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# Bishopston

including Ashley Down, Horfield & St. Andrews

# Matters

issue 114, Jan/Feb 2018

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## Dear Readers...

Wishing you a very Happy New Year! I do hope 2018 is a great one for us all.

It is set to be an exciting and busy one for myself, as I write this (in mid Dec 17) we are expecting the arrival of our second child any day! So, this year is set to be full of wonderful challenges with two little ones on the loose!

This will not in any way affect the production of Bishopston Matters, everything is in place (with the help of my trusty co-worker Anne-Louise and the 'A' team of my mum and mother-in-law) - to keep the press rolling!

In fact, Bishopston Matters is now delighted to be celebrating 10 years in print. What a fabulous journey it has been, working in such a wonderful community with a huge range of amazing local people

and traders. To celebrate this landmark, I am pleased to bring you a FREE Reader Competition, with 10 prizes for vouchers to some of our best local businesses up for grabs; read all about it on the centre pages. I thank you all for your continued support of this community magazine - without you, the publication would not be possible.

As we embark on a New Year, it is a good time to reflect and make positive changes to our busy lives, to enable us to live with healthy body and minds. There are numerous local specialists that feature within the pages of this issue, who are all geared up to help you on your way; do take advantage of their expertise.

Here's to the next 10 years!

All the very best, *Kerry X*

Email: [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) • [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk) Bishopston Matters  
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Don't forget to mention Bishopston Matters when replying to ads!





## Community Action at its best!

**What do you do when a local Eastville library is being closed down? If your name is Emily Shimell, you and some local residents get together, and equipped with a business plan propose to the council to take it over as a Community Asset. They were successful and were handed a ten-year lease. They renamed it The Old Library and the doors re-opened autumn 2016.**

On a cold winter day, I arrived frozen handed (cycled without gloves ...brrrr). So, it was a relief to dash in to The Old Library to thaw out – but also wow – what a welcoming space. It has community marked all over it. Handmade bunting drapes from wall to wall, the smell of coffee and lots of cakes, children squealing and laughing, people nattering. Sing and Story time with Rodney is coming to an end, and had I come on a Friday, I would have heard the glorious Umbrella Singers filling the space with their voices.

Emily (who is on her lunch break from her other role in full-time marketing) and I sit down to catch up in one of the many comfy areas and I learn about the numerous activities and clubs The Old Library now offers. At this point it's worth mentioning that The Old Library is 100% run by volunteers. Emily has created a model which aims to make it sustainable. There is no funding from the council. Finance is raised by the team from hiring the space out for parties, activities or organising fundraising events. Though, recently they were granted funding to develop a play area for children in 2018 – which will be a welcome outdoor extension of The Old Library backing on to Purdown.

And while not an official library, they still have a lot of books on the shelves (you can borrow), a photocopying service and four computers for the public, as well as free wifi.

The café inside was built by a local resident. Tea, coffee, cakes, biscuits all served with smiles and experience. Local lady Jo, one of the volunteers, told me she first got involved when she donated some furniture when they were first opening. Then when she heard the café was opening she asked to volunteer. Jo exclaimed "This has introduced me to new friends, and neighbours I never knew!"

### So, what can you do to help?

Well, firstly Emily encourages people to visit and experience for themselves the comfy space that they have created – take a look at the activity board – sit down have a cuppa. Alternatively, there is always a need for volunteers. There is such a cross section of work involved in managing and running this community hub that everyone has something they can bring to the party. You never know when a plumber might be needed or a decorator or a computer expert or a cake maker. If you are interested in offering your time, please contact: [southlockleaze@gmail.com](mailto:southlockleaze@gmail.com) – every hour of help makes a difference.

I leave with lots of people to say goodbye to – because it's just so friendly! Please visit their website page for full details on all the daily clubs and activities – there is something for everyone from Stay & Play, Yoga, Film Club, Board Games Night, Stitch & Knit, Drama Club – and more: [www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)

**The Old Library, Muller Road, Eastville, BS5 6XP**



Emily Shimell



Environmentally friendly, water and natural oil based paint in beautiful, harmonious colours. The water based paints are virtually VOC free and made in the UK with 50% recycled tins.



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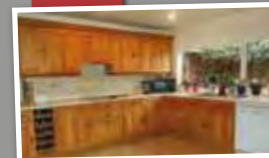
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LITTLE FOXES  
FOREST SCHOOL



**North Bristol's First Outdoor Pre-School**

*"Where Nurture meets Nature"*



**THANK YOU** to the local community for being so supportive of our new venture Little Foxes Forest Pre-School! North Bristol's first outdoor nursery for 3-4 year olds was oversubscribed within 30 days of launching and it opened its 'doors' to children for this first time this month. Over 16 children a day are now learning and thriving at Little Foxes, based just a 5 minute drive away in the beautiful woodland and meadows of Stoke Park Estate.

Founded and run by ex-primary school teachers and local Mums, they are proud to offer an unusually high adult to child ratio – 1:5 instead of the government recommended 1:13.

**OPEN DAYS AND PLACES** – If you are interested in a place for your little one in our unique and magical setting we are now taking bookings for our

Spring open days, and for our September 2018 intake. Why not come along and get a taste of some woodland activities, cook on the fire and see what we're all about? The dates will be **Tuesday 3 April and Wednesday 11 April**. To confirm your place, email: [info@littlefoxesforest.co.uk](mailto:info@littlefoxesforest.co.uk) with your name, your child's name and date of birth, and a contact number.

**FIND OUT MORE** – We'd love to let you know more about us. Visit: [www.littlefoxesforestschool.com](http://www.littlefoxesforestschool.com) or call **0117 332 3883**.

*"I can't thank you enough Little Foxes! I've never seen my son so happy as he is when he's with you!"*  
Emily, Little Foxes Mum.



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**Saturday 24<sup>th</sup> February Live At:**

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Derby Road, Bishopston, BS7 9AQ

Doors Open 7pm. Band on From 8pm till Late

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Or via Bristol Ticket Shop: 0117 9299008 [www.bristolticketshop.co.uk](http://www.bristolticketshop.co.uk)

*Tickets can be purchased on the evening at £10pp (if not sold out)*

## 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 Gympo 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](http://www.gymboreeclasses.co.uk/franchisees/bristol/#about-us)**

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### How can I take part?

- Wrap up warm and go out on the night – it's going to be magical!
- Make a display in your window or garden. Anything goes! A lounge with candles, fairy lights in the garden, a front room disco or your favourite book in the window...it's completely up to you.
- Lend your window to someone who wants to make a display.
- Put your address on the map on our page at [windowwanderland.com](http://windowwanderland.com)

### A MAGICAL WALKING TRAIL TO LIGHT UP OUR STREETS



### WINDOW WANDERLAND

Bishopston 5.30pm - 9pm  
24th - 26th February 2018

### 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](http://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](mailto:wwbishopston@gmail.com), visit: [www.windowwanderland.com](http://www.windowwanderland.com) or find us on FB, Twitter and Pinterest: @windowwander



### Welcome to the Empire of Burger and Steak Bristol.

At the Empire, the philosophy is simple – great and unique international burgers and steaks, crafted in our luxury restaurant, run by friendly staff within a great environment.

Our sumptuous steaks, are 30-day aged Welsh and hand-cut. Our mouth watering burgers are all made daily, from 100% freshly ground beef, lamb or pork. We also serve our special, juicy chicken burger, made with our chef's secret recipe.

We are pleased to cater for everyone with our delicious range of vegan, vegetarian and gluten free options.

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\*GB 16+. No joining fee when you join before 31/01/2018. UK bank account holders only. Direct debit (must pay 1 month in advance, this will be used to cover your final month). Must cancel by 20th month in order for the DD payment to stop on the 1st of the following month. Participating centres only. See [www.everyoneactive.com/nojoiningfee](http://www.everyoneactive.com/nojoiningfee) for full terms.



**Group Exercise for All Levels!**

Group exercise is a great way to stay motivated in a fun and social environment. Group exercise comes in many forms and usually involves a class instructor who will lead the session. The motivation from the instructor means that most participants exercise intensity is increased leading to improved fitness, strength and psychological wellbeing.

Specific classes will help with you achieving your goals such as –

**Kettlebells and Body Pump** – Muscular strength and endurance

**Group Cycling and Aerobics** – Cardiovascular fitness

**Pilates and Yoga** – Core strength, flexibility and mindfulness

**Exercise Adherence and Group Exercise** –

We have found through Everyone Active that people who attend group exercise classes do more exercise in the week than those who do not. **People who do group exercise stay at the centre 6 months longer** and attend an **extra 2x sessions per week** than those who don't! We find that participants often make friends and there is a social environment in the classes. This is valuable in helping people exercise regularly.

**Virtual Group Exercise** – Over the last few years there has been an increase in virtual group exercise. This simply is a video of an instructor teaching a class and participants following this. In fact virtual group exercise has been around for years! Just remember those workout DVDs. This has now evolved and the quality of videos and classes has improved dramatically. Many leisure centres now offer this option; our advice is that new participants should attend an instructor-led session to ensure techniques and intensity are monitored effectively.

**Other Group Exercise** – We often think of group exercise as just fitness classes but this can also be sports teams, running groups and racket sports. These are great way of being social groups while improving health!

**Ashley Metcalfe**

**Fitness Manager at Horfield Leisure Centre**

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This treatment is for everyone, of any age.

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

For more information and to book please contact Keon: **Tel: 07796578793**

**Email: [keonwilliams20@gmail.com](mailto:keonwilliams20@gmail.com)**

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

### The green room is a unique organic based hair salon.

As we embark on a fresh year, we often set out to achieve a healthier body, so why not extend this to your hair? Using only the highest quality products from Kevin Murphy colour me and the OCS system, they can create any style or look without comprising on quality.

When most people think organic they believe that you can't get the results you can with most ammonia based colour systems. They are wrong; the salon has a vast range of colours that leave the hair feeling healthy and looking good, as you can see from the image above.



Junior stylist Summer looks forward to taking your booking soon.

### 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.

### Fabulous styles and cuts for all!

The Green Room is pleased to have a mixed clientele of male and females. The images left show a recent, subtle gent's undercut/ disconnection by senior stylist Paul.

