
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Finding ways to live better with heart failure



Do you know anyone with heart failure?
This is a condition when the heart doesn't pump
strongly enough. It often happens after a heart
attack or because of high blood pressure.

Unlike some heart conditions, it can't be cured.
So, people with heart failure have to find ways to
deal with it as best they can. **On Wednesday 24
January 2018 from 2 – 5pm there is an open
afternoon on living with heart failure at the
Vassall Centre in Bristol.**

Over 6,000 people in Bristol suffer with heart failure.
As well as affecting them, it also places a huge
strain on the people around them. A team of doctors
and nurses from Bristol Community Health have
arranged a programme to support people living with
heart failure and those supporting them. Dr Yasmin
Ismail, a Consultant Cardiologist at the Bristol
Heart Institute, has put together a team of experts
to answer questions and give practical advice.
This will include sessions on managing your own
medications, what exercise is safe, tips on the best
diets, dealing with anxiety and stress (especially for
carers) and new treatments.

Come along to the Vassall Centre on Gill Avenue,
BS16 2QQ on Wednesday 24 January from 2pm. All
are welcome. No booking required. Any enquiries
call 0117 342 6691.



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Update from Ardagh Community Trust

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Ardagh Community Trust is delighted to announce that in November 2017 we have secured more than £200,000 in funding to help us to progress Project Ardagh.

We successfully secured £170,000 of grant funding from Power To Change to enable the creation of a fully accessible, year-round community hub at the Ardagh site, which will house the Café on the Common and provide fully accessible new meeting space and public toilet facilities for site, and wider park users. The development of a year-round facility at the Ardagh is a direct response to demand from existing café, park and sports users who have repeatedly requested this since the (existing and seasonal) café was originally set up in 2015. Contingent on securing funding from Power To Change, we have also secured £30,000 of grant funding from the BIG POTENTIAL, to pay for a specialist social enterprise to work with us and a wide range of partners including Bristol City Council, Sport England and other sports sector councils to develop a sustainable and viable plan for improvement of the sports court facilities at the Ardagh site to enable increased sports, leisure and play activity for local residents and wider site users. Once this work is completed in early 2018, we expect to submit a series of further applications for funding which will enable us to improve the sports courts so that they are able to support a wide range of user groups, activities and enable fully-inclusive use by all! We still have some work to do (see below re: match funding requirements), but this is a massive achievement and will enable the step-change from seasonal operations only to year-round activities that we have been working hard to secure over the last year.

BM readers have been following the progress of Project Ardagh since it began in 2010 and will be aware that local volunteers have been working hard and consistently since then to develop both a community-led vision for the Ardagh site, which can enable it to have a sustainable future under community management, and to persuade the local authority that the site was not 'surplus to requirements' as a community asset.

This successful funding outcome will now enable a step-change in sustainability for our community business, the Café on the Common, which has transformed the use of the Ardagh site over the last 2 years. The café, along with the toddler group, gardening group repair café and wide range of other activities, has helped to demonstrate the value of this

unique public asset, and its ability to meet the needs of the local community in addition to providing access to informal sports facilities for users from across the city and out of local area. In 2010 the site was under threat of 'disposal for development' on the basis that it was 'under-used' and as a result of this, the site was removed from the local authority's sports and playing pitch strategy, which meant that it was considered 'surplus to requirements,' and was ineligible for any funding for improvements. At that time, its fate appeared doomed. Our recent news is testament to all of the hard work done by volunteers and members of the local community, who have worked together to make the case for the value of the site for the community that we are now moving forward into an era when the site will be revitalised, brought up to the minimum standards required for all community buildings (the site does not currently meet minimum equalities legislation, for example, there are no internal accessible toilets) and able to be used and enjoyed by local people of all ages and with a wide range of interests and needs.

This funding is a fantastic achievement – particularly in a context where grant funding is increasingly difficult to secure. Well done and congratulations to all who have been part of the Project Ardagh story so far! We are thrilled to be able to share this news with BM readers for Christmas 2017!

