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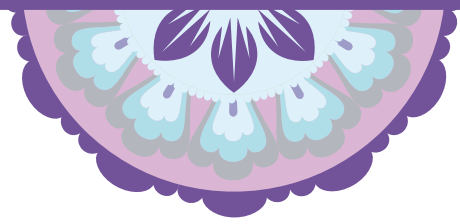
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Matters

issue 117, May 2018

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Dear Readers...

Welcome to the May edition of Bishopston Matters, which means the countdown is now on for *Glos Rd Central's Mayfest 2018!* Taking place on Saturday 5 May, it's always full of community cheer and seasonal merriment - I hope to see many of you there.

A highlight of Mayfest is the arrival of Jack in the Green and his dancers; this musical procession adorned in leaves and flowers, then continues up Gloucester Road to its final destination of Horfield Common, where it performs a ritual to release the Spirit of Summer (hooray!). As well as welcoming Jack, the Ardagh Community Trust are taking part in Community Business Weekend; they will be running an 'Open Doors' event (2-6pm on Sat 5 May) when trustees, staff and volunteers will be on hand to chat to visitors and customers about all things Ardagh! Find out more

about their great work over a cuppa from the common's cafe, which will be open Friday to Sunday.

The Friends of St Andrews Park welcomes new chair David Cemlyn; read more about activities at our local park in our report from their recent meeting.

We were touched to be contacted by two local families who are both taking on challenges to raise funds for charities close to their hearts. Read their moving stories inside, and please do support them both if you can.

The Bishopston Library is soon to be 1 and you are invited to join them in their celebrations (there will be cake!) on Thursday 3 May.

Take care until next time, *Kerry x*

Email: kerry@bishopstonmatters.co.uk • www.bishopstonmatters.co.uk  Bishopston Matters
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Wags and Ramble: your dog's new best friend

Locally based Cinead, has a simple aim with her new business, Wag and Ramble. "I want all the dogs I look after to have a fantastic time with me and return to their owners happy, exercised and looking forward to their next visit."

Having relied on a dog-walker for her own miniature schnauzer, Teddy, when she was a full-time researcher for the BBC, she knows only too well that it's a huge step trusting someone to look after a much-loved member of the family.

"Peace of mind is essential when it comes to your pet getting a good walk, as well as company and a cuddle when you're out of the house," Cinead says. "Now I've found time to walk dogs myself, I want to offer the very best service possible. I pride myself on being friendly, reliable and professional and though Teddy can dawdle on occasion, I make every effort to pick up your dog at the agreed time and return them home on time too, clean and honk-free, ready for their lunch or an afternoon snooze."

All about the ramble – Ordinarily Cinead takes dogs out in the morning, but she's always happy to be flexible and try and work around a client's schedule. Numbers are limited to four dogs on each walk, so it's worth booking in advance to ensure there's availability. "But I do understand when last minute is the only option," she explains, "so I always encourage clients to ask if I can fit their dog in."

As puppies need company more than long walks in the early months, Cinead offers a 'puppy playdate' service, too. "It's great for young dogs to feel confident and socialise with other dogs early on," she says. "So, I give them tickles and fuss on tap, while Teddy provides the in-house entertainment. He's even happy to share his toys and basket – he's proving to be a brilliant business partner!"

For more information and prices, visit wagandramble.com or call Cinead on m: 07787 121822.

Follow Cinead and Teddy's adventures on FB @wagandramble and Instagram @wag_and_ramble



Cinead with best friend Teddy



St Andrews Park Matters

The recent AGM held in April, for The Friends of St Andrews Park saw some committee changes, with the much-respected John Mayne stepping down as Chair. The committee was full of praise and gratitude for the 8 years John dedicated to the group as their Chair. John will remain as a committee member.

This means after a swift and unanimous vote, the new Chair elected is David Cemlyn. David, a long-standing resident of St Andrews, looks forward to continuing the work of the park group. A long-time ardent supporter of St Andrews Park and the crucial role it plays in the local community, he will be focusing on the sustainability of this much-loved local asset.

Bishopston Matters would like to welcome David Cemlyn as Chair and Gemma May as Secretary, and to say a huge thank you to both John Mayne and Paul Bullivant (who also stepped down from his role as secretary) for the fantastic work they have done for the park and its community over the years.

So, what lies ahead for 2018? Steve Perry, Treasurer, outlined 6 main focal points for the year ahead.

- Supporting the role of the Bristol Parks Forum** and its relationship with Bristol City Council.
- The future of the paddling pool** – the last remaining such pool in Bristol. With local cuts, the council is likely to reduce their involvement in the maintenance of the lido. How feasible will it be for the Friends to sustain this valuable local feature?
- Fays 'Tea Garden' Cafe** – The Friends have already, along with over 5,000 Bristol residents, shown their unwavering support to keep this local independent and much-loved park tearooms and not have it replaced. Their support remains steadfast.
- The play area** is showing natural signs of wear and tear, due to its massive popularity within the community. In order to continue providing an excellent safe and fun place for the younger residents, the Friends will need to look at investment needed for repairs and safeguarding.
- The recently established project development fund** should be used for local initiatives to enhance the park – such as a flowering meadow.
- Public toilets** – rare and essential facility these days. With thousands of visitors to the park, these are the only public facilities. A priority of the Friends will be to ensure – in partnership with the Bristol City Council – that the provisions are safe and clean. It was also noted that opening hours were not always conducive to visitors and that this should be a consideration for the future.

If you care about St Andrews Park, why not go along to their **next meeting on Wednesday 23 May, 7.30pm, at St Andrews Bowling Club, Derby Road?** The FoSAP always welcome new members.

www.friendsofstandrewspark.com



LtoR: Thanks to John Mayne stepping down as chair and welcoming new chair David Cemlyn



Image thanks to Paul Bullivant

'The Pantaloon theatre company returns to St Andrews Park'

Following the success of the hilarious performance of 'A Midsummer Nights Dream' in June last year, the Pantaloon will be returning to the park to perform a family friendly interpretation of

"The Importance of Being Earnest" on June 24 at 7.00pm.

Publicity and ticket sales start in mid-May. For more information contact:

Paul Bullivant of The Friends of St Andrews Park at paul.f.bullivant@gmail.com

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Hi everyone

It's May! So, with the sunshine and spring comes **OUR ANNUAL SPRING FAIR! SATURDAY 12 MAY 1-4PM.** Come one! Come all! We'll have a plant sale selling loads of lovely veg and flower seedlings, pizza from the clay oven, and delicious cake. Pigsty Morris will be dancing away on the decking and we'll have wonderful live music from What the Folk?!

Loads of great stuff for children and the young at heart as well, including **pond dipping, music making, crafts** and best of all **bat the rat!** And we've got a fab sensory trail and there'll be a **quiet indoor sensory space** for anyone that likes a quiet spot. They'll be a **gnome hunt** and a veg plant **raffle** and MORE! And all this for a suggested donation of just **£1 and kids come for free!**

This year we're really happy to be running move activities aimed at local families with a child/ren with special education needs or a disability and our next **Family Day is Thursday 31 May 11am - 3pm, £5.** There'll be **cooking, crafting, nature exploring, singing, slime and games - something for everyone!** These days are really popular and booking is essential, so get in touch.



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Bristol Buddhist
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www.sakyabristol.org
www.dechen.org

And of course, we're still **open every Wednesday 10am - 4pm** for anyone to pop along and get involved with gardening, chatting and drinking tea. Come find us behind Horfield Prison at the end of Monk Rd. No experience necessary and no need to stay all day or come every week; just bring yourself and we always have a range of jobs to suit a range of folks.

See you in the garden!

Lucy Mitchell

For more info - 07506 905 394
thegoldenhillcommunitygarden.com

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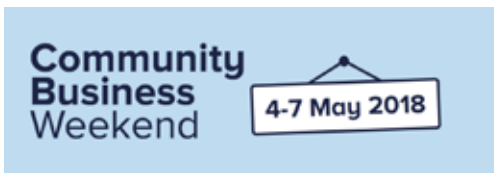


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News from the Ardagh Community Trust



Ardagh Community Trust: Community Business Weekend 2018 at the Café on the Common

ACT is delighted to be taking part in Community Business Weekend 2018 after the success of our event in 2017. Community

Business Weekend runs on 4-7 May. The Café will be open on Friday, Saturday and Sunday from 10am. On Saturday 5 May we'll be running an



Image thanks to Lee Spencer-Fleet

'Open Doors' event, 2-6pm, when trustees, staff and volunteers will be on hand to chat to visitors and customers about all things Ardagh!

Pop by and find out more about what we do and how we are community-led. You can find out more about the background to ACT and how we were set up by local people following more than 7 years of volunteer-led activity to develop a plan for a sustainable future for the Ardagh site. We'll have more information about our ambitious plans for the regeneration of the Ardagh site, and creation of a year-round Community Hub incorporating the existing Café on the Common – a bright future for the site under community management. You can also find out more about how you can get involved and support ACT and Project Ardagh. You will be able to sign up as a member of ACT so that you have a say in the way in which the charity is run – and help us to demonstrate the involvement of local people at all levels of decision making about what we do and how we do it. You can also find out more about the range of activities and groups we run and volunteering opportunities available. Please do come along – and it would be great if you could bring a friend or family! Help us spread the word. You can find out more about our event on www.communitybusinessweekend.org or www.theardagh.com

Jack in the Green! On **Saturday 5 May** (our Community Business Day event date), Bristol's fabulous 'Jack in the Green' Parade will be arriving on Horfield Common to celebrate the start of Summer between 4pm and 5pm (having danced all the way from the city centre and via Gloucester Road Central's brilliant Mayfest) so join us in keeping your fingers crossed for a lovely sunny day and come along and make a day of it! All are welcome.

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What's on at the Ardagh...

Tuesday: Ardagh ShedMen – This great project has now been running for two years. The ShedMen now meet every Tuesday morning, 9.30-1.00pm, and work on a range of projects which help to maintain and enhance the Ardagh and the wider common. Members also work on a range of their own projects. The group is friendly, provides a space for practical activities in a social setting and welcomes new members. If you would like further information, please contact info@theardagh.com or pop along.

Wednesday: Craft mornings – Go along and join the fun at the free, Craft & Chat group on Wednesday mornings 10am-1pm (term-time only).

Thursday: My Wild Child – Aimed at toddlers, these free sessions are run by Avon Wildlife Trust. They take place every Thursday afternoon from 1pm-2.30pm (term-time only), meeting near the café entrance. Kids will enjoy fun outdoor games and activities; each session combines a structured, nature-focused task followed by child-led free play. Find out more at www.avonwildlifetrust.org.uk/mywildchild.

Friday: 1st Friday Gardening Club – Go along and join this friendly group of volunteer

gardeners working towards making the Ardagh gardens award-winning again! The sessions run on the first Friday of every month from 10am-3pm; come for the day or pop in for part of it – all welcome! No experience is necessary.

Weekends:

The fab Ardagh Café will now be open Fri-Sun, 10am-4pm(ish) until June, when it will open daily again for the summer (all weather permitting).