**Get 2018 off to a great start, book in for a new cut and colour!**



15 The Promenade, Gloucester Road, BS7 8AL

Tel: 0117 942 75 75  The Green Room

**Wishing our clients a very Happy New Year!**

## Katherine Allen – Kinesiologist

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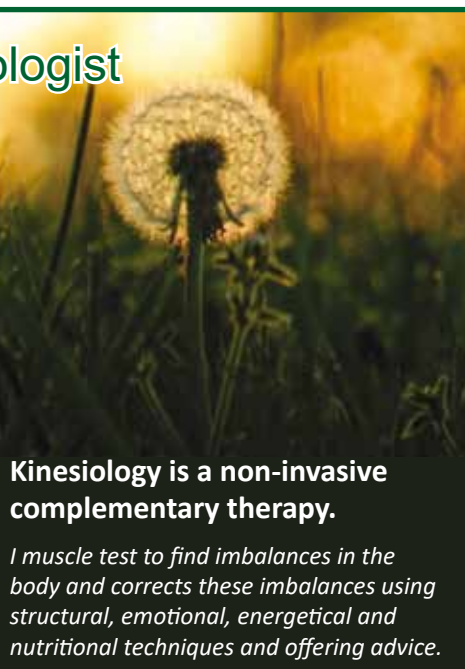
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## 30% off all Treatments\*

With our new Therapist Taylor Coates

We are thrilled to welcome Taylor to the Icon Beauty Team and she will be working on Thursday, Friday and Saturdays. Offering waxing, tinting, massage and nail treatments, Taylor's favourite service is Shellac manicures and pedicures using the new OPI Pro Spa range.

**Book an appointment today with Taylor and take advantage of this great offer with our newest fully qualified therapist. \*Valid until March 31st 2018.**

# ICON BEAUTY

## Pregnancy Massage

**A specialist massage designed specifically for pregnant women**

Icon Beauty is delighted to add Pregnancy Massage to the extensive treatments offered at the salon. We welcome Sarah Palmer, a highly experienced therapist, specialising in Pregnancy Massage, Sports and Deep Tissue Massage.

One of only a few places offering this treatment, we recognise massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness and relieves many of the normal discomforts experienced during pregnancy, such as back ache, stiff neck, leg cramps and headaches.

This wonderful treatment focuses on the special needs of the mother-to-be, relieving both mental and physical fatigue and creates a deep state of relaxation. All our massage treatments are performed in a tranquil and calm environment in beautiful cosy rooms with warm beds and flickering candles.

Full Body Massage £55.00 Back Massage £40.00

**The perfect treat for expecting mums.**



[www.iconbeauty.net](http://www.iconbeauty.net) • 267-269 Gloucester Road, Bishopston, BS7 8NY • 0117 924 5566





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**Client feedback**, Emma shares: *"Working with Kat has been revolutionary! Kat invites you to consider what truly matters to you, exploring avenues you would otherwise think are impossible to achieve. It's through this process that you begin to find yourself, grow in confidence & prepare for the next step."*



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## The Bowen Technique



**Jane Hird**

BA (Hons) ECBS, BTPA, CNHC

The Bowen Technique is a soft tissue therapy for treating musculo-skeletal conditions such as neck and shoulder pain, back ache, knee pain, tendonitis and sports injury. The therapist uses fingers and thumbs to make precise rolling moves at key points of the body, interspersed with short breaks.

Developed in Australia during the 1950s, Bowen has become increasingly popular as a means for reducing tension and imbalance in the body which can cause pain and dysfunction. As a bonus, many people find they sleep better, feel calmer and have an enhanced sense of wellbeing after a course of Bowen.

If you would like to find out more please call me on 07999 711846, Email: [jane.hird@blueyonder.co.uk](mailto:jane.hird@blueyonder.co.uk) or visit: [www.bishopstonbowen.com](http://www.bishopstonbowen.com).

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



**The Pilates Room Bristol is a  
home-based equipment Pilates  
studio in the heart of Bishopston  
run by Ali MacLennan.**

The Pilates Room Bristol offers tailor-made Pilates lessons that can help to:

- Manage back pain and conditions that inhibit movement
- Strengthen, tone and increase flexibility
- Aid recovery after an injury as well as being suitable both pre/post pregnancy
- Enhance your performance in sporting activities such as golf, tennis and athletics
- Help manage and, in some cases, overcome postural issues
- Give you a sense of both physical and mental wellbeing

It doesn't matter whether you're young, old, male, female, flexible, sporty or living life a bit on the sedentary side. Anyone can benefit from equipment Pilates lessons

**The Pilates Room Bristol 9 Maplemeade, Bristol BS7 8JG**

Telephone: 0117 942 3395 or 07917 171875

E-mail: [ali@thepilatesroombristol.com](mailto:ali@thepilatesroombristol.com) • [thepilatesroombristol.com](http://thepilatesroombristol.com)





## New Year Yoga at Yogawest

### Classes for adults and children at the beautiful Yogawest in Bishopston

Set in a peaceful sanctuary at the end of a quiet lane just off the Gloucester (behind Bishopston Hardware), Yogawest is long established as the place for yoga in Bristol. They specialise in Iyengar Yoga which was one of the first styles to come to the UK in the 1950s; known for its precision and attention to detail, Iyengar teachers undergo a long and thorough training in how to work safely and individually with their students.

Yogawest offers a comprehensive daily timetable for adults and children at all stages of life.

### Where Do I Start?

Complete beginners usually start with a 5-week foundation course where you can learn the basics of a safe yoga practice. Alternatively, you can attend a drop-in beginner class and take advice from the teacher as to how to proceed from there.

In addition to daily drop-in classes, Yogawest offer a range of specialised termtime courses.

### Gentle Yoga

For those who don't feel ready for a beginner class, perhaps older and stiffer, or a little unfit, or unsteady on their feet.



### Pregnancy Yoga

Pregnancy yoga prepares your body and mind for birth, teaches you how to move correctly and keep healthy throughout pregnancy and beyond, and as a bonus is a lovely way to meet other mums-to-be.

### Postnatal Yoga

Suitable from 5-weeks to a year after delivery, this is a gentle way of getting back on the yoga mat after giving birth and a chance to meet up with other new mums and babies.

### Baby Massage

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**Email: [info@yogawest.co.uk](mailto:info@yogawest.co.uk)**

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We've got some amazing designer eyewear brands in our Winter Sale – Oakley, Ted Baker, Michael Kors and Ronit Furst, worn by The Great British Bake Off Judge, Prue Leith, plus more!

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**Hurry – when it's gone, it's gone!** The designer brands here give you a flavour of what's in practice. However, sale stock is limited and offered on a first-come-first-served basis. So, why not book an appointment now so you don't miss out. Our specialist staff will be on hand to help you find your perfect look.

**You can book your appointment online at [www.lynnfernandes.co.uk](http://www.lynnfernandes.co.uk), call 0117 942 6843 or pop in to see us at 75 Gloucester Road.**

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**New Year News, from Hair Mechanics**

**Wishing Chris a Happy Retirement!** The big news for 2018, is long-term stylist Chris, who has been with the salon since it opened 27 years ago, is set to retire on 23 February 2018. There were some sad faces when I visited the Ashley Down salon recently, as staff and clients came to terms with the news. They all, of course wish him the very best of luck, but he will be very much missed.

Salon owner Jon, had only praise for Chris; they have known each other for decades, they attended the same hairdressing training school and have shared so much over the years. Salon manager Vickie told me how much Chris brought to the team and how his presence will be sadly missed.

Vickie and stylist Sara, are able to take on some of Chris's clients, so you will be left in very safe hands.

**Position for experienced stylist available** – When Chris departs the salon, there will be a position for a highly experienced, self-employed stylist to join this special team. Hair Mechanics is keen to move positively forward into 2018 and will take their time to find the right stylist for the job. If you think this could be you, do get in touch via the contact details below.

**Make the most of the Wella VIP Card** – If you haven't already, do pick up your Wella Systems privilege card from the salon. Present your personalised card after each colour treatment at Hair Mechanics and, after every three colour appointments, you will receive a FREE in-salon treatment.

**Happy New Year to all!** Hair Mechanics would like to wish all of their clients a very *Happy New Year!* They look forward to welcoming old and new clients to the salon throughout 2018.

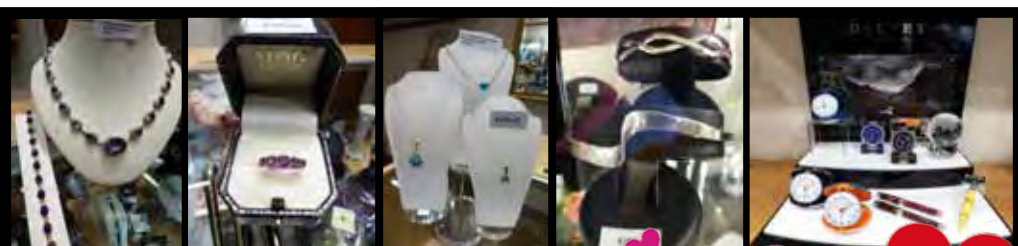
**Hair Mechanics, 69 Ashley Down Road, BS7 9JN • Tel: 0117 924 3611**

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



*Sad farewell to Chris,  
retiring in Feb 2018*

*"A special thanks to all of my work colleagues past and present. And to all of my clients who have been so loyal over the years. Thank you!"*



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## News from Bishopston Library

Looking back to the end of 2017, Bishopston Library would like to thank Andy Davis, manager of Kellaway Building

Supplies Bedminster, for sponsoring their beautiful Christmas tree, kindly supplied by Henleaze garden shop. We would also like to say a huge thank you to local group Knitnatterstitch, who made the whole thing possible.

At the start of December, members of Knitnatterstitch – Jane-Marie, Paula and Ilaria Padovani, ran a free children's workshop, to create beautiful, stitched, felt decorations for the tree. The event was attended by approx 36 children with their families. It was a busy day with lots of happy faces, the excitement was at its most when the children ran to the tree after finishing their stitching to put their decoration on it themselves, which they had labelled with their name. Knitnatterstitch look forward to planning and returning for another workshop soon.

Our local library is delighted to be having a window decorated on 23 February, for the wonderful Window Wanderland trail, by North Bristol Drop-in.

The weekly Babybounce (term-time only) will commence on Wednesday 3 January at 11.30am. The weekly Storytime session for children will start back on Saturday 6 January at 11.30am.

Please do come and visit us at Bishopston Library. If we don't have exactly what you're looking for, there are over 2 million items from which you can reserve across Libraries West and collect from any library of your choice.