ACT will be hosting a public meeting in the New Year to share all of the latest news about Project Ardagh and plans for the future. We will be launching our new membership scheme, which will give all local residents and supporters the opportunity to become part of ACT and to have a real say in how the future work of the organisation develops. Our new trustees will be available to chat informally, and you'll be able to find out more about lots of the great projects and volunteering opportunities that are (and will be) available in our new facility from Autumn 2018! All BM readers are invited – please do come along:

Saturday 3 February 2018, Project Ardagh Update, News and Membership Scheme launch at the Café on the Common, 10am – 2pm (presentations from 10.15–11.30am, drop-in from 12–2pm).

It is important to note that the project going ahead is still dependent on Bristol City Council granting ACT a lease under the Community Asset Transfer scheme, and on ACT securing the match funding required for the capital project to happen! We have already submitted funding applications for the 25% outstanding match funding required, and are continuing positive and constructive negotiations with BCC in relation to the lease for the site. We will update all in the New Year and wish all BM readers a very happy Christmas and New Year.



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Happy 20th Birthday to Amnesty Bookshop on Gloucester Road

To celebrate this occasion Amnesty has had a refurbishment. Everything was stripped out – books put in storage and the carpenters called in. The result is a light and airy space with wooden new bookshelves to house their wide variety of books, vinyl, DVDs, CDs, graphic novels and comics.

All profits from sales go towards supporting campaigns led by Amnesty International. But that's not all the good they do here in Bishopston. I learnt, for example, that their books never see a landfill site – they all find good homes – both in our own homes or Bristol Schools to fill their library shelves, or Horfield Prison and also to local, national and international charities. These books find a shelf for life! And that's why the shop will always welcome your donations whether they are books, vinyl or DVDs.

Tracey Richards, the team leader here in Bishopston, lets me know that this shop is well supported by an impressive team of 100 volunteers – and it's not just the books that need guardians, there is a garden too that volunteers can help with. In fact, if you think you have a few hours to spare and would like to help with the garden, just pop in to the shop and ask, or email bristolbookshop@amnesty.org.uk, to enquire.

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Amnesty Christmas

Amnesty Christmas cards and their popular diaries are now in stock. And good news – throughout December 2017 the shop will be open on Sundays, 12:00–4:00pm – so when you pop out to the Co-op on a Sunday to get your milk and bread – why not nip in and have browse through this labyrinth of a bookshop.

Amnesty Bookshop – 103 Gloucester Road, Bristol BS7

www.booksforamnestybristol.org.uk

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Reading Matters – New book by local author Ralph Hoyte

Ralph Hoyte (pictured right), moved from London to Bishopston, with his family, in 1994, working in Community Liaison with Bristol City Council until in 2004, when he left to be a full-time writer and poet. When I asked why his family chose Bishopston as their home? Ralph told me, “We just liked ‘the smell’ of Bishopston; Gloucester Road, of course, and two good schools within walking distance. We still love Bishopston, its ‘neighbourly’ feel, being able to walk/bike everywhere.”

Ralph has recently published a new book called, *Something Needs To Be Done About The Humans*, a novel about the real future. Ralph gave us some background to his latest work, “This is my first full-length novel; it is about machine-takeover, possible futures for humanity, euthanasia, assisted killing, the state of the NHS, the social care and ageing crisis, the plight of young people. If this sounds ‘heavy’, well, it isn’t: ‘AMI’, the Advanced Machine Intelligence in question, finds she needs humans, as ‘a virtual intelligence’ doesn’t really cut the ice, so she recruits seven dysfunctional misfits to help her achieve her aims. And they really don’t take any bull, especially not from distributed intelligences.”

I asked why Ralph had chosen to self-publish his new novel? “There are three main reasons: I work

with digital media, so I wanted to use 21st century publishing technologies; the novel deals with very current themes and preoccupations – if I had gone down ‘the traditional route’, by the time it’s published (if, it would no longer be relevant; and finally, I wanted complete control.”

Ralph has a deep artistic involvement with Bristol, with recent projects including work for UWE: ‘Romancing the Gibbet’, a series of GPS-guided crime-scene murder walkabouts (the first of which is available for free download at: <http://satsymph.co.uk/romancing-the-gibbet>).