Horfield Repair Café: Once a month, Ardagh Community Trust runs their Horfield Repair Café at the Ardagh. Volunteer repairers give their time to help reduce the amount of waste that goes to landfill, as well as offering the opportunity for local people to share their skills with neighbours. **The next dates for this project are Saturday 2 June, 1 September, 3 November – 10:00-12:30pm.**

www.theardagh.com



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FIND OUT MORE – We'd love to let you know more about us. Visit: www.littlefoxesforestschoo.com or call **0117 332 3683** to learn about waiting lists for our Pre-School, our Monday stay and play group and upcoming events.

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

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



Brownies get slimed

106th Brownies who meet at St Bonaventure's Parish Hall in Bishopston, had great fun making and playing with slime as part of their science investigator badge.

Brownies are girls aged 7-10 who meet weekly and have fun adventures, playing games, doing crafts and finding out about the world. If you are interested in volunteering at Brownies, several units in the area would be happy to meet you. For more information, please contact nwbristolbrownies@gmail.com



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ROCOTILLOS – Your perfect local food & drink venue for any time of the day

Rocotillos, a 25-year-old Bristol institution is known for its Americana nostalgia, but owner Craig Collin's new venture on Gloucester Road feels far more sophisticated.

Craig grew up locally and has fond memories of visiting the toy shop on Gloucester Road with his dad when he was little. So he was over the moon when an opportunity arose to bring the graduated version of Rocotillos to the area.

Walking in you are met with a classy bar area ready to serve you a great selection of cocktails, from refreshing and fruity, to trendy gin tipples and old favourites like Mojitos, and as a fully licensed bar you'll be offered a wide variety of wines, beers and spirits.

On the lower area comfortable padded leather bench seating preserves that Old American diner feel, and welcomes you to feast on comfort Americana fare such as – tacos, nachos, burgers, chilli fries, curly fries, sunny-side up eggs and for afters pancake stacks with fresh fruit, sundaes, and milkshakes. Gluten and dairy free options are available, please just ask.

Upstairs is a generous room, which has a vintage lounge feel, ideal for private hire, parties and meetings.

Whether you are looking for a delicious breakfast with family, a much needed coffee, the perfect venue to grab lunch with friends and chill out in the day, or fancy an evening of good food and cocktails and some grown up time, or even if you are planning a surprise birthday party – Rocotillos can be that special place for all.

Look out for their new evening menu and be sure to take advantage of Happy Hour – Tuesday–Saturday 17:00-19:30.

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Help to End Duchenne in Ten

I was recently contacted by local family, Sara, Olly, Ben, Harry and Oscar Smedley. Sara asked if we would be happy to share their story, in order to help them raise funds for Duchenne UK. The charity is extremely close to their hearts since their youngest son, Oscar (who attends Bishop Road school), was diagnosed with Duchenne muscular dystrophy. Please read their moving story below and give generously to their cause.

20 October 2017 is a day that we will never forget. It is the day we were told that our youngest son, Oscar, has muscular dystrophy. It is the day the bottom fell out of our world.

It is really difficult to describe the grief, pain, and devastation we felt in those early weeks following diagnosis. In the course of one short phone call our hopes for our son's future were replaced with overwhelming grief and unbearable sadness; we were heartbroken.

For those of you who don't know much about the disease, Duchenne Muscular Dystrophy is a genetic disorder that causes muscle weakness and wasting. It is classed as a rare disease – there are around 2,500 patients in the UK and an estimated 300,000 sufferers worldwide. It is the most common fatal genetic disease diagnosed in childhood. The disease almost always affects boys. Whilst the prognosis is improving, there is still no cure. By the time Oscar is a teenager he will be confined to a wheelchair. By late teens most young people with Duchenne lose the ability to move their arms and experience problems with breathing and the heart. It is unusual for someone with Duchenne to live beyond their 30s.

A few months in and I guess we are learning to live with the diagnosis. The truth is, we have no choice. Our 3 amazing boys continue to be amazing. Ben



LtoR: The Smedley brothers – Harry, Ben & Oscar

shows such determination and resilience in all aspects of his life; Harry's energy, enthusiasm and empathy makes us smile every day; and our Oscar, well,



Please support the Smedley family with their fundraising

he continues to be the fabulously laid back little chap he has always been – filled with happiness, love and kindness and a calm and laid-back nature that never ceases to astonish us.

I said above that we have no choice but to learn to live with this diagnosis, however, Emily Crossley, the co-CEO of Duchenne UK has taught us that what we do have a choice about is the way that we deal with it. As Maya Angelou said "I can be changed by what happens to me but I refuse to be reduced". Emily set up and runs the charity Duchenne UK (www.duchenneuk.org).

Duchenne UK has a clear mission: to fund and accelerate treatments and a cure to end Duchenne Muscular Dystrophy in a decade – to 'End Duchenne in Ten'. Duchenne UK is funding some really exciting research and is really making a difference – it has given us hope.

My husband Olly and I have made a choice – we refuse to be reduced. We will fight for our son in any way that we can. We will fight to give our son the best life possible and we will fight for his future. And we think the best way to start doing this is to support Duchenne UK in their fight to find treatments for Oscar and for all of the other boys like him. So that is why we have signed up to the Duchenne Dash.

The Dash is a 300km cycle from London to Paris – which has to be done in 24 hours! There is no doubt that this ride is going to hurt. A lot. But we think we can guarantee that however painful the ride is, it cannot come close to the pain that we have felt over the past few months.

So, we are coming to you, with an unashamed plea to ask you to help us support Duchenne UK to achieve its mission and help find a cure, so that we can offer our son and everyone else living with Duchenne a more hopeful future. Please visit:

<https://uk.virginmoneygiving.com/Team/OllyandSara>

Thank you, Sara Smedley



Final Phase of Loft House Now Available

Following the highly successful launch of the first phase at Loft House in Bishopston, there is further good news for buyers looking for a fantastic new home in this historic building, as independent developers Acorn Property Group have now released the second and final phase of this scheme.

Located next to Gloucestershire County Cricket Ground, only a ten minute walk to Gloucester Road, the Grade II-listed Brunel House will be sympathetically restored and converted to create a collection of new and truly individual one-, two- and three-bedroom homes. These new homes will combine the high ceilings and double height windows of the original period building with a contemporary interior, bringing together space, light and history. Select apartments will also benefit from allocated parking and stylish mezzanine floors with vaulted ceilings to make the very best of the living space.

Acorn Property Group is an independent development and regeneration company, specialising in creating distinctive and bespoke homes. Established in 1995, they have a wealth of experience and awards over the last twenty years and are also shortlisted for 2018's prestigious Bristol Life Awards. Acorn creates beautiful homes which are different by design, imaginatively utilising space, light and original features wherever possible.

With Help to Buy now available, and only a 5% deposit required, interest in the remaining homes in this popular area of Bristol is expected to be even higher.

Prices at Loft House start at £227,500 for a one bedroom apartment.

For further information to arrange an appointment please contact Savills on 0117 910 0360 or Ocean on 0117 946 9838.



FINAL PHASE OF LOFT HOUSE NOW AVAILABLE

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Neighbours Unite Around Traffic and Parking Issues

As Gloucester Road has grown as a shopping destination and the adjoining residential areas have become more popular, the combined pressure of intense traffic use and the competition for parking between residents, shoppers, tradespeople and commuters has become critical. The situation for residents wishing to park is sometimes intolerable, leading to stress, anger, a reduction in road safety and a general decline in the amenity of the area and in the quality of life for all.

This also seriously compromises the safety of pedestrians, particularly on routes taken by children walking to local schools. It has sometimes prevented service vehicles from using our streets, including fire engines attending emergencies – a potentially disastrous situation.

The frustration of many local residents was summed up by one living on North Road:

"There has been a huge increase in the number of long stay vehicles parked in our neighbourhood because we live in one of the last remaining unrestricted parking areas near the Gloucester Road. Parking density is now so bad that it is often impossible to walk between parked cars and parents can't cross between cars with their pushchairs. There is regular damage to cars – one neighbour's car has been damaged over 9 times in 18 months. Last year an ambulance was unable to transfer a patient on a stretcher from their home. Typical long stay parkers include commuters, residents from other RPS areas with second and third vehicles and camper vans so this doesn't leave much parking for the shoppers! Increasingly residents are having to deal with speeding vehicles using North Road as a 'rat run' as well as the road rage that results from the frustration of the traffic congestion and competition for limited parking."

The situation in Elton Road on the other side of Gloucester Road is equally bad, as one resident explains: *"Since restricted parking has been introduced in surrounding areas, increased commuter parking has reached unsustainable levels. Despite yellow lines and wardens ticketing, badly parked cars are blocking pavements and causing hazards at junctions. Elton Road has increasingly become a 'rat run' with some cars sometimes speeding through at up to 40mph, so cars get damaged on a regular basis. Lorries trying to navigate the road get stuck and recently a fire engine could not get through in an emergency. It can be dangerous just crossing the street or negotiating pavement obstacles, especially for people with buggies or wheelchairs and young children on their way to school."*



Other parking and traffic problems in the wider neighbourhood include the long-term parking of unoccupied caravans and camper vans. The parking of vehicles close to the junctions of our generally narrow roads is also a danger as it reduces visibility and compromises safety for other road users including cyclists and pedestrians.

A number of individuals have been lobbying about these issues for over two years but now a united campaign coalition, **The Bishopston and St. Andrews Traffic and Parking Group**, has been established to address these problems. Although it will take many months, if not years, to resolve these growing problems – and only following thorough consultation with all local residents – the group believes that the only sustainable solution will be the establishment of a Residents Parking Scheme in the Bishopston and St. Andrews Area.

Thanks to the cross-party work of a number of our local councillors, our **MP Thangam Debonnaire will be hosting a meeting to discuss these issues and possible solutions.** The meeting will take place on **Saturday 12 May, 11am, King's Centre, 16–18 King Square, BS2 8AZ.**

A leaflet with a survey form will soon be delivered to all households in the neighbourhood. If you are concerned about these issues please complete the survey and come to the meeting. You can also complete an online petition at <http://bit.ly/2sAO8MG> If you are interested in getting involved or just want to know about the activities of the group you can also find the group's **Facebook page: Bishopston and St Andrews Traffic and Parking Group** or contact us for more information at bishopstonstandrewstpgroup@gmail.com

You are invited to a presentation of handmade rugs from Iran and India, new and old, all sourced in the countries of origin on Thursday 3 May, from 2–9pm at Lee's Carpets



The designs are the result of centuries of tradition but the vibrant colours, often derived from natural dyes, are a perfect complement to modern or traditional interiors.

Lee's Carpets are the only stockist in Bristol of these beautiful handmade rugs, join them at this special event to find out more and purchase some of these stunning, bespoke designs.

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Doors open 9.30am Last entry 5pm

FREE ENTRY INTO EVENT IN CONCORDE HANGAR

More information: www.bbc.co.uk/antiquesroadshow

Acorns & Oaks

It was lovely to attend a local Acorns & Oaks session at Horfield Lodge Nursing Home. Myself, Henry and Freddie had a wonderful time engaging with the residents, children, parents and staff.

We were invited by local parent and group leader, Claire Sapsford (pictured right), who told me all about this wonderful organisation. Acorns & Oaks reconnects generations by running weekly playgroups in carehomes across Bristol, led by a volunteer. The regularity and structure means the children feel comfortable in the home and the residents get to know the children and the routine.

I was interested to know how Claire became involved and was it something she would recommend to others?