The library staff would like to thank the community for their ongoing support and wish everyone a very Happy New Year! If anybody has suggestions of exhibitions they might like to display at the library, please contact Tracey at Bishopston Library – [Tracey.wintle@bristol.gov.uk](mailto:Tracey.wintle@bristol.gov.uk)

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

## News from the Friends of Bishopston Library

Encouraged by the success of the events in October 2017 (Lia Leendertz: The Almanac) and November (Librarian Theatre: Alice in the Cuckoo's Nest), the Friends of Bishopston Library have continued to meet regularly to plan future activities. The Friends

## Bishopston Library Event

**Reading by Lucy English  
Friday 2 February, 7-8pm**

Lucy English is a novelist and spoken word poet. She is a Reader in Creative Writing at Bath Spa University. In this session she will be reading poetry from her new collection 'The Book of Hours' due to be published by Burning Eye Book in October 2018. <http://thebookofhours.org/> There will be a small entry charge and cash bar. Tickets will be available at the library and via: [Bishopstonlibrary.org.uk/friends-of-Bishopston-library](http://Bishopstonlibrary.org.uk/friends-of-Bishopston-library)



is a volunteer run group independent of the Libraries Service but working with them to create events at the library and support community use of the library.

Current plans include local author and poet Lucy English who will entertain us on Friday 2 February (see above) and two other local author events (TBC), together with some regular activities such as coffee mornings and a programme of short talks on topical issues. The Friends also hope to put together activities or events that will appeal to young adults; we would welcome your ideas on this.

The Friends are also considering setting up a repair café similar to the one that operates every month at the Junction 3 library. The concept is to encourage people to embrace sustainable consumerism (and save money at the same time) by using the skills available in the café to get items repaired instead of throwing them away. The Junction 3 café has proved to be successful in repairing a wide range of electrical/electronic items and making good items of clothing and curtains. The Friends hope that the Bishopston café will also serve hot drinks and biscuits so that there will be an opportunity to socialise. Please let us know if you have skills (electronics engineering, sewing etc) that you would be willing to put to use for the community.

In addition to planning activities, the Friends also responded to an invitation from Asher Craig, Deputy Mayor, to discuss matters arising from the Your Neighbourhood consultation on public libraries. We sent a delegate to her meeting and followed this up by submitting a list of compelling reasons why libraries in general and Bishopston specifically are such a boon for the local community. We now know that the decision on the library has been delayed whilst further options are explored. We would hope to be involved in any discussions and will keep you informed. FOBL is keen to hear from people who have ideas, contacts or resources that they are willing to share.

**Facebook: @bishopstonlibrary. Alternatively, you can email us: [friends@bishopstonlibrary.org.uk](mailto:friends@bishopstonlibrary.org.uk)**

## 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/groups](http://www.u3asites.org.uk/bristol/groups).** 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](http://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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## News from Golden Hill Community Garden

Happy New Year Everyone!

**If your new year's resolutions included trying to get out more, trying something new, meeting new people, getting more exercise or eating more vegetables then you can do ALL THESE THINGS at once and still get to drink tea and eat biscuits.**

If you're ever free on a Wednesday, then come along to one of our open access volunteering days. Everybody is welcome along on any Wednesday (Jan 10am-3pm, Feb 10am-2pm, rest of the year 10am-4pm). There are jobs to do all year and tasty veg to harvest, and we cook a delicious soup from the garden for lunch every week in the colder months. Come find us on the end of Monk Road behind the prison, and if you're not free on

Wednesday, we'll be starting our Sunday opening again in the spring.

In 2017 Wednesday volunteers were out in all weathers and have grown heaps of delicious veg as well as keeping our garden a lovely safe venue for our toddler groups, afterschool club, and our events. We've been drenched, sunburnt, windswept and frozen, and we wouldn't have it any other way!

In 2018 we are looking for more of the same; we're hoping to carry on offering opportunities to families with children with disabilities to enjoy our family adventure days and Sunday sessions (first Sunday of the month 2-4pm). Our after-school club (Tuesdays 3.30-6pm) will carry on being full of whooping muddy children, the Golden Buds (Tuesdays 9.30-11am and 11:30am-1pm) tots will keep on digging, dipping and singing and here's hoping none of our 2018 events are wet as our soaking wet harvest fair!

So, a massive thank you to everyone in Bishopston and Horfield who made 2017 another productive, supportive, silly, fun, tasty, successful and lovely year in the garden – it is amazing what a community can do!

See you in the garden! *Lucy Mitchell*

For more info – 07506 905 394  
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# TIGER

TEACHING INDIVIDUALS  
GENDER EQUALITY & RESPECT

Local organisation works with young people to fight sexism and sexual harassment.

TIGER: Teaching Individuals Gender Equality and Respect is an organisation that responds to the increasing rise in sexism and sexual harassment in schools, universities and youth settings. TIGER is calling out to primary and secondary schools and youth settings, in light of the recent #metoo campaign, to prioritise developing strategies that will once and for all put a stop to sexism and sexual harassment for young people.

Girls aged 13–21 statistically are exposed to sexual harassment at school on a regular basis (either witnessing it or experiencing it themselves) in school or college over the past 12 months. This includes sexual taunts (41% had experienced this in the last year) to unwanted touching (19%).

TIGER works to tackle these statistics by delivering innovative workshops that raise awareness of the impact that gender norms, the media and culture (including the porn industry) has on young people's identities, mental health and relationships. This includes issues of consent, awareness of trans identities and non-binary identities, toxic masculinity and sex and relationships. They are now seeking more youth settings for their 6-week project: the Gender Equality Ambassador programme (GEA), where they will work with young people on these issues for an end of year community exhibition showcasing all of the young people's creative work on how they think these issues can be overcome. TIGER has already worked with UWE, University of Bristol, Learning Partnership West, girl guides and schools such as Redland Green, City Academy and Cotham.

Rosie Sinfield, the programme coordinator, says,



Sixth form students from Redland Green School

*"When young people are still being told that being a man is still based on dominance, sexual prowess and bravado and that being a girl is about your appearance and reducing your identity to a sexual object for male pleasure, it's no wonder there are currently huge issues around sexual harassment and consent. TIGER believes challenging the cultural scripts on identity and gender and teaching about the importance of consent to young people is the only true way of tackling these issues for young people. We need to help young people discover and live out their own unique identity stories that are compassionate and respectful towards others".*

To find out how your youth setting can get involved please get in touch by emailing: [tigerbristol@riseup.net](mailto:tigerbristol@riseup.net) or visit their website [www.tigerbristol.co.uk](http://www.tigerbristol.co.uk) for more information.



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[www.dechen.org](http://www.dechen.org)

## News from Fairfield High School

The week commencing 13 November marked anti-bullying week 2017, organised by Anti-Bullying Alliance, with the theme this year being to promote difference and equality in schools with the tag-line 'All Different, All Equal'.

Fairfield High School (FHS) embraced this important week by holding a number of special assemblies, activities, competitions and events.

The week started off with a presentation for all students to highlight bullying facts/stats, types of bullying, how bullying can make you feel, how people being bullied might react, the areas of life that bullying affects and how to get bullying to stop. Key Stage 3 students were then given debate scenarios to encourage new ways of thinking, collaboration and understanding surrounding the issues of bullying and how it can be dealt with, while Key Stage 4 students were given the task of writing an 'anti-bullying' Haiku (Japanese verse).



Following an odd socks competition on the Wednesday of anti-bullying week, the FHS community wore odd socks to celebrate what makes us all different and all equal. To round off the week, students and staff culminated anti-bullying week with Children in Need with a whole host of fundraising activities on the agenda, including teacher auctions, sponge the teacher, guess the baby picture, make the teacher laugh and pie face! The total raised was over £1,500, which is a fantastic amount for the charity.



*Rebecca Ramsden*  
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## Centenary Celebrations for the 91st Bristol Scouts

The 91st Bristol (based at Horfield Baptist) Scout Group celebrated their 100th birthday in November 2017.

Centenary events took place throughout 2017, with the main focus being a centenary camp in Dorset, which included all sections (Beavers, Cubs and Scouts) as well as a family camp at the end of the week. The Scouts and Cubs spent a night on Brownsea Island where the very first Scout camp took place in 1907 (see then and now pictures above). They even managed to be there on the same week, 110 years later!

The celebrations culminated in a Centenary party

on Saturday 18 November at Horfield Baptist Church. Appropriately, around 100 people – past and present members and supporters – turned up to celebrate the group's 100 years.

The day was a huge success and enjoyed by all the age ranges who attended. There were presentations from the current Group Scout Leader, Dave D'Silva, who talked about the changes in scouting over the 100 years and explained what the group looked like now.

The District Commissioner, Chris Gavriel, also gave a short speech reminiscing about when he joined the 91st as a Cub Scout.

The formal part of the day finished with a short film of Arthur Steel, who also turned

There was also an opportunity for a tour of the church buildings, a chance to speak to current beavers and cubs (and possibly be interviewed by them) plus afternoon tea and lots of opportunities for chatting and catching up with old friends. The cake was cut by oldest past member (Peter Steel) and the youngest current member, Beaver Charlotte.

Past members were asked to write down their memories. We are pleased to share a selection below:

100 in 2017, reminiscing about his time in the group. He remembers:

*"I joined the 91st because some of my mates were in it. I went right through from Tenderfoot to King's Scout. We won the Evening Post annual competition out at Penpole Point. We won it three times. We would have won it a fourth time, but I managed to lose it for them. You had to cook a big billy can full of porridge for the whole troop, and that was fine, except it was starting to boil over, and like an idiot, instead of putting something on my hand, I just grabbed for the handle and "Woah!" I nearly put the fire out with porridge!*

*Because I was a King's Scout, we got to go up to St Georges Chapel at Windsor to the St Georges day service. It was the only year that Edward the VIII took the parade then he packed it in. Prince of Wales he was. I remember as we walked into the church there was Baden Powell the Chief Scout and the King chatting together there, taking the salute as we all shuffled in."*

Guests were then invited to look at a display of memorabilia put together by Colin Parsons, and an archive of photographs put together by Dan Steel, one of the parent members of the executive committee.

**Ian Probert (member 1970–79)** – Neglecting to wash during an entire two week camp in Lake District! Accidentally fracturing water pipe and thus flooding Griffin Hall! Church Parades down Gloucester Road on the first Sunday of each month.