To order *Something Needs To Be Done About The Humans* as an eBook or print-on-demand paperback and for excerpts etc **visit: 3s10.uk**



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Bishopston & St Andrews residents are among the singers in Gasworks Choir's 2010 rendition of 'Greased Lightnin'' at St George's, Bristol.

Happy 20th Anniversary Gasworks Choir!

This autumn, Gasworks Choir is 20 years old. In 1997, when Dee Jarlett and Ali Orbaum, both singers in Sweet Soul Sisters, tentatively placed an ad in Venue Magazine for people who'd like to sing harmony together – without accompaniment or the need to read music – they were astonished by the response. Around 100 people answered the ad and Bristol's first community choir sparked into life.

Soon, they were rehearsing in the Gasworks Studio, St Werburghs, and performing regularly at St George's, dressed distinctively in red and orange and delighting audiences with an eclectic repertoire of a cappella songs. Many songs were brilliantly arranged by Dee and Ali, such as Labi Siffre's anti-apartheid anthem Something Inside So Strong and Paul Simon's Bridge over Troubled Water, the latter sung recently in 2017 by 800 singers at Totally Thames Festival's 'Sing for Water'.

The choir's singers hail from various parts of Bristol, including Bishopston, Horfield, Henleaze, Ashley Down, St Werburghs, Redland and St Andrews. Bishopston resident Jorge Sved says that, "The choir leaders strike the perfect balance between professionalism and fun: we achieve a fantastic sound by the time we perform our songs in public without it feeling like hard work to get there."

At one point the choir was so popular that people had to wait six years to join! Thanks to the explosion of similar choirs in Bristol, the wait is not nearly so long. Gasworks Choir continues to refresh itself with new singers every year, creating a bright blend of voices and maintaining its unique reputation as one of the best community choirs in our thriving singing city.

In June 2017, led by Ali and her talented co-leader Jessica Samuel, the 160-strong choir performed al fresco at midsummer in St Andrews Park, and on **Sunday 17 December** they will be holding a special **anniversary gala concert at St George's.**



Photo by Jamie Carstairs.

**All are welcome to Wassail
Horfield Organic Community Orchard
Saturday 13 January 2018, 2–4pm**

Toast the orchard for a fruitful harvest
Bring ribbons, clouties & shining things to dress the trees, Make merry with Pigsty Morris Listen up to Bristol Folk Singers, Homemade cakes and mulled Orchard juice for sale

Do you want to learn more about fruit growing? Join our new Orchard Learning 2018 programme. Find out more: www.community-orchard.org.uk/get-involved

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

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News from our Bishopston & Redland Councillors

Bishopston Ward News



Street Lighting –

We've had a lot of contact recently with residents promoting the conversion of Bristol's streets to Light Emitting Diodes (LEDs).

Replacing the street lights with LEDs would help to save the council money,

and help the environment at the same time. The city's street lighting results in emissions of around 6,000 tonnes of CO2 per year, about one-fifth of the council's total carbon emissions. Using the latest technology would greatly reduce this figure, and save money in the process. So, there is a clear argument to replace our street lights.

At a recent Cabinet meeting, Tom asked what progress the council had made towards replacing its street lights with LEDs. The cabinet member (Redland councillor Fi Hance) informed us that the council has been replacing street lights with LEDs as and when lights needed replacing, but that some programmes are in the pipeline to replace more lights across the city. It's also worth noting that, by avoiding a large roll out over recent years, going forward we will benefit from better LED technology that will save even more energy once they're installed.

While reducing financial costs and carbon emissions are great reasons to convert our street lights to LEDs, there's another reason that's often overlooked. We were recently given a tour around the local streets by a resident with retinitis pigmentosa, a condition which results in tunnel vision. Using simulation glasses, we were able to experience what it's like to walk the streets at night with a visual impairment. Objects in the way become much harder to see, especially if they're in the corner of one's eye – like a parked car or a recycling box. The difference between a well-lit street and a poorly lit one becomes all too obvious. Imagine the photo being all you can see when walking the streets at night.