"I saw a notice on a BS7 Facebook page for volunteers and thought I would give it a go; it does not take much work and is massively rewarding. It has been lovely to build relationships and for the residents to watch my 15-month-old daughter go from toddling to confidently walking. I would definitely recommend becoming a leader to others."

Some of the residents of Horfield Lodge are living with dementia, sitting and observing the play sessions lifts their spirits immensely. It was both wonderful and touching to see the light come over some of the residents' faces when baby Freddie gave them a beaming smile, their joy was instantly reflected back at him.

Could you help bring more joy?

There is currently a waiting list (that I will be joining) for the sessions at Horfield Lodge but, the Acorns & Oaks organisation is keen for more groups to



be established in care homes across the city. I can't think of a better way of donating just a small amount of your time each week, which will result in you having such a hugely positive impact on local children, care home residents and of course yourself.

If you would like more information about becoming a volunteer or joining one of these groups, please visit www.acornsnoaks.org.uk or email: acornsnoaks@gmail.com



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Running for Rémi

I could be running the London marathon as you read this or have recently completed it. I run to remember our son, Rémi (13), who died suddenly in December 2016 from heart failure. Both myself, Catrin (Rémi's mum) and his two sisters, Sian (now 16) and Cerys (now 11) were with him when he died. I'm also raising money for The Rainbow Centre, a local Bristol charity, that supports bereaved children and their families.



Rémi, Cerys & Sian



Rémi was an active, fun-loving boy who lived all his life in Bishopston. We had moved to Bristol from London as a family of three in 2003, and later that year Rémi arrived, an active riot of noise and energy. A people person from the start, Rémi loved company, family, films, gaming, reading and so much more. He attended Bishop Road Primary School and Redland Green Secondary school, and played for Bishopston United football team. Over the years we spent a lot of time on Gloucester Road as a family – coffees and Orangina in the old Spice Route café, frequent visits to Totally Toys, the Green Room in later years for haircuts, regulars at Cheltenham Road library and the Amnesty book shop (Rémi was a voracious reader) and the occasional lime and soda at The Flyer.

Rémi's death was completely unexpected and the unimaginable trauma continues to profoundly affect us. Our house is quieter now. There is no shouting and whooping from the shared Minecraft games played with friends in various bedrooms across



Bishopston, and we get through less Weetabix and honey. There is a Rémi-shaped hole, never to be filled. As we journey through the changed landscape of our family life we have received love and support by the bucket load from family, friends and the local community. We are grateful to them all.

Death and bereavement are not something I had a lot of experience of until Rémi died. I don't think they get talked about much. Now I find myself wanting to talk about them all the time, wanting to say Rémi's name to anyone who'll listen. To tell his story, and with it my own.

Rémi watched me run the London marathon several times, it was important for me to take part in the event this year, to run to remember him, wearing a vest with his name and picture on it, and with him in my heart and my soul. I am also raising money for The Rainbow Centre, just off Wells Road. It is somewhere which supports bereaved children and their families. They have provided us, particularly the girls, with uncomplicated care, kindness and specialist support. They are a small local charity which we are very grateful to be able to access. They provide a range of services, particularly for children, who need support, love, care and understanding to move forward in life, alongside grief.

Can you help?

The link to myJustGiving web page is below. If you'd like to sponsor me please do.

www.justgiving.com/Richard-Davis21

To find out more about The Rainbow Centre visit their website at: www.rainbowcentre.org.uk or Tel: 0117 9853 343

As Captain James T. Kirk said, in one of the many film franchises Rémi enjoyed,

"How we deal with death is at least as important as how we deal with life."

Love always Rémi.



Richard Davis



Wanted: 8 discerning travellers

Catalonia Unlocked is an exciting new travel company offering small-group tours that get under the skin of this fabulous region of north-eastern Spain

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Nick Clark on 07919 926 975
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 www.cataloniaunlocked.co.uk

We look forward to hearing from you!



Welcome to Bakery108:

a new, local, artisan microbakery with its roots firmly in Bishopston & St Andrews. What's more, it gives you the **convenience of online ordering and home delivery** – all with a personal touch.

Friends and bakers Helen Lockett and Carla Shepherd have lived in the local area for over 20 years. They have both always loved baking for friends and neighbours, so when Helen suggested to Carla that they start a microbakery based out of Helen's kitchen, it made perfect sense.

"We knew that we wanted to bake the highest quality breads, cakes and pastries", says Helen, "but we also wanted to have a connection with the people we are baking for. We bake everything ourselves and do our own deliveries, so we really get to know our customers and value their feedback."



Our small size and personal approach enables us to meet customer requests quickly; for example we've added Spelt bread to our regular Bakery108 range, made a Dorset

Apple Cake as a birthday cake, and created a lovely vegan chocolate cake for customers."

While home delivery is at the heart of Bakery108, it has also branched into supplying businesses with delicious treats. "Our range of cakes and cookies is always changing, with new specials each month, so there is plenty to keep business customers coming back for more" says Carla.

The Bakery108 website is the bakery's 'shop window', full of enticing breads (think sourdough, proper ciabatta and amazing baguettes) as well as a wide range of cookies, cakes and pastries. Bakery108 delivers every Friday evening, all ready for the weekend and delivery is free with the £10 minimum order.

So why not check out Bakery108.co.uk and see what Helen and Carla are baking this week, or get in touch at Hello@Bakery108.co.uk

Twitter & Instagram @Bakery108brist

Bakery 108's Helen & Carla



bomboloni

ITALIAN KITCHEN

An Italian inspired restaurant on Gloucester Road, Bomboloni aims to achieve the atmosphere of a relaxed Italian family kitchen, at the same time providing excellent value for money and great quality.

Opening at 10am (Mon-Sat), mornings offer great coffee and breakfast pastries. Lunch is a traditional Italian menu, with a lighter touch, from 12 noon. Dinner is served from 6pm and is a slightly different affair at Bomboloni, as the lights dim and the candles are lit, there is a more varied, delicious menu.



Bomboloni – a truly family affair

Opening Hours: 10am-10pm
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 bomboloni.net



SENdaWelcome is having a busy start to the year. We've already exhibited and enjoyed stunning art displays from local children with Special Educational Needs and Disabilities (SEND) in the windows of Boston

Tea Party as part of Window Wanderland, had a mention in parliament from local MP Thangam Debbonaire in a debate on accessibility and inclusion, presented to over 50 learning disability nursing students at U.W.E and continued our great partnerships with local providers such as Kings Lawn Tennis Club, Baby Bites and Golden Hill Community Garden!

Our project is working locally with groups, facilitators and families to support better access for our children with SEND to local space and provision, and to ensure that they have a platform on which they are seen, heard and valued. Ensuring our children with SEND are part of their community is something everyone can play a part in. Please check our website for ways you can get involved or show support by following us on Twitter @SENdaWelcome and on Facebook @SENDawelcomeBristol.

We are in particular need of help with fundraising at the moment as we have loads of exciting projects in the pipe-line but not enough time to find the cash to get them going! Please contact us if you can spare some time and have skills in fundraising.

Finally, put **Sunday 24 June** in your diary as we are running our **Summer Social** at St Michael's Church Hall, Pigsty Hill 2-4pm with the old favourites – the Sensory Truck, cake decorating with Baby Bites, Nelly the Therapy Dog, cake, play and more! We couldn't run the event without the support of Bristol Association for Neighbourhood Daycare Ltd (BAND), who are funding the sensory truck to be with us and providing brilliant toys for all to enjoy.

www.sendawelcome.co.uk

e: sendawelcome@gmail.com

Follow us on Twitter @SENdaWelcome and on Facebook @SENDawelcomeBristol



WW workshop facilitated by local artist Barbara Disney and run in partnership with SENdaWelcome and Room 212. Keep an eye out for the mosaic Barbara will be creating for Room 212, based on the artwork by the children.



One man, a disco, some stonking food and Some Bears Make a Burger Bear

Tom Realy, his wife Kate and kids Iris and Wilf – South Westerners by birth, temporary Londoners, are now back home to open up

their 5th restaurant, Burger Bear.

With four successful Stokey Bears in London, Tom enthused that it was great to be back – and they cannot wait to open this March and bring, the Bear family to Gloucester Road.

It all started 5 years ago in London, Kate was expecting, Tom was working 9-5 and one lunch break doodling on an Ipad – he scribbled 2 words – 'Burger Bear'. A burger lover, Tom started making and selling Grizzly Bear burgers from a 3X3 gazebo, and concocted what is now his unique signature relish 'Bacon Jam' all to the sounds of disco! Such was the demand for more, that via kick start funding he was able to open his first restaurant in Shoreditch.

Life has not always been straightforward for Tom, and whilst brick walls are enough for most people to stop them in their tracks, he has pole vaulted over them. One thing he hopes to bring from London are his inspirational workshops for young, disadvantaged people – who can hear his story, see what can be achieved, gain an NVQ and leave knowing that they are a part of the Burger Bear family.

“Personally, I don't think anyone is doing what we do, like we do it.... Come down and try for yourself and if you don't leave with a massive smile on your face then I'll eat my DISCO BALL!”

Burger Bear Tom Realy

So what can you expect at Burger Bear Gloucester Road?

With Tom oozing energy, warm smiles and inclusivity, whilst serving up sensational food, Burger Bear is set to be a destination burger joint.

The local venue is a haven for all burger lovers (their meat is sourced locally and literally arrives fresh from a local organic farm to

your table) and music lovers. With lots of plans in the pipeline for a variety of live entertainment, we look forward to joining this Burger Bear family for a cheeky burger.

Burger Bear opens in the second week of May. Join them at their home – 213 Gloucester Road (previously Bagel Boy).

www.burgerbearuk.com

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Our story

Icon Beauty first opened its doors in 2009 and we are proud to be part of the beautifully bohemian Gloucester Road. In the last few years we have doubled in size and if you have not been in to see us recently, you may be surprised at the scale of the salon now residing behind our front door! Our vision has always been to create a luxurious environment where you can relax and escape the stresses of everyday life. Our generous treatment rooms and elegant décor will leave you feeling re-energised, whether you pop in for a regular treatment or take time out for a complete mind, body and soul experience.

ICON BEAUTY

Fresh new look

Our commitment to offering clients the most advanced services available continues and this year we have added many new treatments to our portfolio. You can find all of these and more in our brand-new brochure and website that we know you will just love...read our new blog, pick up valuable beauty tips and find out what's hot on Gloucester Road right now.



News

We are delighted to welcome back the lovely Tanya from maternity leave. We have really missed her, and it is great to have her in the salon. Tanya works Mondays, Tuesdays and Fridays 9.30am – 4.00pm and is already in great demand. **We also welcome Sarah Palmer**, a highly experienced therapist, specialising in Pregnancy, Sport, Deep Tissue, Hot Stone and Bamboo massage. All of which are now available at Icon Beauty. Lastly **congratulations to the new Mr. and Mrs. Brooker!** Jordan recently got married and looked radiant on what was a truly special and beautiful wedding day enjoyed by us all.

To get hold of your new brochure, call in or we will be delighted to post you one, and don't forget to check out www.iconbeauty.co.uk

See you soon,

The Icon Beauty Team

www.iconbeauty.co.uk ▪ 267-269 Gloucester Road, BS7 8NY ▪ 0117 924 5566

Summer vibes are on the way

And the focus this season is very much on advanced skin care treatments. We have a wide range of treatment options to suit all skin types and concerns so there is something for everyone.