**Chris Payne (member 1968–76)** – Too many memories to mention but abseiling down the Avon gorge stands out.

**Mike John (member 1998–04)** – Sleeping in a holly bush during a weekend survival camp and trying to defrost a pair of rabbits for the following day.

**Neo (current Cub)** – Centenary camp: The rafting.

**Eloise (current Cub)** – Cardboard caving in 2017.

We wish the 91st Scouts a prosperous next 100 years! All sections meet at Horfield Baptist Church. Beavers at 6pm and Cubs at 7pm on a Wednesday, Scouts at 7pm on a Tuesday.

*There is a waiting list and it if you are interested in your child joining, it is best to get their name down as soon possible (as early as when they turn 4!).*

Visit: [www.91stbristol.org.uk](http://www.91stbristol.org.uk) and follow the link for registering interest. Email: [info@91stbristol.org.uk](mailto:info@91stbristol.org.uk)

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## TaxAssist – Assist Local Football Club

Having found themselves homeless at the start of the new season, Ashley Down Under 15s have not only found a new home at Canford Park but are also looking the part in their new kit – thanks to sponsor – TaxAssist Accountants.

The Ashley Down Football Club ethos is, 'Play Football, Have Fun' and it tries to keep costs as low as possible to ensure as many children as possible have the opportunity to play football.

The team has been together since 2009, picking up plenty of silverware over the years, in first the Bristol Saturday League and, more recently, the Severn Valley Youth League.

Faced with ever-increasing costs, particularly for training facilities, the club was struggling to find the funds for a much-needed new kit. However, Ian Smith, owner of local accountants TaxAssist Accountants, at 288A Gloucester Road, who supports and advises self-employed individuals and small businesses, very kindly stepped in to support the team by financing the purchase of a new kit.

Ian told us, "It's great to be able to give something back to support our local community. We endorse the 'Buy Local' philosophy that is essential to local businesses, as it helps to keep the area alive, vibrant and open for business."

With their new kit, the team is all set up to build on the successes of last season when they won the Severn Valley Youth League Cup after a dramatic penalty shootout!

Coach James Driscoll shared, "All the coaches and players are extremely grateful to Ian and everyone at TaxAssist Accountants for their support. This is the first time the team has ever had a brand new kit and we are on track to be wearing it when we retain the Severn Valley Youth League Cup!"



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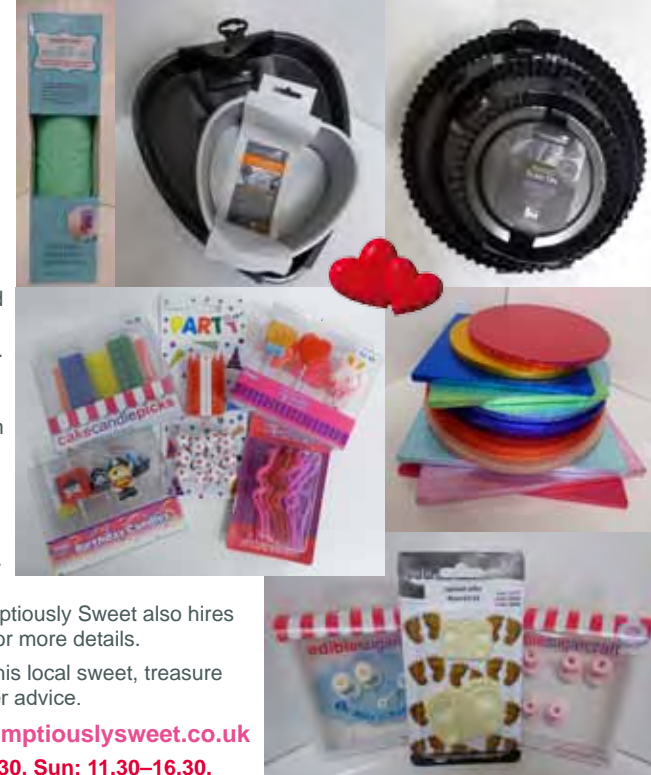
The back section of their shop is filled with specialist baking goods – from raised flan tins, to silicone macaroon mats, fondant and biscuit cutters in multiple designs – to icing nozzles in every shape and size imaginable. Everything you need to create a themed cake for a christening, to a 50th wedding anniversary. You can't fail to be inspired with all the colourful designs of cupcake cases, cake boards, themed edible decorations, collections of creative candles, edible glitter and sprinkles... the list goes on and on!

Nothing says 'I love you' more than a home-made cake, so get prepared for Valentine's Day with a heart-shaped baking tray. Scrumptiously Sweet also hires out number-shaped cake tins; ask in store for more details.

If you are planning a special bake, do visit this local sweet, treasure trove, their friendly staff will be happy to offer advice.

**83 Gloucester Road, BS7 8AS • [scrumptiouslysweet.co.uk](http://scrumptiouslysweet.co.uk)**

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[hocohello@gmail.com](mailto:hocohello@gmail.com) / Tel: 0117 373 1587  
[www.community-orchard.org.uk](http://www.community-orchard.org.uk)

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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## Please Hear Our Concerns on Road Safety on Local Ashley Down Road

Daniella Radice with Roxanne Moore, a local resident and parent of children at Brunel Field Primary School, together organised an open forum in November 2017, to discuss the urgent issue of road safety on Ashley Down Road and surrounding streets. And judging by the high attendance this topic is clearly on the minds of a lot of people.



One of six groups brainstorming for safer roads

speed bumps the answer? The consensus was that a priority would be better signage – indicating a school zone.

Could we implement a 5-minute walking zone with an aim to encourage children and families to walk for at least part of their journey to and from school? They've been found to increase opportunities for healthy exercise, reduce traffic and congestion around the school gate, and improve the local environment for the whole community.

If you would like to find out more on what the group has planned or you want to offer your support as you too have strong concerns about Ashley Down Road, please start by emailing: [mooreroxanne@hotmail.com](mailto:mooreroxanne@hotmail.com) or [daniellaradice@hotmail.com](mailto:daniellaradice@hotmail.com)



Arthur Milton Street

From narrow pavements, to poor and often illegal parking choices, parents walking their children to local school

Brunel Field are on a daily basis faced with danger. Roxanne mentioned to me one of the near misses of her child stumbling on the narrow pavement into the road – very luckily no injury physically – but she said it had left her son scarred and “scared” to walk to school.

With little or no funding from the council and no time to lose, solutions are going to take creativity, and at the open space collaborative-style meeting an agenda was drawn and ideas put forward by those present.

Below are just some of the many concerns but also initiatives put forward by local residents.

Children running around the corner on Ashley Down Road on to Arthur Milton street could be offered some protection if safety barriers were put in at the bottom of Arthur Milton Street.

Crossing Ashley Down Road is a lethal gauntlet – and surely there is an accident waiting to happen here? Would a zebra/pelican crossing help those pedestrians trying to get across the road either for school or other reasons?

Widen pavements from Muller Avenue to Arthur Milton along Ashley Down Road – so pedestrian can walk safely side by side. Again, are safety barriers the answer?

Ashley Down Road is notoriously fast with traffic even now with a 20/mph speed limit. Do we need a speed camera? Could banners be designed by local artists and attached to columns to reflect this is a school commuter route or are more traditional



### St Bonaventure's Early Years Pre School

Open Afternoon for parents  
Friday 12th January 2018  
@ 3:30pm -5:00pm

Please email the following if you will be attending –

[admin.stbonaventures.ey@bristol-schools.uk](mailto:admin.stbonaventures.ey@bristol-schools.uk)



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To find out more about our mediation services, Tel: **0117 9243880 / 0788 903 9393** or visit [www.progressive-mediation.co.uk](http://www.progressive-mediation.co.uk)

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# Update from Ardagh Community Trust

**Ardagh Community Trust is delighted to announce that in November 2017, we 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 throughout 2018 and wish all BM readers a very happy New Year.



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# Bishopston still very much – Matters!

**Wow, it is fantastic to say that Bishopston Matters, incorporating Ashley Down, St Andrews and Horfield, has now been serving the community for 10 years!**

And what a decade it has been! From humble beginnings of a 28-page black and white newsletter to a full-colour, 80-page magazine, bursting with local news and advertisers. All this local information now spills over into our website – bishopstonmatters.co.uk, Facebook and Twitter pages.

I started my residency in the area as a lodger in Ashley Down, then moved in with boyfriend James to our much loved, rented flat overlooking St Andrews Park, and now we are lucky enough to be home owners back in Ashley Down.

During this time, James and I have been married in St Bart's church, welcomed our schnoodle dog Monty into our home and then our gorgeous son, Henry (who is 2 this month) and, at time of writing, our second child is due any day! Through all of this Bishopston Matters continues – the print-run waits for no one!

We couldn't have wished for a more wonderful area in which to live to enjoy this journey. Whatever new delight or challenge comes your way in life, there is group, business or individual locally based to merrily help you on your way.

As I embark on all of the fun and challenges living with two, under 2s will bring, I must credit local resident Anne-Louise, who, since the birth of Henry has stepped in to share some of the workload; I couldn't have wished for a more professional, fun, colleague, who most importantly shares the same passion as myself for all things local.

Matters Magazines was established to recognise and share local talent, groups, activities and encourage people to support local traders. This philosophy is the same today as it was 12 years ago, when our first

publication – Bradley Stoke Matters – was launched. What a great vision my dear friend Jaci had when she took the leap and launched this business. I am forever grateful to her for believing in my ability to set up a publication in Bishopston. Now more than ever, in this uncertain time in the world, when there is so much to despair at in the



**“A huge thank you for a fantastic decade, please do join Bishopston Matters for the next 10!”**

media, we feel celebrating all that is good in our neighbourhood (which is in abundance) and bringing you good news stories is so important.

I find it quite remarkable that at no point during these 10 years in producing the magazine have I ever struggled to fill the magazine with dedicated local content. The best part

of my job has been discovering the wealth of talent, strength of character and generous nature of our local residents and traders, and spreading the news of these positive community stories.

There really are too many local groups to thank for their contributions to the magazine, but some of the most hard-working and heart-warming, I have found to work with include – The Golden Hill Community Garden, Friends of Horfield Common, St Andrews Park and Ashley Down Green, SENDaWelcome, The Bishopston Society, Window Wanderland, North Bristol Food Bank and local schools; the magazines would not have been the same over the years without the creative, imaginative illustrations from Ashley Down infants, that can't fail to bring a smile to your face!