The light that comes from LED street lights is much brighter, focused and is a more natural white colour, as opposed to the orange glow that older lamps give off. This can make a world of difference for someone with a visual impairment, helping them to navigate the streets at night much more safely.

So clearly there are multiple benefits from replacing the city's street lights with LEDs, and we're happy to see that some programmes are in the works to replace more of Bristol's street lights over the coming years.

Corporate Strategy and Budget Consultation –

The council has launched a consultation on its draft five-year plan, its 2018–19 budget proposals and a range of ways to close its budget gap of £108 million between April 2018 and April 2023. The consultation is open now and people can give their feedback until midnight on Sunday 17 December at www.bristol.gov.uk/corpstrategy. There are also consultations about specific services, including parks, available at the same link. Furthermore, a new version of the council's Budget Simulator has also been launched – why not try your hand at seeing how you would deal with the budget gap: <http://bristol.budgetsimulator.com>

Finally, we'd like to wish everyone a very merry Christmas, and all the best for 2018!

Please do get in touch

Tom Brook, Labour Party
Cllr.Tom.Brook@bristol.gov.uk / 07584 370425

Eleanor Combley, Green Party
Cllr.Eleanor.Combley@bristol.gov.uk / 07584 370427

Redland ward news

Budget consultation –

As you may be aware, the council has launched its budget consultation. The sheer amount of the savings that are needed means that everyone will feel the impact of council cuts so please do try to take part if you can and make your views heard. The background to the rapidly shrinking government contribution is that within 5 years there may be no funds available for any discretionary services after social care and waste management. This therefore suggests services that would have to be managed in other ways, new/raised charges that would be levied, commercial ventures, and cancelled services we currently get.

There are four sections to comment on: already open for consultation; other ideas that may need consultation; ideas that would not need consultation; and previous proposals that have been changed. You can find out more at <http://Bristol.gov.uk/corpstrategy>.

Parking scheme guidance announced –

At the time of writing we've just received details of how new Residents' Parking Schemes can be taken forward. There are already two or more groups of streets in this ward where we are getting pressures from groups of residents to deal with commuter parking problems and we've been asking for guidance for months now. We can provide details of the paper if you'd like, as its too lengthy to reproduce here – but essentially a four-stage process has been mapped out which, if the need was demonstrated, could lead to a Traffic Regulation Order and eventually a new scheme; although nothing is assured and no financial mechanism is promised to create any schemes. We do have some concerns about the lack of expert support from the Highways department in the new process, and other obstacles, but will be looking at how we can gauge support for any new schemes in Redland in the near future.

Parks debate –

Following a massive public petition there is set to be a debate at the November Full Council at the time of writing. The council currently proposes all parks and open spaces have to be self-financing within 3 years, and that various commercial initiatives could pay for part of the budget needed, although replacing the whole shortfall is not identified yet. The Downs have a separate basis as they are jointly owned and managed by the council and Merchant Venturers, but also need to find ways to be self-funding. We know how much people value our parks and there's already voluntary input into managing all the major spaces in the area but there's currently no scheme proposed to manage the major and smaller spaces. Martin enjoyed joining the Redland Green Community Association in November to plant fritillaries and cowslips.

Libraries update –

Good news for the Bishopston library is that it was in 'options consulted on' that got more support for keeping open, although 'not closing any libraries' got more comments. It's therefore in proposals going forward which suggest that it is likely to remain

open if the current plans are implemented. As we write there's a series of debates being planned for the November Full Council due to several petitions about libraries that have been submitted. As we expect alternative suggestions to be made it's a question of 'watch this space' for what emerges. Meanwhile, do look out for events at Bishopston library and other libraries put on by the Friends groups.

Air quality event –

Fi and Martin have each attended several air quality events recently where the discussions have been very wide ranging over what measures the council and the wider community can take to improve the unacceptably polluted air in our neighbourhood. The government has recently issued yet more guidelines and is looking to Bristol to be something of a trailblazer in the area as we have done so much work already. It is worth pointing out that the government money for a feasibility study into what would work best only covers roadside emissions of NO2 rather than other harmful particulates but, on the plus side, there is some serious attention being paid to what changes will improve our air quality as quickly as possible.