ICON BEAUTY

NEW Dermalogica Pro 60 & Pro 30 facials

These are customised treatments using advanced products, techniques and technology to address all your key skin concerns and achieve healthy glowing skin. We also offer FREE Skin Fitness Mapping and skin consultations, so you can discover how to achieve your best skin ever. Receive a FREE Dermalogica Dewy Skin DUO with every Pro60 facial treatment (while stocks last).

NEW Jan Marini advanced peels

One of the most advanced and powerful facial treatments available, giving immediate visible results and long-term benefits. Simple, safe, non-invasive and unbelievably effective, Glycolic peels resurface the skin, giving a dramatically softer smoother texture, whilst reducing fine lines, wrinkles and scarring. Jan Marini facial treatments are also particularly effective when treating acne, rosacea and pigmentation.

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These red-carpet treatments deliver visible, long lasting results without surgery or anesthetic and are continually voted the most effective anti-aging treatment available. We are the only salon in Bristol to provide this pioneering technology, offering a complete range of anti-ageing, skin rejuvenation solutions using just one advance treatment system.

LVL Lashes

Did you know LVL eyelash lift treatments are available at Icon Beauty? Unlike a traditional perm, LVL Enhance straightens your natural lashes at the root creating the appearance of longer, thicker lashes giving an immediate and very effective result without the need of extensions or mascara. Perfect for the summer holidays.

NEW NHS discount

We give a 10% discount to all NHS staff as a little thank you for all the wonderful work you do. To enjoy this saving, you simply need to produce a valid NHS card.

To book any of these treatments or for more information, call 0117 924 5566.



www.iconbeauty.co.uk ▪ 267-269 Gloucester Road, BS7 8NY ▪ 0117 924 5566



Osna Therapy Centre

This year Osna Therapy Centre is proud to be celebrating 20 years of trading on Gloucester Road. To mark this happy occasion, they have given the Centre a fresh and exciting new look.

Owner Bridget Tyrrell told us, "We have enjoyed this incredible journey with all of our loyal clients. We are just as passionate about our work today as when we launched all those years ago".

The team at Osna are continually updating their skills and techniques, which enables the therapists to give the best possible experience and outcomes for their clients.

The local therapy centre is delighted to welcome Nadine to Osna, who will be offering Reiki and energy healing. She will use her sensitive and intuitive approach, working with energy medicine techniques, having attended various Donna Eden workshops.

Bridget went on to say, "We are all very excited for the future! Throughout 2018 we are planning on running regular workshops and talks. These sessions will be available to the public, to introduce them to our various therapies and give them a greater understanding of how they work and which therapy may be appropriate for them."

New Products! Osna look forward to launching their new range of soya candles, you will be able to pick up one of these gorgeous items at Mayfest (Sat 5 May). They will soon also be launching an exciting new soap, as well as a mens range of beard oils and waxes, all made with organic, natural ingredients and scented with essential oils,

To find out more, check out their Facebook page: Osna therapy centre or get in touch directly, call 0117 907 5884 or visit 234 Gloucester Road, Bristol BS7 8NZ



Glos Rd Central's Mayfest 2018!

The excitement is building at Glos Rd Central, as it's time once again for our Mayfest, which this year takes place on Saturday 5 May, 10am-4pm.

This lovely community fair is laid on by Gloucester Road shops and businesses from the top of Pigsty Hill up to the Golden Lion pub. We'll be offering food, drink, live music, competitions, creative activities and more.

Newcomers to our section, the Gloucester Road Guitar shop, are inviting musicians to come and join them jam outside their shop. Bring an instrument of your choice, have a play and choose a little thank you gift from Bread Not Bombs afterwards. Next door, Millards will have their Street Treats truck set up, so you'll be able to enjoy an ice cream while listening to the music.

Mayfest always coincides with the traditional procession of Jack in the Green and his band of merry musicians and dancers, who make their way from the Harbourside up Gloucester Road. They will pass by Glos Rd Central at around 3.30pm on route to Horfield Common, when they enact a ritual to release the spirit of summer. Mayfest runs from 10am till 4pm so everyone will be welcome to follow the procession up Gloucester Road to the Common.

The Glos Rd Central Mayfest is a perfect way to meet your neighbours and entertain friends and family. Joe's Bakery will once again be offering free biscuit and cupcake decorating for the kids, and check out their pizza oven in the afternoon.

There will be information, quizzes and more with Avon Wildlife Trust, Aid Box Community and other charities.

Billie Jean makes a welcome return with her Cashmere Event. Enjoy food such as a barbeque outside Giles Butchers and delicious local specialities from Venus and Cafe Dream.

Osna Therapies will be offering tasters and talks to introduce their new therapies, and why not pick up one of their gorgeous new soya candles?

Xpress Computers will be running a special deals day on DELL laptops and 1TB hard pocket hard drives. You can also take part in their T-shirt competition, with the winning artwork being printed up onto a T-shirt for you to keep.

If you are feeling creative, why not also take part in Catch the Moment's Mayfest competition? To enter, simply hand in your design with a spring based theme, to 285A, Gloucester Road, to be in with a chance of having your illustration made into a piece of wall art for you to take home. Entries accepted from 14 April to 14 May. This local photographic shop is currently celebrating their recent 'Business Excellence' award.

Osna Therapy Centre

has some exciting offers for Mayfest, Saturday 5 May 2018

We will be offering taster sessions on – **Chair massage, Reflexology, Reiki** and lots more.

In the afternoon we will be holding Introductory talks on – **Bach flower remedies, Hypnotherapy, Homeopathy and Bio Resonance.**



Come along and book a therapy and listen to experienced speakers.

It will be a fun day!

234 Glos Rd, BS7 8NZ

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use plastic and unnecessary packaging and they'll be stocking a wide variety of wholefoods, non-foods and our special 'Cool Stuff' section, offering alternatives to everyday throwable items such as reusable bamboo coffee cups and stainless-steel straws!

Of course, choosing to shop locally on Gloucester Road is a great way to cut down your carbon footprint and keep your high street thriving. Joe's Bakery has made several changes to their packaging in order to cut down on plastics. Room 212 recycles bubble wrap donated to them by their neighbouring shops to wrap up their framed prints and Paper Plane has many environmentally friendly products including t-shirts designed by owner Alice Rolfe. Nola, the new interior design shop on the corner by Bristol Tools, sells environmentally friendly paints and beautiful rugs made from recycled plastic bottles. And of course, our bike shops, Millards and Roll Quick, can help you to get around the city emission free!

So, visit your favourite shops, enjoy free treats and have a great day out at the Glos Rd Central Mayfest this Bank Holiday weekend!

For more information and updates, like and follow Glos Rd Central on facebook or twitter

@GlosRdCentral @glosrdcentral

Join Joe's for Mayfest 2018!

Mayfest 2018 – Joe's Bakery will once again be entering into the Mayfest festivities in full swing! Children will be able to delight in decorating delicious ginger bread men or cupcakes. It is always lovely to see the little ones having a great time embellishing the baked goodies with sprinkles and icing, and then having an even better time eating them! Joe's offers this fun activity for free, fully committed to their local customers, this is just one of the many ways they give something back to our community.



For the first time, this year during the afternoon of Mayfest, Joe's will be baking pizza to order, in a wood-fired pizza oven – so don't miss out!

Environmentally conscious – Joe's Bakery is passionate about the environment, reducing waste, and promoting environmental sustainability. Their main use of plastic bags is for putting sliced bread in; some customers requested that they use paper bags. In addition to this, they have recently launched their re-usable drawstring bags – made with 100% natural cotton (not bleached or dyed), which also help to keep crusty bread for longer. So, when you visit them at Mayfest, why not pick up one of these new, re-usable bags.



New! 100% cotton, re-usable drawstring bread bags

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*The Bishopston Society
joins the 21st century!*

We've joined the social media era at last! The Bishopston Society is trying to champion its work more widely, extend its reach, and broaden its demographic. We're also trying to catch up with what most community organisations do online these days (and have done for most of this century!).

We're also looking for more two-way engagement, so want TBS members and the wider public to share with each other, and with us, news and views on Bishopston's heritage, assets & amenities, community culture and its future.

So, the Bishopston Society finally has Facebook and Twitter accounts. These don't duplicate what we are doing with our own website but sit alongside them to help us work towards the above goals.

Please take a look at our social media story so far via www.facebook.com/bishopstonsociety and twitter.com/BishSoc.

Oh yes, and we're already on another social media channel. We're using Flickr, for our photo library: www.flickr.com/photos/thebishopstonsociety/ albums. 'Latest photo albums' highlights this near the foot of the front page.

www.bishopstonsociety.org.uk

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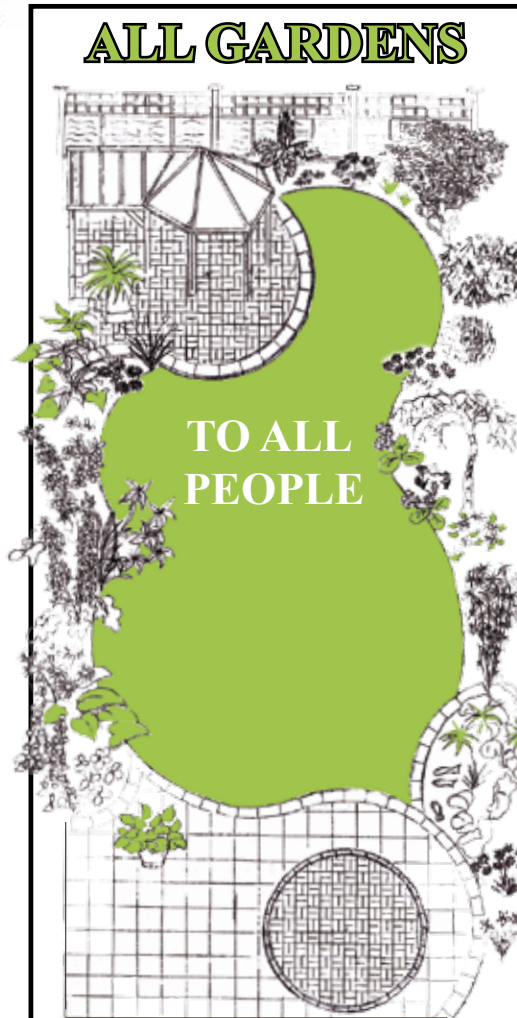
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Nola Interiors

opened in November 2017 on the busy, vibrant Gloucester Road, renowned for its array of independent shops promoting and selling local wares.

With 18 years experience in the interiors business, formerly being the Manager at Fired Earth, I took the plunge to fulfil a dream and open my own shop, and having grown up in Bishopston, I knew the area well.

With an ethos in mind of selling environmentally friendly products and with a passion for paint and colour, I have become the local specialist for *Little Greene* and *Earthborn* who both produce natural and virtually VOC free paint. I feel that people are more aware of the effects of chemicals on the environment and the impact within their home surroundings.

Weaver Green, another environmentally aware company, produce beautiful throws, cushions, rugs and bags made from 100% recycled plastic bottles but with the look and feel of wool and jute. This incredible range has appealed to many customers who want to be environmentally conscious.