To show our support for the great work our local groups carry out, Bishopston Matters has been delighted to have given back several thousand pounds to our community in the form of sponsorship of individuals, events or prizes over the past 10 years.



## FREE Reader Competition to celebrate 10 years!

10 great prizes up for grabs

1. £40 Voucher – The Royal Oak
2. £30 Voucher – Bomboloni
3. £20 Voucher – Icon Beauty
4. £20 Voucher – Reason Interiors
5. £20 Voucher – Artemis
6. £20 Voucher – The Flower Shop
7. £15 Voucher – Grape & Grind
8. £15 Voucher – Joe's Bakery
9. £10 Voucher – Scrumptiously Sweet
10. £10 – The Tea Garden (St Andrews Pk)



**Join in the 10 Year Celebrations!**

**How to enter:** Simply e-mail me – [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) or write to me at – Bishopston Matters, PO Box 337, BS9 4WT with the heading '10 Year Reader Competition' with your contact details – Name, address and Tel number/e-mail, so I can get back to you if you are successful and know where to send your prize. All entries must be received by 31 January 2018. Good luck!

I cannot write this without giving thanks and paying tribute to our local traders; running your own business on Gloucester Road or from home is not the easiest career path. These dedicated traders continue to serve our community because they are so passionate about what they do. We are so lucky to have this unique, fabulous high street on our door step. As well as their individual efforts, Glos Rd Central and the Gloucester Road Improvement District are now working harder than ever to bring their customers more. Each month in the magazine you can keep up to date with all their latest projects and events they are working on to further enhance your shopping experience with them. The recent installation of the Glos Road Arts Banners (see page 45) is a great example of this.

My final and biggest thanks must go to you – the reader, who's unwavering support over the last 10 years makes Bishopston Matters possible. Please do continue to get in touch with me with all your local news and events and of course support the

traders who feature within the pages.

**To show my appreciation to all you great people, I invite you to take part in the FREE Reader Competition; we have 10 prizes to celebrate our 10 years in print! Full details on how easy it is to take part can be found above.**

Here is to the next 10 years, please do join me!

*Kerry x*

**There are now more ways to get in touch – Tel: 07881 924 059 / E-mail: [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk)**

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

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*A young Henry helping to organise an issue of Bishopston Matters!*





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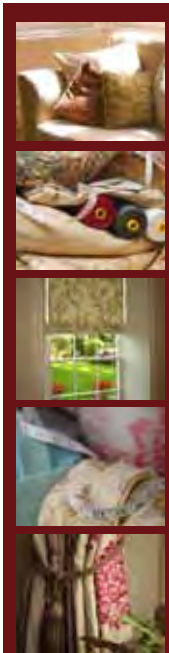
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## News from Glos Rd Central

We're always busy here at Glos Rd Central; it's lovely to have such fantastic customers right here on our doorstep, and we fully appreciate that our local community helps our independent shops survive and thrive.



### Fabulous festivities!

Hopefully you were able to come along and enjoy our Christmas Street Party on 7 December.

We had such fun and really enjoyed the live music from local band Cajun Eyez and Geoff Owens who tinkled the ivories with festive tunes. Bishop Road Community Choir and Glos Vox were in good voice and brought warmth to our pavements while the pop-up panto entertained passers-by of every age.

The Glos Rd Central Christmas Street Party is always a lovely occasion for everyone to meet up with friends, family and neighbours and have a browse into the evening. It's a pleasure to help our community to shop locally for Christmas and also to welcome visitors from further afield. Avon Wildlife Trust and Bristol Pound Community were especially appreciative of all those who learned about, and donated to, their project to help refugees in Europe.

**The fantastic Gloucester Road Art Banners** went up on lampposts along the whole road in November 2017, just in time for the North Bristol Art Trail. This brought even more art lovers to the Gloucester Road area and our pavements were a hive of activity. Live music and choirs at St Michaels Church Hall also drew the crowds during the trail weekend.

Many people hadn't realised that the banners will be up all year round, not just for the trail. This means that we can all continue to enjoy art by different Bristol artists throughout 2018. Do tell your friends and neighbours and encourage them to look up at the lovely bright images and read the positive messages on each banner. In this day and age it's important to lift our eyes up from the ground and our mobile phones – good for both raising our spirits and our posture! All information about the banners can be found by clicking on the Gloucester Road

Art Banners logo at [www.room212.co.uk](http://www.room212.co.uk)

**As we embark on a New Year**, we're a great destination for those looking for pictures, handmade furniture or DIY materials to spruce up their houses once the Christmas decorations are down. Alternatively, you could come to our shops to spend your Christmas money on a new bike, print off your family photos, get a new pair of glasses or just for the usual fresh fruit, veg and bread. You could even treat yourself to a relaxing massage, book a party space or enjoy live music. There is so much choice here at Glos Rd Central. Naturally, many of us will be offering gifts and treats for your loved one for Valentine's Day during February so we're looking ahead into 2018.

To mark many of our good intentions to get healthier this New Year, **Xpress Computers is offering a FREE PC health check** – worth £50 to one lucky reader; simply email your details to – [xpresscomputers176@gmail.com](mailto:xpresscomputers176@gmail.com) or [www.xpress-computers.co.uk](http://www.xpress-computers.co.uk).

Building on the success of the Art Banners, **Glos Rd Central traders plan to get arty for Window Wanderland**. This wonderful weekend of creativity is aimed at those living in the surrounding residential streets but Glos Rd Central traders are at the hub of the community and would like to take part as well. Some of the shops, namely Joe's Bakery, Bishopston Fish Bar, Lunar Optical and Room 212, are sponsoring the trail. Other shops just want to join in for the event itself and so we've decided to create some decorations to light up our windows during the weekend. **On Sunday 21 January, 2–4pm, we are joining families from SENDaWelcome at St Michaels Church Hall** to make our decorations and you are welcome to join us. You can then enjoy our display during the Window Wanderland weekend of 24–26 February.

@GlosRdCentral @glosrdcentral





# GLoucester Road Art Banners

The Gloucester Road Art Banners are now in place and look fantastic up on lampposts all along our favourite high street. Make sure to LOOK UP to spot all the wonderful artwork! Sponsored by North Bristol Artists, Gloucester Road BID traders and Room 212 gallery, the banners celebrate our community, artists and independent traders.

The project was conceived by Sarah Thorp, owner of Room 212. 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>





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



## GRBID Showing the Indie Way

Our new FREE map is out! The feedback we've been getting makes all the hard work worth it – thank you. The map is great for locals as a directory of contact info of shops, restaurants and services and of course with people discovering the District for the first time. The map covers the BID area from Pigsty Hill all the way down to Cox and Baloney on Cheltenham Road. It's available locally from Bishopston Library and various local retail outlets – just ask. And if you are in town you can pick one up from the Tourist Information Centre on Harbourside. Below we mention quite a few places and we hope you will find the map helpful. You can also view the map online at [www.bristolsindependentdistrict.co.uk](http://www.bristolsindependentdistrict.co.uk)



## New Year New Things

If you are thinking of having a clear out in the new year – please donate to one of the many charity shops we have in the District; Tenovus, Marie Curie (takes furniture), Cats Protection, St Peters Hospice, The Salvation Army, Little Steps (for children), Shelter, The Brandon Trust, Clic Sargent, Books for Amnesty, Cancer Research UK.

## World Valentine Traditions

It's easy to celebrate globally in a neighbourhood that has everything.

**Bulgaria** – mark your love with wine – Grape & Grind.

**England** – in earlier times, a tradition for women the night before Valentine's Day, was to secure four bay leaves to each corner of their pillow before sleeping and to eat hard boiled eggs with salt, while removing the yolks. This tradition was meant to provoke dreams of their future husbands on Valentine's Day eve – eggs and bay leaves from The Co-op.

**Denmark** – snow Drops – try at The Flower Shop.



**China** – Qixi – singletons prepare some fruit platters – Gloucester Road Fruiterers (couples pray for prosperity).

**Japan** – fancy chocolate – Scrumptiously Sweet.

**Germany** – a pig! From Murray's? If that seems a little too lively to get home then ginger heart biscuits are also a favourite and less inky – Hobbs Bakery perhaps.



**India** – cards and gifts – Iota, Reason, Bamba Bazaar, Tulasi, Romantica, 7th Sea, Co-Lab.

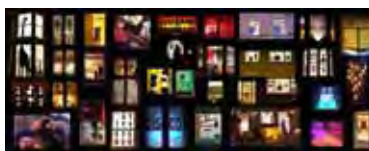
**Mexico** – heart shaped balloons – Poppers Party Shop.

**Malaysia** – women write your phone number on an orange and throw it in the river Avon – Gardner's Patch.

**Korea** – sweet cakes – Cox & Baloney.

**Spain** – spend the day strolling in loveness (we recommend the District) and eat out in the evening – Voodoo Q, La Campagnuola, Casa Mexicana, Greens, Flour & Ash, Bomboloni, Industry Bar.

**Slovenia** – walk barefoot though fields to celebrate your crops coming back to life – OK tricky but you can do this in your garden or on your allotment? If you need a helping hand get some fertiliser from Bishopston Hardware.



## GRBID Lends a Helping £ to Window Wanderland

This year we are excited to be dipping our toes in to the imaginative world of Window Wanderland. To date the event has largely been a residential experience and we hope that in future this extends further to the popular shopping areas. When you have finished the trail bring yourselves and your families to the District where there are so many places to eat, drink and warm up. Just check out the map!



## Our Christmas 2017 Bringing Community Together

We had a wonderful Xmas in Bristol's Independent District – and it was terrific to see so many people who came out to shop local and then join in with the Festive Wreath Making. Carol singing from Gos Vox Choir and Hula Hoop Entertainment just added to the Christmas buzz.

## New to the District

A big welcome to a new eatery, Voodoo Q, in Bristol's Independent District. You'll find it on Gloucester Road (opposite Bishopston Library). A smoke house bringing all things smoked and spicy! And the Sofa Project down Gloucester Road opposite the Promenade.