Support our local Traders –

Do look out for festive events in December put on by our local traders. There are activities on both 2 December, to mark small businesses day, in Berkeley Rd, and Thursday 7 December is the Gloucester Rd Central street party. Remember that another way to support the local economy is to use Bristol Pounds, which are accepted in many local businesses and can be exchanged at Harvest on Gloucester Rd and elsewhere.

Recent Cabinet issues –

As Cabinet member for Energy and Waste, Fi was delighted to be able to announce recently that the council is increasing its target for reducing its carbon footprint from 50% to 65% by 2020 as it has already managed 60%. It's heartening that such change is possible, saving significant amounts of money and protecting the wider environment.

Please do get in touch

Fi Hance, Green Party - Cabinet member
Cllr.fi.hance@bristol.gov.uk / 07833 484346

Martin Fodor, Green Party -
Cllr.martin.fodor@bristol.gov.uk / 07884 726101

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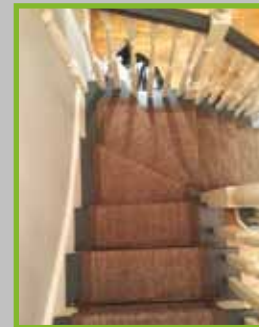
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It's the perfect cure for the February blues.
More details will be in the next issue.

Bishop Road School Christmas Fair
Saturday 25 November, 2pm - 4.30pm.

Adults £1.50, children free.

This year we will have donkey rides in the playground as well as Santa's Grotto, mulled wine and mince pies (from Joe's Bakery) and the ever-popular raffle with prizes donated by the lovely traders of Gloucester Road.



With Christmas crafts, second hand books and toys, homemade cakes and lots of traditional fairground games, it's a lovely way to spend a festive afternoon.

Bishop Road School Christmas Tree Sale
Saturday 2 December, 10am to 1pm in the reception playground. A netting machine is on hand so you can view before you buy. A range of sizes will be available - all Nordman fir trees from Frenchay.



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A festive evening of music and refreshments in aid of The Leprosy Mission at Horfield Baptist Church, 279 Gloucester Road

Monday 4th December 7.30-9pm

Tickets £6, children £2.50 from <http://www.harlequinsingers.co.uk/tickets-4dec2017/>

See you there for a perfect start to Advent!

Horfield Families Group

We are a group of women (and sometimes men) who meet every second Wednesday of the month from 7.45pm in the Horfield Parish Church Hall, Wellington Hill, Horfield. Our meetings include speakers who inform and encourage us to join in different activities. We also enjoy a variety of outside visits. We raise money for a different charity each year. All this gives us a sense of support and companionship.

New members are very welcome. If you are interested please visit our website www.horfieldfamiliesgroup.co.uk You can get in touch with us via the Contact section.

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Bishopston Christmas Market

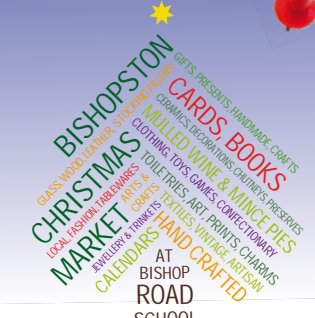
Thursday 7 December, 7.15pm

This market has long been an ideal place to pick up interesting Christmas gifts. The stall holders are local, artisan producers

and crafts people. Their wide ranging talents include producing home wares, original artwork, jewellery, decorations and clothing alongside some delicious treats.

The school hosts two full halls of stalls as well as food producers located in the front playground. You'll be spoilt for choice for gifts for every member of the family!

Come along for an evening of shopping, then relax with a glass of mulled wine and a mince pie. Doesn't that sound better than a stressful trip to Cribbs?



AT BISHOP ROAD SCHOOL
Bishopston Christmas Market
Thursday 7th December 7.15pm to 10pm
Bishop Road Primary School
Entry £2, over 12's only



Community News/Events...