Mini Moderns is a very cool, retro British company selling exciting, original wallpapers made from recycled paper with every design "telling a story". A colourful range of scented candles and diffusers complement the designs and patterns of the wallpapers.

A lot of customers comment on how lovely the shop smells. This is attributed to a gorgeous range of aromatherapy candles containing essential oils with harmonious names such as Tranquil, Sanctuary and Happy.

We also stock a wide range of homeware products and gifts that complement the home decorating products including sheepskin rugs, pure wool throws in gorgeous colours such as orchid pink and turquoise, storage baskets, pillar candle holders, photo frames, pots and vases.

Nola Interiors may be bijou but it has a big heart and has been described as a gorgeous treasure trove of beautiful things for your home.

If you are looking for colour inspiration, we also offer a colour consultancy service.

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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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WEAVER GREEN

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earthborn
Beautifully different paint

Vibrant, mid-century inspired patterns are used across the range of wallpaper and homewares. Made in the UK to minimise the carbon footprint.



mini moderns

Nola
INTERIORS

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- Wallpaper
- Soft furnishings
- Homeware
- Colour consultancy

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Walking to heel in Bishopston



Whether you are out and about with your loyal companion or taking your first steps with a new puppy, it can be difficult to know what collars and leads will best suit you and your dog. Not just as a fashion accessory but in a practical sense too. Are you training a young dog? Going for a walk in the

countryside? Or walking to the shops?

This article is a quick run through of things to consider when choosing collars, leads and harnesses for your dog.

Collars are important for emergency situations when you need to catch hold of your dog quickly. Dogs can be sensitive to people touching their collar and so make sure they have a positive association with you going to reach for it. By law, see Control of Dogs Order 1992; every dog out on the highway should wear a collar and ID on it. Be careful that the collar doesn't get caught on a fence or when playing with another dog.

Leads are mainly for safety but are also a legal requirement. If your dog is not on a lead on a public highway you could receive a fixed penalty fine. It is also a good idea to check the rules for your local park or dog walking area. Different leads give varying levels of control to the owner. The retractable leads can be good for giving your dog a bit more freedom but can send mixed messages and produce a nasty burn if tangled. Long lines are good for training whereas stretch leads can help with dogs that pull.

Harnesses are particularly good for brachycephalic breeds, such as pugs, and small dogs, such as Yorkshire terriers, because they do not restrict the airway in the same way as a collar. Also, for dogs who have had neck or eye surgery. It is important to choose a non-restrictive harness which leaves the entire front leg free to move and therefore will not cause movement problems. It should fit snugly but without causing friction or excessive pressure. A harness is less suitable for directional control.



Veterinary surgeon
Holly Rowe

Coats are great in the wintertime especially for dogs with shorter fur and thin skin, such as whippets. The light reflective designs are perfect for when it is dark.

We wish you safe and happy walks! And, of course, for any more information on dog health and behaviour, do give us a call at the surgery on 0117 924 7832 and we will be very happy to advise you.

Holly Rowe

Veterinary surgeon at The Animal Health Centre



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Training a new pup or need greater control of your dog? It's never too late to teach an old dog new tricks with the training aids Roxfords has to offer.



The Gloucester Road pet shop has a wide range of head collars, training harnesses, long lines and training leads to suit all sizes and breeds of puppies and full grown dogs. The items of course come in a good range of colours, some with reflective stitching.

Head collars and harnesses give you greater control of a strong, enthusiastic dog, whilst being comfortable and kinder to the dog than a standard collar, when pulling can lead to choking.

Ancol's *The Ultimate Happy at Heel*™ Harness, designed by author and canine expert Caroline Spencer, is highly recommended by many vets, rescues, trainers and behaviourists and comes with a free DVD and written instructions to help get your training off to a positive start.

There are various products that will successfully help rectify common behavioural problems. Please ask a member of staff for advice on the benefits of the different makes, as well as help with fitting the right harness to your dog.



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



Tours – Bristol's Indie District (managed by GRBID) is working in partnership with local Bristol based Tour Experience Guides to bring local tours to on and around Gloucester Road. We think this is a great way to showcase and discover the fantastic neighbourhood.

Eco – Fashionistas Heaven! Following the successful launch back in March of the Charity Shop Tour with a Personal Stylist, two more tours quickly followed in April. We look forward to more of them. Follow our events page on Facebook for details.

Craft Beer Adventure! Bristol Hoppers recently took a group around the area trying out local craft beers on an all-inclusive beer filled early evening out. More craft beer tours planned.

Food Glorious Food! Saturday 16 June will see the launch of the first Food Tour, in partnership with Bristol Food Tours, on and around Gloucester Road, in Bristol's Indie District. To book your space please visit our events section on Facebook.

For tickets and to keep updated visit our Facebook page: @BristolIndieDistrict.



21 Local Places to Help Refresh Your Home – Spring is well underway and you may be thinking your home and garden needs a little TLC. These local places in Bristol's Indie District – they have everything you need!

- 1. 7th Sea** – arts and interiors – 198b Cheltenham Rd.
- 2. Ablectrics** – traditional and vintage lighting for house and garden – 131 Gloucester Rd.
- 3. Allsorts** – second-hand furniture – 198 Cheltenham Rd.
- 4. Bishopston Hardware** – paint and DIY, plants and garden tools – 211 Gloucester Rd.

5. Bristol Dream Doors – design and installation – 11–12 The Promenade.

6. Chattels Furniture – reclaimed and restored vintage furniture – 192 Cheltenham Rd.

7. Clearance Centre Furniture – 201 Cheltenham Rd.

8. Disney Flooring – flooring specialists – 11 Zetland Rd.

9. Flo Jo Fabrics – fabrics, linens, barkcloths, cottons all work beautifully for cushions and soft furnishings. Can be tailor made or join one of their making workshops and create your own – 36b Gloucester Rd.

10. Fox & Feather – selection of Scandi chic for the home – 43 Gloucester Rd.

11. Granite Transformations – granite, quartz and recycled glass, ideal for kitchen and bathroom – 4 Zetland Rd.

12. Greenwood's Furniture – ethically sourced bespoke furniture and mattresses – 27 Zetland Rd.



16. Natural Born Flooring



18. The Flower Shop



9. Flo Jo Fabrics



16. Natural Born Flooring



18. The Flower Shop



9. Flo Jo Fabrics



2. Ablectrics



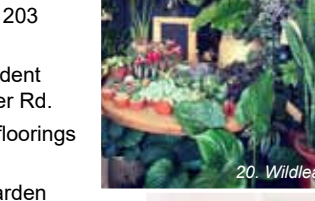
10. Fox & Feather



6. Chattels



11. Granite Transformation



20. Wildleaf



1. 7th Sea

13. Iota – homeware – 167 Gloucester Rd.

14. Objet – reclaimed furniture – 203 Cheltenham Rd.

15. Nailsea Electrical – independent appliance centre – 102 Gloucester Rd.

16. Natural Born Flooring – all floorings specialist – 203 Gloucester Rd.

17. Paul Roberts – home and garden sound system installations – 33 Gloucester Rd.

18. Reason – homeware – 73 Gloucester Rd.

19. The Flower Shop – fresh flowers home and all occasions – 145 Gloucester Rd.

20. Three Sixty Services – kitchens & bathrooms – 7 Zetland Rd.

21. Wild Leaf – interior plants and design – 63 Overton Rd.

ADD my Business to the Trail – If you are a GRBID member and either a charity shop, pub, bar or food venue, and would like your business included on any of these trails, please email grbidoffice@gmail.com.

Street Art – Have you spotted the new Street Art? We are delighted to have partnered with Raw Space and Inkie, to bring even more colour to the street.

Workshop – GRBID members welcome – free help surgery to upload your businesses on the directory on Tuesday 22 May, 8:30 – 9:30am, at Raw Space, 111 Gloucester Road. Just drop in.



Up Coming Event – Eco Choices – supporting my local environment

June 2018 (date tbc) GRBID, in partnership with Café Ronak will be putting on an informal browsing kind of information event at Café Ronak – to let you know about what Gloucester Road has to offer on important issues, such as plastic bags, sustainable travel options, including electric bike schemes, vertical gardens for businesses and residential, food eco-packaging, a customer delivery service that supports indie shops, water refill schemes and

more. So, to support your local shops and your environment we hope you can come along and meet the folks with the answers! Follow our Facebook page for updated news on this event.

This is a public FREE event and everyone is welcome.

Welcome – Tincan Coffee Co – cafe, La Fiorentina – Italian restaurant and The Persian Shop – Persian supermarket.

Goodbye – to The Prince of Wales. We wish Anna and her family good luck with their new vegan venture!

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 if you would like to find out more.

Your News, Events, Accommodation and Job Vacancies – Please do send us any events, news, holiday accommodation and jobs you have so we can share on our website and social media pages – grbidoffice@gmail.com ■ www.facebook.com/BristolIndieDistrict

36 Visit www.bristolindependentdistrict.co.uk for downloadable maps of the area and keep up to date with what's happening in the District.



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News from the green room Natural Hair Salon

KEVIN.MURPHY concept salon – This association with Kevin Murphy means a fantastic education for all the stylists at the Greenroom. 2017 saw the team visit KEVIN.MURPHY in London 26 times, to take part in courses to learn all the latest techniques, to pass on to their clients.

RETOUCH.ME is here! Colour Maintenance Made Easy! RETOUCH.ME is the newest member of the KEVIN.MURPHY & COLOR.ME family. These all new colour 'touch up' sprays seamlessly blend greys, cover regrowth or add temporary colour to your hair.

NEW!



You can maintain your salon-perfect hair and keep your colour looking its freshest, vibrant best in-between salon visits. Easy and quick to use, with a long-lasting formula that will see you through to your next wash.

Available in the four most sought-after shades – Light Brown, Dark Brown, Black and Auburn, which blend seamlessly with the existing hair colour to create a natural, multi-tonal result.

Key ingredients Orange and Tangerine Peel Oil help to create natural shine. Vitamin E keeps the pigments true to colour. Ask in salon for more info and to purchase this new fabulous product.



Tennis champ Elina Svitolina getting ready for the Australian Open Gala dinner. Hair by Kevin Murphy (pictured). Photo thanks to Luis Murphy

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NEW! Core Stability and Correct Posture Alignment class at Gloucester Road Fitness Gym, BS7 8PD. Wednesdays, 9.45am. From 11 April 2018.

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News from Ardagh Bowling Club



Celebrating a successful winter season

The Ardagh enjoyed a busy, successful winter season of indoor bowls, which culminated in Val Osmond winning the

L to R: Val Osmond, Jan Hunt, Lyn Hamer, Maralyn Capstick

Glos. Champion of Champions Competition! She also won the 4wood singles, and was part of a team with Lyn Hamer, Maralyn Capstick and Jan Hunt who won the Glos 4s. Many congratulations to them, what a fantastic achievement for Ardagh.

Why not try Lawn Bowls?

The new outdoor season is now underway, and we invite you to try something new this summer and join us for a game yourself; you will receive tuition from our friendly coaches. Come along on Friday evenings 6–8pm, just turn up with flat bottom shoes as all other equipment is provided. For further information please contact Chris: 0117 9790571 or Martin: 0117 9426580.