## GRBID – Call Out

If you are a GRBID member and would like to get involved with the GRBID, we have openings on The Board of Directors. It involves donating a bit of your time, about one evening per month when we meet up. It's an opportunity to work as a team delivering elected projects to the area. Email the bid [grbidoffice@gmail.com](mailto: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/](https://www.facebook.com/BristolsIndieDistrict/)





# Happy New Year from Roxfords Pet Shop

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## Remember the wildlife this winter

The depths of the winter is an important time to remember our feathered and prickly friends. Welcome them to your garden with some tasty treats, Roxfords has a huge selection for you to choose from. Their Suet Starter Pack is great place to start. You can also purchase wild bird seed, peckaballs (currently buy 1, get 1 free!), peanuts, meal worms, and much more. There is also a huge selection of feeders to choose from. The friendly staff will be pleased to advise on the best things to feed wild birds, hedgehogs and squirrels.

## Brighten the New Year with flowers!

As you can see by our model dog opposite, you can now choose from a fab range of fabric flowers in all different sizes and designs to display on your pet's collar.

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## Purrrrrrrfect Fundraising for The Moggery Bishopston

Local resident, 11-year old, Emilia Balla-Davis, a pupil of Redland Green School, used the recent North Bristol Art Trail weekend to raise money for The Moggery Cat & Kitten Rehoming Centre, Bishopston.

Exhibiting some of her own work for sale alongside her father, Paul Davis (a North Bristol Artist Member), she made her own collection boxes and documents promoting the good work of The Moggery.

Emilia recently adopted her cat, an 8-year old male called Gillette from them and was inspired to raised money, as her great-grandfather had also adopted from them. His male cat was called Roddy (short for Roderigo!) a cool cat name indeed and kept him company for around 14 years. When her great-grandfather had to go into a care home, she adopted his cat Roddy and unfortunately, Roddy had to be put down soon after due to an undiagnosed tumour, and

her grandfather also passed away during the summer. So, raising money to help other cats became an important focus.

After a successful weekend of collecting during the Art Trail, Emilia raised a fantastic £91.07! This was delivered to Christine, the owner of The Moggery on Saturday 2 December. Christine told Emilia that she was very grateful for the donation and Emilia is pictured in 'Official' Moggery uniform, with a 6-week old kitten called *Rudolph* who will benefit from food and treats bought thanks to her amazing fund raising efforts.

If you are interested in giving a cat a safe and happy home, visit – [themoggeryrehomingcentre.co.uk](http://themoggeryrehomingcentre.co.uk) for further information.



## 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.

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**This month it was good to catch up with Rev. Wayne Massey to find out more about the new set up with church B&A.**

*Wayne you've just opened B&A St Andrew's Park, the old St Bart's building, and at the same time renamed your church B&A. What does it mean and why?*

B&A simply stands for Bishopston & St Andrews, but without the St! Over the last few years we've moved away from thinking of ourselves as three distinct churches based in buildings to one church family in this part of Bristol. But we discovered that people did not know what to call us or what to invite their friends to! The Parish of Bishopston & St Andrews was too long so now we call ourselves B&A. It makes my email address a lot shorter!

But more importantly we want people to know that church is changing, that church is somewhere they are welcome and as we say, a place where everyone's invited.

*Tell us about B&A St Andrew's Park, how has the building changed?*

In some ways not a lot, it is still very clearly a church building, but we have created one flexible space with better sight lines and we hope an easier space for anyone to come in, make friends and find themselves at home. We also have better capacity for growing kids and youth work which keeps everyone happy!

*And what sorts of things do you get up to?*

We say that we exist to put church within touching distance of people's lives so they can meet Jesus for themselves. We actually do that through communities that we call Little Churches. These communities meet throughout the week, at different times, and in different places. Crucially these communities are easy places to make friends and find out more about Jesus. They also seek to be a blessing to the wider community. So, our Little Churches are involved in lots of stuff from running marriage and parenting courses, to helping clear up St Andrew's Park or helping serve homeless people to serving patients in Southmead Hospital. For us, church is more than Sundays.

*But you still meet on Sundays?*

Of course yes! When we meet we come together as communities to share stories, worship God and learn more about following Jesus. We meet at B&A St Andrew's Park on Sunday at 10.30am. The gathering, that's what we call it, lasts about 80 minutes, there are groups for all ages from babies in creche to youth. We begin with tea, coffee and cake, and anyone is welcome, whether you're a church regular or have never been.



*Sounds great. How do I find out more or get involved?*

Well you could come along on a Sunday and say hi! We'd love to meet you and someone from the church family would love to tell you more, answer any questions you have and invite you to try one of our communities. Or you could check out our website ([babristol.org](http://babristol.org)), it tells you all about us and hopefully gives a flavour of what we are like.

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'.

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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](http://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.

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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

**SOMETHING NEEDS TO BE DONE ABOUT THE HUMANS**

**RALPH HOYTE**

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](http://3s10.uk)



## North Bristol Art Trail 2017




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## BCR Community Partner Shares, Tough Times Ahead

The BCR Community Partnership (BCR CP) promotes the involvement of local people and community groups in the neighbourhoods around Bishopston, Cotham and Redland in the city of Bristol, UK. Its aims are 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 to help people in our area;
- 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 meeting recently held at the Bishopston Library was centred on the effect of austerity and the impact of savings our local council has to find owing to an inherited £108 million shortfall, which is predicted for the next five years. And it's far from ideal. Five local parks including St Andrews and Horfield Common are faced with catastrophic maintenance cuts. This means services will need to be run in a very different way; parks will have to rely heavily on volunteers and community support and partnerships; they will need to consider ways to generate income, create more partnerships, and reduce some of the things that happen; for example, reduce the opening hours of the Lido in St Andrews Park. **Currently a public Parks Consultation is underway with a deadline of 29 January 2018, which you are urged to contribute to**, as this will help determine the way forward for these five parks. More information at [www.bristol.citizenspace.com/neighbourhoods/parks-and-green-spaces/consultation/intro](http://www.bristol.citizenspace.com/neighbourhoods/parks-and-green-spaces/consultation/intro)

**Street Scene** – a community group of volunteers committed to the removal of graffiti tagging, litter and fly tipping and most recently sweeping up slippery leaves (75 bags in one area!). Having had success on Gloucester Road in particular where



What will the maintenance cuts mean for the future of our treasured St Andrews Park and Horfield Common?

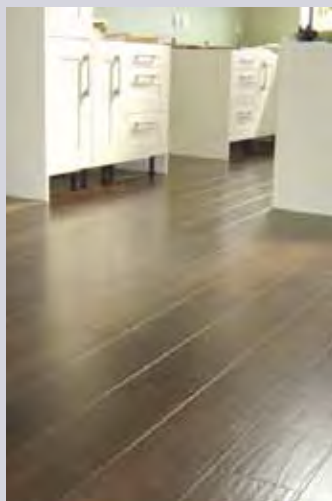


there is an average of 85 tags per week – it's now noticeable the taggers are hitting the surrounding residential areas. Street Scene can offer support on reporting this via their drop-in sessions on the last Saturday of the month at the Bishopston Library. The team is there to lend a helping hand; information on [www.brcrcp.org.uk](http://www.brcrcp.org.uk)

**Future for Libraries** – following recent consultations on the status of Bristol's 27 libraries, Councillor Anthony Negus was able to let us know that, as a result of the successful motion to the full council meeting on 14 November, supported by local campaigns and petitions, the administration has bowed to pressure and suspended their proposals. Instead they announced on 24 November that they would conduct a study of the options proposed in the motion (by Cllr. Anthony Negus – Cotham, LibDem). These include mutualising the service so more libraries could continue to be run by existing staff augmented by volunteers and with greater community involvement. The study will take around four months and until then the future of individual libraries, including the newly opened Bishopston Library, is on hold.

**And a final word from the BCRCP** – they are inviting local community groups to become founder members of the Community Partnership. As a member, you will be vital in delivering its objectives mentioned above. Their first Annual General Meeting is planned for early 2018, when the first full committee and officers will be chosen. If you are interested please email: [info@brcrcp.org.uk](mailto:info@brcrcp.org.uk)





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## Winter Plants

During the winter, it is easy to think that our gardens have gone to sleep and won't wake up until spring. They may not be as bright and vibrant as the summer, but they can still give us many interesting plants. Some of the features that plants display now aren't seen so easily at other times of the year.

**Seed heads** from flowering plants create architectural structure to gardens and stand out once the leaves die back. Seed heads also attract birds to gardens, giving them extra food through the winter. Some great plants to grow for their seeds are Honesty (*Lunaria annua*), Teasel (*Dipsacus fullonum*) and Chinese lantern (*Alkekengi*).

**Colourful Stems** are prominent at this time of year on shrubs and trees. Dark red stems on Dogwood (*Cornus sanguineum*) create a glowing effect when the winter sun shines on them. This provides a really good contrast with evergreen plants. Other Dogwoods also have colourful stems, such as *Cornus flaviramea*, which has attractive yellowy-green stems and *Cornus* mid-winter sun, which has interesting burnt orange to pale yellow stems.

As well as shrubs, some trees have qualities that really stand out at this time of the year. Once the leaves have fallen from surrounding shrubs, the trunks and stems of trees are exposed. Many of the trees in the birch family have really beautiful colours and textures to their bark, particularly the Himalayan birch (*Betulus jacquemontii*). The bark on this tree starts to peel off as it ages and is nearly pure white. The small patches of bark that peel off, reveal a smooth, pale pinky white bark that looks a lot like skin. This new bark then turns white.

Another tree that looks great at this time of the year is the Tibetan cherry (*Prunus serrula*). This tree has shiny dark copper-coloured bark, that looks as if it has been polished. The bark on this cherry also peels off into attractive curling strands.



**Berries** on trees and shrubs look great in winter. Most Hollies produce berries and they contrast well with its spiky foliage. Another plant that has bright coloured berries is Pyracantha, which has red, orange or yellow berries. The great thing with Pyracantha is that it can be trained on walls, which allows it to really stand out. Pyracantha berries are also a really popular source of food for birds. A less common shrub that has stunning berries is *Callicarpa bodinieri* var. *giraldii*. Once the leaves have fallen from the plant in the autumn, the berries are revealed, which have a beautiful metallic purple colour.

**Fragrant flowering plants** can provide such a lovely surprise in winter. Many of the fragrant plants are quite discrete in appearance compared to summer flowers. A fantastic plant to cheer up a garden is Christmas box (*Sarcococca confusa*). It is an evergreen shrub that grows to about a metre in height and has small white flowers that produce a beautiful smell that can fill a small garden with fragrance. Another great winter plant is Witch hazel (*Hamamelis mollis*). The flowers on this plant are yellow and look like strands of saffron. Just as appealing as the look of the flowers is the strong scent that they produce. When planted in a garden, Witch hazel has the appeal to get you outdoors on a cold day just to look at it and have a smell of its stunning flowers.