North Bristol Community Project is a local charity that aims to promote well-being through education, leisure and volunteer opportunities.

Mondays 10am–12pm; 10 week Sewing for Employability course. Now taking bookings for the next sewing course starting on 8 January 2018.

Thursdays 10am–12pm. Arts for Wellbeing.

Thursdays 12.30–2pm. Wellbeing Lunch Club.

Saturday 25 November, 11am–12pm; 3D Peace-inspired Card Making, 12.30–1.30pm; Coffee & Cakes, 2–3.30pm; Print Making, 4–5pm; Card Making, 6.30–8pm; Print Making over mulled wine

Sunday 26 November, 12–1pm; Card Making, 2.30–4pm; Print Making.

The 10-week sewing course & the Lunch Club are FREE. For all other activities above, there is a fee of £10 towards the cost of basic materials, tuition and refreshments. For more information, visit 160 Gloucester Rd, BS7 8NT, email: nbcp84@gmail.com, or call 07742 377799 (open Mon–Fri 10am–4pm).

Lockleaze & Horfield Strollers – This local group walks fortnightly on a Tuesday morning with numbers of around 15. If you would like more information on this or any of the Bristol Walking for Health groups or to complete the short health questionnaire, please contact – healthwalks@bristol.gov.uk or Saliha Ahmed, Engagement Worker, call: 0117 914 1129 (Tuesday–Friday).

Tuesday 5 December Saltford. Meet at Bus station 9.50 (Bus X39 @ 10:06 to Saltford). Exploring the old village of Saltford and walking down to the riverside. Leader: Sheila.

Tuesday 19 December Christmas Harbour Walk. Meet at Horfield Leisure Centre 10.00 (Bus 75/76 to Broadmead). Walk up to Castle Park, cross over the new Finzel's Reach bridge, back over Bristol Bridge to Welsh back and along river for a Christmas coffee in the Floating Harbour. Leaders: All.

Dice Tales – The Improvised Story Show,

will take children aged 5 to 12 on an adventure made not only for them but by them as well. How will they do this? How will these stories

unfold? Why, on the roll of a dice, of course! As each dice falls, they decide the who, the where and the

what on earth will happen next! Performances are 10.30am and 11.30am on Sunday 3 December 2017 at the Kelvin Players Studio, 253b Gloucester Road, Bishopston, BS7 8NY. Tickets are £6 each for ages 5 and above or £20 for a family ticket for four people. Tickets are available online through the Dice Tales box office: <http://buytickets.at/dicetales>

The Bristol Santa run is back!

Children's Hospice South West (CHSW) is excited to announce the return of its popular Santas on the Run event on 10 December! The 2k fun run in which all of the family can take part – including the dog! It's the perfect way to celebrate the festive season. Join thousands of others running, jogging, walking or dancing round the harbourside and city centre in their Santa suits, which are provided by the charity. To sign up to Santas on the Run, visit www.chsw.org.uk/santasbristol or <https://www.facebook.com/events/1416515515068923/>.

Bristol Child Contact Centre in Henleaze is recruiting new volunteers! At the Centre, children of all ages spend time with the parent they no longer live with, in a session supported by our volunteers. Many of the 'contact parents' are fathers, so we would especially welcome more men to join us.

If this appeals to you, and you'd be free to join our Saturday volunteer rota every 4–6 weeks for a few hours, do get in touch for further details. Visit: www.bristolchildcontactcentre.org.uk. and/or ring Monika on 07511 290505 for informal chat or email: info@bristolchildcontactcentre.org.uk

Carers Rights Day is a national celebration of carers that takes place on Friday 24 November. Local charity Carers Support Centre is holding a free event in Fishponds on this day between 10.30am and 1.30pm. This open meeting for carers will include information on accessing direct payments and carers assessments. There will also be an opportunity to learn more about mindfulness and view information stalls from various local organisations. For further information or to book your free place contact Dennis Agodzo: 0117 958 9902 dennisa@carerssupportcentre.org.uk www.carerssupportcentre.org.uk



Scrap Store Events – taking place at Scrapstore House, BS2 9LB. *Make, Play DO! Wreath Making* – Wednesday 13 December 6.30–8.30pm. Make a wreath that can be re-used year after year—out of re-used scrap! Some natural materials available as well, so feel free to bring garden cuttings to incorporate and share. Adults and young people welcome. £8 per person, please book.