Lunch Club

The group was thrilled to be chosen by FareShare (the UK's largest charity fighting hunger and food waste), to participate with local supermarkets in addressing their food waste. We collect fresh in-date and good-to-eat surplus food, which would otherwise go to waste, twice a week. We then provide a homemade meal on a Wednesday to members of our community. Local volunteers and members of the bowls club cook and serve the food



to a variety of guests. Quite often people will see the signs, smell the food and pop in. It is wonderful to welcome many members of the local community and we have a few regulars.

Our doors open 12–1.30pm each Wednesday at the Ardagh, for those who appreciate a tasty cooked meal, dessert and hot drink for just £3.50, all to be enjoyed with good company.

Ardagh Toddlers

It is fantastic to see our Monday morning toddler group thrive. We are open for fun 10–11.30pm, and you even get a drink and biscuit with your £2 entry fee. In response to local demand, this drop-in toddler group is run by bowlers and local volunteers.

Eggcellent Egg Hunt

The annual Easter Egg Hunt took place on Saturday 24 March and we had an eggcellent response from the local community. Families happily hunted for Easter chicks and drank copious amounts of tea and coffee, whilst indulging in plenty of chocolate and cream cakes – what better way is there to spend a Saturday!



News from Friends of Horfield Common

5 Star 'Pride in Parks' Award

Woo-Hoo-Hoo! FoHC volunteers were thrilled to pick up the Royal Horticultural Society's (RHS) top "5 Star 'Pride in Parks'" award for 2017 at the RHS's Spring Seminar event in Torquay, which recognises and celebrates the work of friends' groups and other volunteers working in parks and green spaces across the South West. The RHS's national 'Pride in Parks' awards support and acknowledge the contributions made annually by the thousands of committed volunteers working to support improved outcomes to parks and green spaces in and for communities. This is the third year that FoHC have entered and the third time that we have been awarded the top prize! Congratulations, and thank you to all of the fabulous volunteers who have supported FoHC's activities over the last year – it is your work which has won the award – and set the bar again for this year too!

FoHC welcomed a judge for the awards to Horfield Common in Summer 2017 and showed them around the park, examples of the projects led by volunteers over the last 12 months and plans for future improvements, as well as evidence of partnership working with Bristol City Council's Parks department and other local groups. It was a constructive visit which offered volunteers the chance to share ideas, experience and best-practice and find out about the work of other groups supporting improvements to public parks and green spaces. We have already entered for next year and are developing plans for our work for 2018/19. If you would like to get involved – please do come along and join us; meeting dates are published on the website and all interested in getting involved to support our work are very welcome!

NEW! FoHC to launch a Horfield Common Children and Families Gardening Group

FoHC are delighted to announce that we will be starting a new project for children and families interested in gardening, being outdoors and learning how to plant, grow and care for all sorts of flowers, herbs, vegetables and plants. We are working with the RHS to deliver the project, which is being led, for FOHC, by volunteer and committee member, Morwenna. The project will happen in the Ardagh and will help contribute to the regeneration of the gardens there as well as enhancements for the wider common. There is a training day for volunteers happening on Friday 27 April and we are planning to run a 5-week pilot project after school in June and July to explore whether this is something



that would be of interest to run ongoing. If you would like to volunteer to help run the sessions – please do come along to the training day and/or get in touch via the website for more information. We'll update BM readers in the next edition with confirmed dates and look forward to welcoming children and families to enjoy some fun, outdoor activities with FoHC.

For more information, to get in touch and for meeting dates – please see:

www.friendsofhorfieldcommon.com

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VEGFESTUK BRISTOL 2018

May 26-27 2018
11am - 11pm (SAT), 11am - 9pm (SUN)



Ashton Gate stadium
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strongman Patrik Baboumian	triathlete Kate Strong	cyclist Christine Vardaros	marathon runner Fiona Oakes	kickboxer Omwale Adewale	bodybuilder Hench Herbivore	powerlifter Pat Reeves	freerunner Tim Shieff
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DAYTIME EVENTS (before 6pm)	PLANT-BASED DIETS Optimum Performance Optimum Health	VEGAN LIVING The Vegan Academy Vegan Activists Hub	FOOD Cookery Demos 18 Caterers	SHOPPING Around 250 Stalls Special Offers
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psychologist Casey Taft	Youtuber Vegan Geezer	food blogger Vegan Nigerian	chef Nishma Shah	presenter Kirty-Sue	MP Thangam Debbonaire	MP Kerry McCarthy	MP Darren Jones
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EVENING EVENTS (after 6pm)	COMEDY BLUES LOUNGE ELECTRO SWING	OPEN ALL WEEKEND	LIVE MUSIC Circus Stage Kids Area	RESTAURANT HOSPITALITY EXECUTIVE BOXES
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VEGFESTUK BRISTOL 2018

Fantastic day out for families at plant-based food festival at Ashton Gate stadium on 26–27 May.

Families in Bristol and beyond will enjoy an amazing weekend at the upcoming VegfestUK Bristol plant-based food and lifestyle festival at Ashton Gate stadium (home of Bristol City football and rugby clubs) over the Bank Holiday Weekend, 26–27 May 2018, with literally something for everyone in the family: from eating and shopping to learning about healthy living from professional experts in the plant-based living circuit.

Visitors to this event can sample and purchase a wide array of plant-based foods from a selection of local food producers plus around 200 other businesses, with many products on one-off special discounts only at the event. Options include multi-flavoured and eclectic raw cakes from **Little Roar** and **Elspeth's Kitchen**, lush chocolate truffles from **Harth Truffles**, rich and hearty pies from **Pie Baby** and vegan ready meals from **VeGain Meals**, with lots more stallholders to be confirmed.

Those looking for plant-based recipe ideas will have plenty to look forward to in the **Cookery Demos** section, with chefs who are well versed in the unique flavours and textures of plant-based food ingredients bringing visitors an array of tips for either entertaining special guests or quick-bite meals on the go.

Those who wish to thrive in sports whilst eating 100% plant-based will get a once-in-a-lifetime opportunity to hook up with dozens of exclusively plant-fuelled sports stars from both within the UK and abroad. Athletes confirmed include champion kickboxer **Omwale Adewale** from New York City, international cyclist **Christine Vardaros** from Belgium, strongman **Patrik Baboumian** (the world's strongest man in 2013) from Germany, alongside ultramarathon runner **Fiona Oakes**, triathletes **Kate Strong** and **Dave Sheahan**, powerlifter **Pat Reeves**, personal trainer **Hench Herbivore**, plus bodybuilders such as **Jon Venus**, **Nimai Delgado**, **Derek Simnett**, **Izzi Von Kohler**, **Stephen Coote**,

Robert Webster and many others.

Meanwhile, those looking to supercharge their health will enjoy a treasure trove of advice from a number of experts on plant-based diets and optimum health. A number of health professionals alongside those having thrived on plant-based diets will be shedding light on both professional advice as well as personal experience to help you get the best out of plant-based living on a health level.

No festival is complete without a conveyor belt of mouth-watering food and VegfestUK Bristol is no different with up to 18 globally inspired caterers, an in-house restaurant and a pizzeria/bar all showcasing a delightful plant-based foodgasm throughout the weekend. Currently confirmed on the food menu are stacks of **dairy-free pizzas**, **sushi burritos**, **Indian street food**, **meatless burgers**, **churros**, **crepes**, **Greek bakery and olives**, **wraps**, **cupcakes**, **pies**, **doughnuts**, **cinnamon buns**, **pastries**, **beer and coffee**, plus many more varieties to be confirmed.

With also comedy, live music and other entertainment to look forward to at this event,

tickets are now available at www.bristol.vegfest.co.uk/tickets. Day tickets in advance cost £11.00 for adults and £6.00 for concessions (including booking fees), whilst tickets on the gate cost £12.00 for adults and £6.00 for concessions (including booking fees). Kids under 16 free (accompanied by adults).





HAVE FUN. BE SAFE. LEARN TO SWIM.

With millions of Britons already looking forward to their summer holidays, it's a great time to help your children stay safe in the swimming pool.

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A.N.E.A.T way to get your body in shape for summer!

Make simple changes to your daily routine to accelerate your summer body results, using the

N.E.A.T principle. How we chose to use each 24 hours will enable either a positive or negative result.

N.E.A.T stands for Non-Exercise Activity Thermogenesis and can be used to both increase your metabolism and the number of calories you burn throughout the day. While an hour at the gym is always a healthy choice, when it is followed by 8 hours of sitting at a desk it doesn't always bring you the results you would hope for.

Each individual has a resting metabolic rate (RMR or BMR) that is basically the number of calories your body is burning when you are still. The food we consume has a thermic effect during digestion, which also burns calories. All other caloric shifts take place through either the consumption of food or body movement (both in exercise and in daily life).

Weight loss or weight gain is a simple formula – the number of calories you consume in a day needs to be lower than your BMR + thermic effect of food – N.E.A.T/exercise. Our bodies are made to burn calories as energy; however, if more calories are consumed than are needed for energy, over time it will lead to weight gain.

Simple changes can increase the number of calories you burn as you go about your day. Parking on the far side of the car park can burn an extra 100–400 calories per day, which can translate to a massive 2,800 extra calories burned in one week! Coupled with your gym programme, these extra calories could be the difference between achieving your goal weight and reversing the negative impact a sedentary lifestyle has on your body.

Smart phones and watches often have built-in pedometers that track your steps throughout the day and translate your steps into calories burned. This is a great way to track and challenge yourself, gradually increasing your activity over time.

Kurtis Walters

Contract Fitness Manager, Everyone Active



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Match your colour to your mood this spring at Hair Mechanics

New! Wella Colour Create – The team at Hair Mechanics are enjoying working with the new Colour Create product from Wella Professionals. Salon manager Vickie told me, these fresh colours are perfect for the festival and summer sun season. Once you have selected your desired shade, you can have the colour intensity as vibrant or subtle as you like. The colour can be effectively applied to a full head of hair, mid lengths or ends. Once applied, the fabulous colour will last up to 20 washes and fades quite naturally. Brighten your mood and look – book in and select the perfect colour for you!

Wedding Hair – If you are in the process of planning your big day, why not tick one thing off your list and book in with Hair Mechanics to take care of your wedding hair.



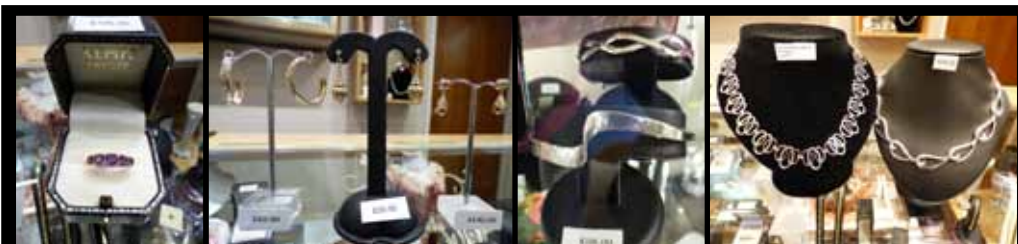
The salon was sad to say farewell to stylist Chris at the end of February, at time of writing, the team (pictured left) were preparing for a big night out to see him off in style!