Ali

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



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# 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.

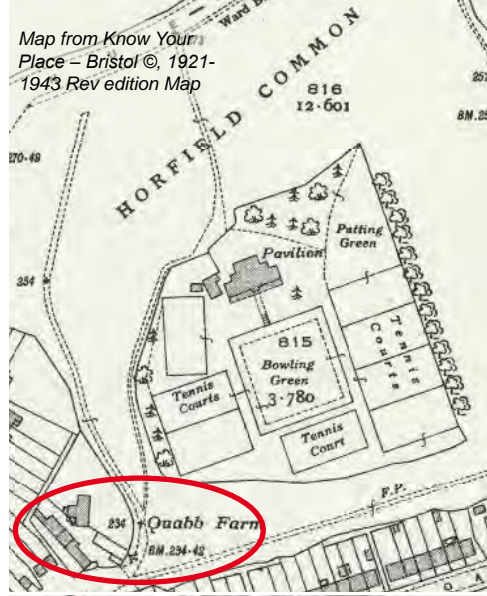
The most valuable bequest made in her will was a set of three dwelling houses held by lease in the Bristol parish of St Stephens. She gave these properties 'unto my two Sonnnes George Jones and William Jones', both of them 'Anchorsmiths'. The premises and their profits were to be shared equally between 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 'householdstuffe', '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



Quab Farm image (apx 1920s) thanks to the late Janet & Derek Fisher ©



Location of Quab Farm as it looks today – lock-up garages on Horfield Common



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# Friends of Horfield Common encourages you to help #SaveBristolParks

Happy New Year to all BM readers from all at Friends of Horfield Common. We have decided to focus our January update on the current consultation being run by Bristol City Council in relation to proposed further budget cuts to Bristol's Parks Service. 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. You have until **Monday 29 January 2018**, so please make it resolution to take part! Do read the below and please take action if your local park is important to you.



We look forward to seeing many of you throughout 2018 on the common – thank you for your ongoing support.

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.

In November 2017, 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.**



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# News from our Bishopston & Redland Councillors

## Ashley Ward News

At recent full council meetings, the public forum has been busy with residents and campaign groups raising concerns. Many statements have been provided from people living in St Andrews and Bishopston, in relation to the parking and road safety problems affecting the area. Residents are now starting to organise themselves to campaign on these issues, and if you'd like to be put in touch with the group that is forming please let us know.

One measure which some are interested in pursuing is a Residents' Parking Scheme. In response to approaches from a number of councillors, the Cabinet Member for Transport, Cllr Mhairi Threlfall, has released a 'scoping document' detailing the criteria that need to be fulfilled for the council to introduce a new scheme. We hope that – where appropriate, and with community support – the council will be able to respond to the need to improve road safety, pedestrian and emergency vehicle access, air quality, and residential amenity. We are keen to support residents in making the case for such improvements.

Full council meetings have also had a large number of statements submitted from the public about parks and what budget there will be for their upkeep in the future. As our ward has one of the best parks in Bristol (St Andrews Park) we know how important this is, and Cllr Johnson discussed this passionately in her maiden speech delivered at November's meeting. The Deputy Mayor for Communities, Cllr Asher Craig, announced that the council would not be cutting the parks budget as much as was originally announced, after parks groups raised serious concerns about the initial proposal to make the budget 'cost-neutral'.

In addition, libraries have been a big topic of debate, in response to suggestions from the administration about how savings passed at the February 2017 budget meeting would be implemented. A motion was moved at full council which called for a new set of proposals, delivering 'a professionally led mutual model that embraces volunteers and secures the future of the library network', and this was passed by full council. The decision about the future of libraries was then put on hold for four months as a broader range of options is explored.

Finally, after many months of delays (which we continually chased up), the traffic scheme at the junction of North Road and Cromwell Road has been modified to widen the carriageway so that there can be two adjacent lanes for cars exiting the junction, with road markings to make this clearer. We hope this will improve the situation, but understand that it is still somewhat narrow so will be keeping an eye on this.

## Please do get in touch

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

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

## Bishopston Ward News

**Council Carbon Targets** – We were delighted to see that Bristol City Council is well ahead of its targets for reducing its carbon emissions. The council has successfully achieved its previous green targets of a 50% reduction in carbon emissions from council operations (against a 2005 baseline) three years ahead of schedule, and has now delivered a massive 60% reduction in 2016/17. The new proposals will aim for a carbon reduction target for its own operations of 65% by 2020. Congratulations to Cllr Fi Hance who has led on this as cabinet member responsible for Energy, and best of luck to her replacement, incoming cabinet member Kye Dudd, in carrying the work forward.

**Anti-Social Behaviour** – We have noticed that a lot of local people have been raising issues about anti-social behaviour and fear of crime. There is great advice from the police about how to record and report incidents in the advice section of the Avon and Somerset Police website. (<https://www.avonandsomerset.police.uk/advice/neighbourhood-and-community/anti-social-behaviour/>).

If you have concerns in your area and you don't already have one, why not consider starting up a Neighbourhood Watch Scheme? More information is on the police website. (<https://www.avonandsomerset.police.uk/services/watch-community-schemes/neighbourhood-watch-scheme/>)

**Residents Parking** – Another issue that generates a lot of mail in our postbag is parking – particularly at the St Andrews end of the ward and around the cricket ground. Although the mayor has given a commitment not to impose any new Residents' Parking Schemes, it is still possible for new schemes to be created if there is strong local support. We have been given guidance as to how councillors are supposed to proceed, to see if there is such support, and it would importantly involve working to find solutions to the possible drawbacks of a scheme. It would be a huge amount of work and take several years at least, but we would like to hear from local people about whether you think a scheme would be a solution to the problems you face – we are willing to put the work in if you want us to!

**Trees fundraising** – Congratulations to local residents who have been raising money to replace street trees that have been felled because of age or disease. Street trees make such a contribution to our wellbeing by greening our urban environment, reducing pollution and having a cooling effect on hot summer days. You can find out more about tree sponsorship and adoption on the Bristol City Council website (<https://www.bristol.gov.uk/museums-parks-sports-culture/treebristol-planting-trees-in-bristol>)

**Road safety around Ashley Down Road** – Local residents and parents at Brunel Field Primary School are trying to improve road safety around Ashley Down Road and the school. *See page 36 for a full report from the meeting.*

## Please do get in touch

**Tom Brook, Labour Party**  
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**Eleanor Combley, Green Party**  
[Cllr.Eleanor.Combley@bristol.gov.uk](mailto:Cllr.Eleanor.Combley@bristol.gov.uk) / 07584 370427

## Redland ward news

**Reshuffle!** News that the Mayor had decided to scrap the rainbow cabinet at the end of November came as a shock to Fi, who has been working on a number of projects over the last eight months in her role as cabinet member for waste and energy. This included representing the Mayor at the Bonn international climate summit, where the city's progress with cutting its own council emissions was recognised. Fi said: It was an absolute pleasure to work with so many talented and professional council officers on vital areas such as improving Bristol's air quality, finding funding to make the desperately needed improvements to our energy infrastructure along with doubling electric car points. I've seen some brilliant projects and if anyone wants an in-depth description of different methods of waste processing, then just let me know. I've also met a huge number of dedicated people who are dedicated to making Bristol a cleaner and more sustainable city which again has been a joy. It should be no surprise locally to hear that the Mayor was very positive about the work she has been doing, and cited other pressures to end the rainbow cabinet.

**RPS rumblings?** Martin and Fi are working with groups of Redland residents in various parts of the ward who are dealing with substantial pressures from commuter parking. This includes incidents where emergency vehicles cannot get through, service trucks having problems collecting recycling, 'parking rage', as well as risks to children going to school or people accessing Redland Green through the park entrance. Pavements are frequently blocked to people who use them, too.

We are trying to find a way to make sure that where residents want a new scheme, they can have

one, through discussing their situation, identifying possible solutions and ensuring their voice can be heard alongside others. New guidance has finally been published, after a very long wait. However, the process suggested by the current administration looks complicated and will involve a lot of research, meetings, developing plans and looking at issues that come up, all of which is now entirely in the hands of local councillors, suggesting a lengthy development process before officers even look at a scheme proposal. Not surprisingly we find this as frustrating as residents do, and are also looking at other ways to work with residents to get solutions that are suitable for our area.

**Street scene** – As always, our street scheme volunteers have been very busy clearing tagging, applying anti-graffiti coatings to street furniture, and reporting fly tipping. They have also organised clear up events monthly – do get in touch if you can help them! Residents may have heard of the new, salaried private contractors working with the council. After launching in the city centre, they may be deployed in neighbourhoods, including along Gloucester Rd. We are asking to be consulted about what they do and will be keeping a close watch on their activities. Their work is meant to complement what the council can do from its own resources, and they have specific powers to represent the council when they witness any litter, dog fouling or fly tipping.

**Bishopston Library** – Bishopston library came through the recent council consultation as a branch that got more support for keeping open, although 'not closing any libraries' got more comments. It's therefore likely to remain open if the current plans are implemented. However, a series of debates at the November Full Council took place and changes are now likely to the administration's plans. There were several petitions about saving libraries and a motion to delay the cuts and explore a mutualisation option with more involvement of volunteers alongside professional staff. The Mayor suffered a defeat with a motion to explore mutualisation getting passed, but we can't be sure what model will emerge. The good news is that finally there is some funding available for managing libraries. See page ?? for news from Bishopston Library.