Make & Take – Xmas Cards – Wednesday 6 December 4–6pm. *Make & Take – Present Making* – Tuesday 12 December 4–6pm. Both events for children, £5/ 10% off each additional sibling. Book online at www.childrenscrapstore.co.uk

Glos.Vox Community Choir practise at Horfield Baptist Church, on Gloucester Road. The choir learn their music by ear making it accessible to everyone. It is open to all, with no auditions held. It covers a wide variety of music genres including folk, world and contemporary. As Christmas approaches, they will be working on Christmas songs and carols. The choir are happy and fun loving. They create a sense of community and a love for singing. Glos.Vox meets on Wednesdays 7–9pm (term time only) at Horfield Baptist Church – Room 1, BS7 8NY. £5 p/wk paid termly or £7 PAYG. For more information, e-mail – glosvoxchoir@aol.co.uk or see – www.glosvox.com

Christmas Concert – 13 December, Details tbc, free entry, donation bucket on door, 8pm start.

Christmas Gigs – 2 December – Carol singing outside Nailsea Electrical for GRBID, **7 December** – Glos Road Central Christmas Street Party, Glos.Vox along with the Folk House Choir will be performing outside Room 212 at 7pm. **13 December** – End of term Christmas Concert, Inn on the Green, free entry, donations bucket on door, 8pm start. **16 December** – Gloucester Road Library, 3pm, **23 December** – Hippodrome, Glos.Vox, along with The Folk House choir will be performing from 5–7pm, between panto performances.

Bristol Cabot Choir Christmas Concert – Monday 11 December, 7.30pm at Bristol Cathedral – a performance of the Messe de Minuit pour Noël by Marc-Antoine Charpentier and other lovely Christmas music for choir and audience. Conducted by Rebecca Holdeman, with Andrew Kirk on Organ. Tickets: Reserved £15, unreserved £10/£5 (NUS card/under 18s) from www.opus13.co.uk or Ticket Line: 0117 923 0164 / 0117 9626521. www.bristolcabotchoir.org. Supporting Bristol Off the Record Charity.

St Alban's Players in Westbury Park present 'Nell Gwynn' by Jessica Swale. London, 1660. King Charles II has exploded onto the scene with a love of all things loud, extravagant and sexy. And at Drury Lane, a young Nell Gwynn is causing stirrings amongst the theatregoers. Sure to be a dazzling

production from this award-winning drama group! Thursday 23 – Saturday 25 November, 7.30pm at St Alban's Players, St Alban's Church Hall, Bayswater Avenue, BS6 7NU. Tickets Adults £10, Students* £7 *Suitable for the over 12s! Box office online www.stalbansplayers.co.uk/boxoffice telephone 07425 198 859.



Coffee Morning and Craft Sale in aid of Cancer Research UK, on Saturday 25 November, 10.15am –12.45pm at Horfield Parish Church hall, Wellington Hill, Horfield. Refreshments, including homemade cakes and biscuits.

Craft stalls – gifts for the home, friends and family. Christmas cards and decorations. Cake stall and book stall. For further details contact Lyn Jenkins on 0117 3300792.



New Claremont Cafe – Now Open!

The Students of Claremont Secondary school in Redland are now running a cafe on Friday mornings* from 10.30–11.30am.

They will be serving freshly made snacks along with tea, coffee or juice for your enjoyment. Each week there will be a different snack depending on what the students have decided to serve that week, so come along and see!

Money raised will help buy more ingredients for the following weeks and any profit at the end of a term will be used to go on an outing of the students' choice.

They look forward to inviting you! Enjoy a hot drink and homemade treat for only £1!

Claremont Secondary, Redland Court Road, Bristol BS6 7EH.

*The cafe will be open term-time only, and as much as we hope to run it each week, there may be times when we have to close. Please see our website for details www.claremontbristol.org.uk

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