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in the family way

When our second baby arrived, Freddie fed well, was a good colour and was bright in himself. He did however have spells in the day and particularly at night, of laboured, noisy breathing. The midwives referred us to the Children's A&E at the BRI. We received great treatment there but the cause of the breathing problems was inconclusive – something he should grow out of. The doctor reassured us if Freddie was suffering with any serious heart or lung conditions, the laboured breathing would be all the time and not intermittent. This was indeed good news but not any help when you are fraught with worry when your precious bundle is struggling with breathing in the middle of the night.

Freddie was born very quickly and as a result was mucousy for several days. Right from the start I felt the speed of his birth, being forced out quickly was key to his breathing issues, and I had every confidence that Juliana and her skilled team at the Family Practice would be able to resolve this problem. My confidence was born out of the positive and effective treatment of our first child Henry, who was the opposite to his brother and took 32 hours to eventually arrive with the aid of ventouse. Henry's head was positioned awkwardly during the birth and as a result he was only happy feeding from me on one side. After a couple of cranial-sacral sessions at the Family Practice, he was a different baby.

On examining Freddie, they found he had incredibly tight muscles at the back of his neck (due to the pressure of arriving so quickly) and a tight rib cage (due to not taking a big first breath and needing some encouragement to do this). Juliana and Nina gently worked on him and sent me away with some simple exercises to do with him each day. I returned a week later with a much happier baby and they were delighted with how well he now felt. As I write this, Freddie is 12 weeks old and has not suffered with laboured breathing since his cranial-sacral sessions, and is even sleeping better at night – every parent's dream!

Prevention is better than cure

Both Freddie and Henry's problems were typical of those that the practice sees, frequently linked with the impact of birth on the baby. While observing as they worked on Freddie, Family Practice owner, Juliana, explained they were slowly starting to change the way they approached mother and baby's health. Herself and colleague Niamh were currently taking a 2-year women's health diploma that has revolutionised the way they feel about their

work in the treatment room.

Juliana explained, "We would like to encourage women to come in for a session with one of our specialist practitioners when they are thinking about trying to conceive. We will then assess how prepared their bodies are for birth. Key

to this is the pelvis – is it in the correct position, how strong are the muscles around it, etc. Based on what we find, we can advise on strengthening exercises, yoga, walking, etc. tailored to your specific body needs. We can also assist with nutrition; a healthy gut is key to our wellbeing. It is our strong belief, if women are in strong physical health, this can only result in more positive births with less intervention and therefore far fewer babies who will require our treatment."

Until they are at a time when they are treating women pre-birth, the practice is now giving joint sessions to mothers and their babies. Juliana told me, "It cannot be underestimated how the physical and mental health of a new mother impacts on the health and wellbeing of their baby. Mums will always find the time and money to do whatever is best for their little ones but push their own needs to one side. It is essential women take the time to ensure they are fit and well too so they are best equipped to care for their family." This rings true with myself and knowing how exhausting life is with a new baby and keeping the rest of the family going, I urge all fellow women in my position to make the time for themselves. I can assure you that, yourself and precious bundle will be in the best skilful and compassionate hands at the Family Practice.

The Children's Clinic runs on a Thursday afternoon; to book in, call 0117 944 6968.

www.thefamilypractice.tv

116 Gloucester Road, BS7 8NL



thefamilypractice





Events at Bishopston Library

This has been a tough year for libraries in Bristol, their staff, and all who use and value them. In Bishopston, we are extremely fortunate to have a fantastic, purpose-built library at the heart of the Gloucester Road community. While we wait with some

anxiety the outcome of the final phase of the consultation, we also want to celebrate the library's first birthday on **Thursday 3 May**. So, we would like to invite everyone to come along and join us for tea and cakes – something I can't imagine ever having been allowed in the hushed library where I had my first library ticket!

We will be running some activities for children, and holding an exhibition on the various activities of the library and the Friends over the last twelve months.

There will be cakes from 11.00–12.30 (if you can be there just before 11.00, we will sing 'Happy Birthday' as the library opens) and again from **2.15–3.30**. See you there!

Our programme of Climate and Energy Talks by researcher/writer Nikki Jones continues every Thursday throughout May. Whether or not you made the first talk on 26 April, please do come along to any or all of the others. Doors open at 7pm, and there will be hot drinks available.

26 April – What is Climate Change?

3 May – Global Energy Trends

10 May – UK Energy, Emissions & Targets

17 May – Is Nuclear the Answer?

24 May – Land Use and Climate Change

31 May – The Way Forward

Book tickets online at bishopstonlibrary.org.uk or at the library.

And just in case the warm weather ever arrives, we've used profits from recent Friends of Bishopston Library events to provide some outdoor furniture for the first-floor terrace looking over Gloucester Road. Look up next time you're passing if you didn't realise there was an outdoor terrace.

Regular groups at Bishopston Library

Shared Reading group Weds 11.30am – 1pm

Reading group 2pm, third Mon of month

Reading discussion group 3pm Creative writing group, Weds, 11am – 1pm

Baby Bounce and Rhyme, Weds, 11.30–12.00 (term time only)

Pre-school Children's Storytime, Sat, 11.30–12.00 (term time only)

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

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

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News from Fairfield High

“don't mess with my future” in a new poster campaign recently unveiled with Marvin Rees, Bristol Mayor – Team Regen from Fairfield High School, winners of last year's Community Apprenticeship competition, were invited by Mayor Marvin Rees to design the poster campaign to tackle Bristol's litter problem. The campaign is aligned to the Mayor's Clean Streets campaign which launched in November 2016, with a pledge that Bristol will be measurably cleaner by 2020.

Mayor Marvin Rees said, *“I think young people can be a powerful force for change, and it's really encouraging to see a new generation leading the way with this. I am very aware that the issue of litter and the state of our streets is something that a lot of people in Bristol are concerned about, and it is something we should all be taking responsibility for. The young people really inspired me with their commitment during this project, and I want to harness that passion to inspire others.”*

Disadvantaged students – narrowing the gap: FHS chosen to share successful practice – Fairfield High School (FHS) is delighted to have been selected by the Regional Schools Commissioner to take part in a pilot scheme to help reduce the gap between disadvantaged and non-disadvantaged students. Long term it is hoped this practice will be recognised and shared at regional and national level.

James Barnes, Director of Individual Development and Co-Leader of this initiative adds: *“We help facilitate teachers, support staff, tutors and faculties to collectively identify and address the*

gaps between disadvantaged students and non-disadvantaged students to ensure they have the best possible opportunities open to them”.

VOTE: 100 March saw International Women's Day celebrated at Fairfield High School – Pupils from Year 7, Art Textile students, The School Feminist Society, Textiles Club and the Library, through 'craftism', designed and unveiled their banner. Many of the individual pieces of fabric have been stitched using a wide variety of stitches including French knots, satin stitch, cross stitch and backstitch. The banner will be a permanent feature within the Library, to be enjoyed by hundreds of staff, students and visitors every year.

“This project makes me proud to be a part of Fairfield.” – Elijah Rushton (Year 7 student)

FHS awarded foundation level of the British Council's prestigious International School Award, in recognition of its work to bring the world into the classroom – The International School Award celebrates the achievements of schools that do exceptional work in international education. Fostering an international dimension in the curriculum is at the heart of the British Council's work with schools, so that young people gain the cultural understanding and skills they need for life work in today's world.



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Art Matters

Back in September 2017, we reported on the latest project by St Andrews-based photographer and long-time North Bristol Artist (NBA), Paul Bullivant, who is aiming to photograph in portrait style all of the (now more than 100) NBA members. After nearly 18 months, he has met over one-third of his target, photographing his fellow artists at home, in their studios, in their gardens and sometimes on their street.

Here we focus on three of Paul's subjects, founder members of the trail, Cath Read, Laura Cramer and Sarah Cowper, who all share enthusiasm for Paul's ambitious project.

For Laura the trail is an important way of keeping in touch with her clients and supporters:

"It is lovely to meet people who are interested in my work. It doesn't always result in an immediate sale, but helps me to stay in touch with them and spread the word more widely on upcoming events. It's all valuable and it's great to see the same faces coming through the door year in and year out."

Sarah and Cath met when they both put on a weekend house art exhibition in 1999. The following year they joined together and the third year its popularity increased to 8 artists opening up their homes. So, they decided to put an advert in St Bart's community newsletter and, with 20 artists getting in touch, the first trail with 7 venues was born. It's now almost 20 years that they have been sharing their homes with the public for the North Bristol Arts Trail. Now Cath, whose experience is in community arts, specifically the Bristol Playbus, sees an exciting future for the North Bristol Arts Trail, and with growing interest from younger artists they could lead to some surprising developments.



"For me the fact that it has become an established part of our community's annual calendar is great and I love the buzz on the streets during the Trail." Cath shared.

"The trail is a great way to promote local artists and crafts people of all ages working in a wide variety of mediums, and over the years has encouraged new members launching their careers as well as those more well-established artists. With now over 100 artists showing their work in around 40 venues over one weekend in November, the trail has helped us to place 'ART' very much in the heart of the community and on the cultural map of Bristol. Paul's portrait project forms a

unique record of this creative collective and is also another way of spreading the word about some of the many artists living and working in north Bristol."

When completed, Paul hopes to exhibit the portraits and possibly to self-publish another book to celebrate the 20th anniversary of the first North Bristol Arts Trail.

To see more of Paul's portraits, visit the NBAs' website at: northbristolartists.org.uk (click on the 'Portrait Project' in the menu bar) To see more of the work of these creative NBAs, visit their websites:

paulbullivant.co.uk / cathread.co.uk
cramerpaintings.com / sarahcowper.fapc.co.uk

AND don't forget to put the date of the 2018 North Bristol Art Trail in your new diaries NOW: **24-25 NOVEMBER – more details will appear on the NBA website in the late summer.**

Pictured: top left: Laura Cramer, top right: Cath Read, central: Sarah Cowper.



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An uncertain future for the Tea Garden

There has been an amazing response to the threat to the park's café as we know it. Over 5000 people signed a petition to save the Tea Garden. This meant that at full council meeting in March, there was a 30 minute debate. The struggle to retain the Tea Garden is not just about Fay losing her lively hood after 12 years of hard work and investment but about our community voice. It is our café, and thousands said they wanted to keep it! The council want to put it out to tender. If you change the wording, the council want to sell her business. At full council Fay showed a short video and briefly spoke about her commitment to provide us with a healthy, vibrant cafe. Councillors clapped, and our local labour councillor promised maximum support. The Green Party heaped praise on Fay, and then said it would go out to tender. The Deputy Mayor too heaped praise on Fay and the café, and then announced it would go out to tender. The Conservatives said they were puzzled why it had reached this stage, and asked why a formal written agreement could not be agreed to let Fay go on running the cafe. No one answered.

In October 2010, at a public meeting, Fay was told she could have the concession for as long as she wished. Since then the council have supported the Tea Garden and taken a regular licence fee. Suddenly, without consultation a few day before Christmas she was informed that her business was being put out to tender or as I prefer to say put up for sale. Officers claim this is fair.

There has been a lot of anger expressed in the community at the prospect of losing Fay and her much-loved Tea Garden. Wishes of thousands have been ignored. Political parties pride themselves on working with their constituents. There are legal questions that remain unanswered. There is still no news about what will happen. The struggle continues.

David Cemlyn, St Andrews resident



Fay at her popular Halloween party

Create a Garden Design Strategy this Spring

As we head into spring, do you have plans for your garden but don't know where to begin when it comes to turning ideas into reality? Secret Garden are here to help.