**BCR Community Partnership** – A packed meeting of the new Community Partnership took place at the library in late November 2017. *See page 55 for a full report from the meeting.* Do get involved and register to keep in touch. See [www.bcrp.org.uk](http://www.bcrp.org.uk)

## Please do get in touch

**Fi Hance, Green Party - Cabinet member**  
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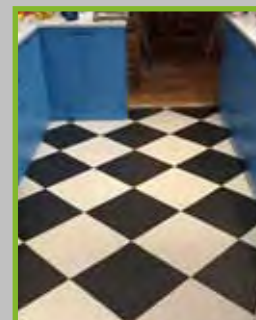


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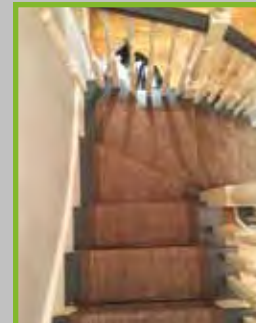
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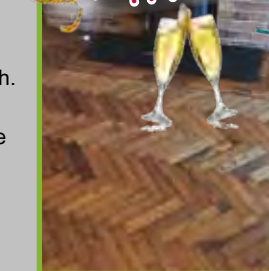
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## Community Noticeboard

For free listings contact  
kerry@bishopstonmatters.co.uk

For the new online  
'What's on' diary of events visit  
[www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)

Call 07881 924059

### Bishopston, Horfield & Ashley Down Local History Society

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

**20th February 2018**

Bristol through Maps – Jeff Bishop

**20th March 2018**

Bristol in the 1950's – Mike Hooper

**17 April 2018**

Images of Change from the 1930's –

Mike Britton

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

### New Friends Group

Meets at Bishopston  
Methodist Church 2.30pm  
For get together, with maybe  
a speaker or an activity.  
Always followed by tea, cake  
and a chat.

**Next meetings on  
10 & 24 January 2018**

### Light lunches

Will be served on  
**18 January from 12–1.30pm.**  
Varied menu and good  
company if you want it.

### INTERESTED IN BECOMING A LOCAL SCHOOL GOVERNOR?

The Ashley Down Schools Federation is looking for  
enthusiastic individuals interested in local education  
provision to apply for the role of school governor.

We are currently looking to fill three vacancies.  
Potential applicants do not need to come from any  
particular professional background or "walk of life".  
However, they should be prepared to devote at least  
4-5 four hours each school term to the role and  
should be dedicated to ensuring excellent education  
provision for local children.

If you are interested in finding out more please  
contact our Clerk, Anne Alderman, [annie.alderman@bristol-schools.uk](mailto:annie.alderman@bristol-schools.uk) Anne will send you further  
information and an application form and can arrange  
a discussion with one of our governors if you would  
like more information on the role before you apply.

To find out more about the Federation go to [www.ashleydownschool.org.uk](http://www.ashleydownschool.org.uk)

### 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](http://www.horfieldfamiliesgroup.co.uk) You can  
get in touch with us via the Contact section.



**We need more blood donors at:**

## Bristol Blood Donor Centre

Southmead Road, Bristol, BS10 5LX (Free Parking)

**Throughout January 2017**

Please keep your appointment

To book an appointment visit  
[blood.co.uk](http://blood.co.uk) or call 0300 123 23 23

[GiveBloodNHS](https://www.facebook.com/GiveBloodNHS) [@GiveBloodNHS](https://www.instagram.com/GiveBloodNHS) [NHSGiveBlood](https://www.youtube.com/NHSGiveBlood)

Do  
something  
amazing.  
Give blood.



Save a life.  
Give blood



THE OLD LIBRARY  
~ EASTVILLE ~  
Muller Road, BS5 6XP  
[www.theoldlibrary.org.uk](http://www.theoldlibrary.org.uk)

### Come Dancing! (but not Strictly)

Celebrate the start of 2018 with an evening of  
Circle Dancing

at The Old Library, led by Susannah Temple  
**Tuesday 30 January 2018, 7.30–9.30 pm**

Enjoy music from different countries. No need to have  
a partner and it's OK to be a beginner

Great variety of dances, from peaceful to lively  
Join in as much or as little as you want

It's a whole new take on "going round in circles"!  
calming and relaxing.

Susannah teaches as we go along, so you can pick  
it up gradually. Wear soft shoes or bare feet – floor is  
carpeted. Light refreshments provided

Five pounds or so donation for The Old Library  
gratefully received

### Welcome to all!

There will be more dancing evenings,  
on the last Tuesday of each month, 7:30 – 9:30 pm  
Warm, informal community dance evenings for all  
abilities. Helping to raise funds for The Old Library

### Watch this space!

For more details, get in touch with Susannah:  
0117 979 1519

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



Meetings take place  
at 7pm, at the Dance  
Studio, The Station,  
Silver St, BS1 2AG

**JANUARY MEETING Thursday 25, 7pm**  
IDEAS FROM PERMACULTURE: discussion on  
making growing easier and more productive.  
Mike Feingold, Bristol's Permaculture Guru.  
Group Seed Order - distribution

**FEBRUARY MEETING Thursday 22, 7pm**  
Short talk: COMBINING TREES & CROPS FOR  
HIGHER YIELDS & RESILIENCE, Ben Raskin, Soil  
Association. AGM. Seed swap bring along any seeds  
you have saved and any other surplus seeds.

£3 Visitors, £1 AOG members, Teas etc included.

email: [secretaryaog@gmail.com](mailto:secretaryaog@gmail.com)  
[www.groworganicbristol.org](http://www.groworganicbristol.org)

### Come and be transported into pantoland for the 49th time!

Poor old Tom, the miller's son, returns home  
from years at sea to discover that his brothers  
have sold the family mill and all he has left in  
the world is the mill cat. With some help from  
Fairy Feline, this cat may have more to offer  
Tom than he first realises.

Throw in Dame Doris Dolittle, her daughters  
and a few members of royalty and there is  
much fun to be had on the journey to defeat  
the evil Demon Voltaire.

A show not to be missed, filled with catchy  
songs and a cast of all ages.



The Bartholomites present  
our 2018 pantomime



## Puss In Boots

A pantomime by Lighthouse Scripts  
[www.lightscripts.co.uk](http://www.lightscripts.co.uk)

Thursday 8th February 7:30pm  
Friday 9th February 7:30pm  
Saturday 10th February 2:00pm  
and 7:30pm

St Bartholomew's Church Hall, Somerville Road,  
St Andrew's

£8.50 for adults (16 and over)  
£5.50 for children



Tickets on sale **January 7th**  
For bookings please ring 0117 9513141



### ST BONAVENTURE'S CATHOLIC PRIMARY SCHOOL

## OPEN DAY

Friday 5 January  
9.30am and 1.30pm.

No need to book, just come along.





# Community News/Events...

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

**Tuesday 2 January** Horfield to Redland. Meet at Horfield Leisure Centre 10:00. Starting in Horfield we will walk down to Redland to find the source of the River Cran. Leader: Sheila.

**Tuesday 16 January** Stoke Park. Meet at Horfield Leisure Centre 10:00. Walk to Filton Ave to catch bus to UWE. A chance to see university garden before continuing to Stoke Park and down to Snuff Mills for coffee. Option to finish walk or catch bus from Snuff Mills to Eastgate. Leader: Stuart.

**Tuesday 30 January** Underfall Yard. Meet at Horfield Leisure Centre 9:45 (bus 505 @ 9:55). Walk across Cumberland Basin to visit the fascinating Underfall Yard, coffee at the SS Great Britain café. Leader: Sheila.

**Tuesday 13 February** Exploring Westbury Park. Meet at Horfield Leisure Centre 9:45 (bus 505 @ 9:55). A range of villas, cottages and houses show how Westbury Park has grown over the years. Leader: Stuart.

**Tuesday 27 February** Avon New Cut. Meet at Horfield Leisure Centre 9:45 (bus 505 @ 9:55). Following the 'chocolate path' to Bathurst Basin. Leader: Stuart.

**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. 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

**Volunteering Opportunity with Retired and Senior Volunteer Programme (RSVP)** *Do you love to sing? Would you like to bring enjoyment and vitality to older people living in care homes?*

If so, RSVP would love to hear from you. They are looking to recruit volunteers over the age of 50 to run musical activity sessions for residents living in care

homes and extra care sites in Bristol. They have a small group of volunteers running regular sessions in care homes and are looking to expand this team to run more sessions for some of the most vulnerable people living in our communities, many of whom are living with dementia. The next training course will be in March 2018 which will include observing sessions run by their trained volunteers. They offer ongoing support and regular team meetings. For more information please contact Jan Snook on 0117 9628 649 or Ken Dolbear on 0117 942 3085 / , email ken.dolbear@rsvp-west.org.uk / www.rsvp-west.org.uk



## 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*



**Children's Scrapstore is happy to be a recipient of the Co-op Local Community Fund!**

The funds will be used to develop their Play Room to ensure that local groups, including schools, can better access this space, that they can extend the offer to local marginalised groups, and that disabled and non-disabled people have equal access to the space. It will mean that groups can access the space uniquely and be self-contained, which is important when working with vulnerable groups and children.

This New Year Scrapstore will embrace opportunities for celebration and cultural exchange, with play and making at the heart. With more funding, they will increase the number of FREE workshops that they can offer the over 8s, and join the momentum of nationwide cultural initiatives like the Arts Award.

Scrapstore runs a huge number of creative workshops for all ages, visit – [www.childrensscrapstore.co.uk/EventList.aspx](http://www.childrensscrapstore.co.uk/EventList.aspx)

## Bishopston DIY SOS

**A local family have been overwhelmed by the generosity of time, skills and materials given to them after a serious illness was diagnosed and a building project went horribly wrong.**

Local resident Anna Sandiford was deeply concerned for a friend and her family when a building project was not going to plan following a diagnosis of a serious illness. Worried about the upcoming winter and the house not being warm or waterproof she made a plan to try and help her friend of 19 years. Anna, along with her friend Spike of Hoodwood Floors, approached a number of local tradespeople and companies to come and work on the house to make progress on site. Several local businesses agreed and gave up their weekend to work relentlessly to make the house waterproof and secure using materials donated by Kellaway Building Supplies. The progress was phenomenal with the roof being put on, walls were insulated and plumbing and electrics were prepared. Volunteers were well fed and looked after throughout the day after Joe's Bakery donated bacon sandwiches, the Co-op gave snacks and drinks to the workers, and all were rewarded at the end of the day with pizza at The Annexe. The family are incredibly grateful to all

## 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.



the businesses that have supported them and the kindness and generosity that has been shown. The season of goodwill is definitely upon us!

Special thanks go to Anna Sandiford and Spike Hood for organising the team and their ongoing support to finish the project. Thanks also to the following local businesses that supported on the day – Higher Living, Plumb Southwest, Hoodwood Floors, R S Building & Carpentry, Cameron Plastering, Bristol Multitrade, Kellaway Building Supplies, Joe's Bakery, Co-op & The Annexe.



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