In my experience, as the owner of the garden you are the most qualified person to do the design because you live with it. That is the key to a good design, to intimately know the garden. Are there particular problems? Like drainage, shade or nowhere to sit. Does the space suit your needs? All of our circumstances change. The arrival of children can completely transform a garden from sun a bathing haven into a mud bath!

Things to consider – After taking a realistic look at what we need from the garden, we can then begin to make plans. When it comes to structure, the key things to know are – **Aspect** in other words what direction does the garden face. Where and when do you get the sun? This will affect where seating, planting and play areas go. **Movement** – how do you move around the garden? This is important in both a practical and aesthetic sense. Paths can be laid out in a way that gets you from A to B while influencing how parts of the garden are viewed.

Aspect, movement and what we need from the garden are key to the design; they determine the way the garden is set out. Other important things to look at are: Does the style of the materials, plants and colours go with the architecture of your house? Are there any views you would like to hide or expose? Is the garden balanced? Sometimes a garden can have all the tall or heavy things on one side. A new garden can often be flat. It makes sense to create a height dynamic in the garden with structures like pergolas or maybe an investment in a semi mature tree. Planting is essential to a beautiful garden and really determines the level of future maintenance. If you don't know much about plants, then some research would be wise; the trick is to have the right plant in the right place. So often I see



a garden of blobs where large shrubs are cut to size losing their natural form and engulfing all the other plants. Sometimes it's best to go to a small garden centre and ask the staff's advice about the final size of a plant. The great thing about planting is that you can move things around and experiment; nothing is final.

If you have any questions about garden design or other gardening issues, please drop us a line or give us a ring. In the meantime, enjoy your little piece of the countryside which is your garden.

Ali

Dear Ali,

Just wanted to thank you for the terrific work you and your team have carried out on our garden, it's now a pleasure to be in.

The men worked very hard in all weathers – in some instances during horizontal hail – without stopping, which meant the job was completed as quickly as possible. They are all also a pleasure to have around and very knowledgeable about their work – we really enjoyed their company.

The standard of work is great and we are delighted with the end result, so thanks again for a great job. We will recommend you to anyone looking to transform their garden.

Very best wishes, Jim and Alice, Bishopston.



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U3A University of the Third Age

How many of Bishopston Matters readers know about the University of the Third Age? It is abbreviated to the U3A, and there are often articles about it in Bishopston Matters. For those of you who have not read about it, let me explain that the U3A is a self-help organisation for anybody who is no longer in full-time employment. There is no lower age limit, but in practice the vast majority of its members are over 50 years of age.

This self-help organisation thrives on members getting together to create and run groups of people with a special interest or hobby. There are nearly 150 special interest groups already running and people are coming up with new ideas all the time. At the moment there are many language groups, social groups, art groups, music groups, as well as the more unusual groups, like The Speakers Club, and The Science and Engineering Group.

So, if you have a particular interest and would like to meet up with other people who share your hobby, then do have a look at the U3A webpage and see if there is a group that would suit you. If there isn't a group specialising in your particular interest, well it is very easy to start one. We have a team of dedicated volunteers who are only too happy to help start up a new group.

At the moment there is a new group looking for people who would like to speak Arabic, one for people interested in Modern Greek; in Bishopston there is a new Non-Fiction Book group and in Stoke Bishop there is a group of members interested in the Art of Conversation.

Do have a look at the website, there is almost certainly a group which would appeal to you. www.bristolu3a.org.uk

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Local History Matters

Churchways

BHA local history research –
Copyright Denis Wright.

Joseph Leech (founder in 1839 of the Bristol Times) is probably best known for his feature articles on churches in the Bristol area. Leech visited Horfield in May 1845.

I don't know any place [he wrote] that in my recollection, has been so much improved, in fact, so completely metamorphosed as Horfield.

His admiration extended from the buildings to the priest and congregation:

a Church neatly kept, the services decently and devoutly performed, the school children taught and clothed, and all through the exertions and liberality of a permanent Curate of some £80 a year

Leech was also pleased to accept some of the churchwarden's 'home brewed and double Glo'ster' at three o'clock after a baptism.

Leech walked the two miles from Bristol to Horfield along the turnpike road and saw the church,

some way in, on an eminence to the left of the main road...from which you get a glimpse of the little tower and parsonage. The bells were ringing, and I sat for a while listening on the little wooden stile that led from the road into the fields.

Leech's description is confirmed by the parish tithe survey (1841), which reveals a group of three fields having the same name (tithe nos. 100,101, 271 'Churchways'). They are linked by a footpath which is also called 'Churchways', leading from Horfield Downend to the parish church. This path is conserved by the modern street pattern: Downend Road, Strathmore Road and Churchways Avenue to the church. Why Mr Usher and/or his sub-tenant should repeatedly fail to mend a stile for a period of at least eight years is anybody's guess. Three detailed presentments (below) may provide clues, but all we know for sure is that the stile had been repaired by the time Leech sat on it in 1845.

In 1799, *the said Jurors present that a Path or Churchway lying through a piece of Ground called Churchways being part of the Copyhold Estate belonging to Mr John Usher has been obstructed and stopped up and do order that the same be forthwith opened and a Path made and Stile put up in the place where the former stile stood.*

In 1804, *the said Jurors also present that the Stile Against the Turnpike Road leading through a certain Piece of Land called Churchways belonging to a Copyhold Estate of Mr Usher in the Occupation of Job Tovey is removed and as the same was Originally a Churchway the Bailiff is hereby required to give the said Mr Usher and his Tenant Job Tovey notice to Erect a stile where the Former one stood by the Twenty first day of December next.*

In 1807, *the Jurors aforesaid further present that the Field called Churchway thorough which a public way from Horfield Downend to the Parish Church for time immemorial is obstructed by removal of the stile against the Turnpike Road to the public Inconvenience And they therefore order Job Tovey the present occupier of the said field to replace the Stile and render the said Pathway passable and convenient by the 25th day of March next.*

[Note: The scribe probably meant to write 'since time immemorial'.]



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Community spirit keeps our streets leafy

Inspired by the successful crowdfunding set up by residents of Longmead

Avenue and Maple Road, to re-plant local trees, a few Berkeley Road residents decided to sponsor the replacement of three trees on their street.

It was all done very quickly, as the trees were condemned in December 2017 and the sponsorship deadline for replacement this winter, was the end of December! Fantastically, they managed to raise the required £885 just in time.

The removal of the condemned trees was quite an undertaking, but the residents are now delighted with the beautiful new trees that have recently been planted.

It is great to know that so many people care about having trees in our streets; the response from those who contributed was fantastic and the perfect example of what great things can be achieved when local people unite.

Images thanks to Gavin Spittlehouse



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News from our Ashley, Bishopston & Redland Councillors

Bishopston Ward News

City Centre Framework – The council is currently consulting on the future of our city centre. The proposed City Centre Framework sets out aspirations for how people will get to and move around the City Centre. It also covers new development and enhancing public spaces, with a focus on Bristol Shopping Quarter, Old City, Castle Park, North Redcliffe and the gateway into the city from the M32. You can view and take part in the consultation until 14 May at bristol.citizenspace.com, or contact us for alternative formats.

Licensing for Houses in Multiple

Occupation – There's still time to take part in the consultation on expanding licensing of Houses in Multiple Occupation (HMOs). The consultation is running until 13 May at bristol.citizenspace.com, or contact us for alternative formats. The council is consulting on plans to license in the city's 12 central wards, including Bishopston & Ashley Down. HMOs are houses that are occupied by multiple people from different households, who share facilities such as kitchens or bathrooms. In Bristol HMOs have generally poorer conditions than other rented accommodation, and so the council wants to bring in licensing to increase standards, which will benefit tenants and neighbours alike, and will reward the majority of landlords who do provide good standards.

Currently, HMOs with five or more residents have to be licensed by law, but the council's proposal is to bring the limit down to three or more residents. This would bring around 6200 properties under the licensing scheme and provide more resources for monitoring and enforcing standards.

Noisy Neighbours? We've been dealing recently with complaints about noisy neighbours, so thought it would be useful to give some tips on how to deal with this problem: Firstly, try and have a chat with the person about it. They may not even be aware they're causing an issue. If you can't get the problem resolved, then report it to the council on the website at: www.bristol.gov.uk/noise. If the issue involves other anti-social behaviour, such as drunkenness, drug taking, aggression, etc. then you should also report it to the police, either on 999 if the crime is happening at the moment or 101 if it is after the event has occurred. If the issue is being caused by students, then you should also email the university, at either community@uwe.ac.uk for UWE or community-living@bristol.ac.uk for the University of Bristol. As always, if you need any further help or have any questions then please let us know.

Please do get in touch

Tom Brook, Labour Party

Cllr.Tom.Brook@bristol.gov.uk / 07584 370425

Eleanor Combley, Green Party

Cllr.Eleanor.Combley@bristol.gov.uk / 07584 370427

Redland ward news

Bristol North Baths – It looks as though the fate of the half-converted old building and uncompleted toilet block has at last been decided. Fi and Martin have been chasing officers who have told us that unfortunately Bishopston Medical Practice has made it clear that they are no longer interested in moving in there, despite the Nevil Road surgery being a temporary site for them. Over the last few months officers have reviewed the building options and it appears very likely that that the old baths building and potential retail unit (in place of the toilet) will now be sold, as it was felt that further capital investment wasn't tenable. The half-done work would all need to be checked. We understand the site will go on the market imminently. Like many residents we are deeply frustrated that, after all this time, no community use was found for this landmark building.

Air quality – Options have at long last been presented at Cabinet which will start to curb Bristol's poor air quality. We know that this is a significant concern for a lot of people in Redland, and with good reason – around 300 people in Bristol die early every year from toxic air. The council is now looking at five options, four of which will involve a charge in the most polluted areas of the city on some or all vehicles which emit high levels of nitrogen oxide. The studies have been paid for by central government, who in response to a legal challenge from Client Earth are now, finally compelling up to 27 local authorities to take action. We are delighted at the news and will be encouraging the Mayor to take bold action that achieves legal air quality as a minimum.

Libraries – Whilst the axe still appears to hover over a number of libraries in Bristol, pending further exploration of alternative models by the Mayor, the good news is locally that, at least for the time being, our new local Bishopston library on Gloucester Rd looks safe. There's a lot going on there and if you are interested in getting involved, then do contact friends@bishopstonlibrary.org.uk to join the local group. For those who also use Redland library do join their Friends group of course.

Plastics – There has been a terrific amount of interest in the proliferation and disposal of plastics over the last few months. Whilst the council's waste company does sell the plastic containers from green

box collections for recycling, significant amounts still end up in our waterways and black bins. Reducing the amount of plastic at source is of course incredibly important and Fi when Cabinet member was leading on work to reduce the amount of plastic the council uses on its estate, including museums and council buildings. If you'd like any advice on reducing your plastic use then please get in touch. At the time of writing, Martin's petition to get the council to do more to tackle single use disposable plastics is still live, at http://epetitions.bristol.gov.uk/epetition_core/view/plasticsban

Parking Pain – Regular readers will know we often comment on local parking issues raised by residents. These are a problem for several reasons with many competing pressures on our streets. Our approach has always been to advise and support local residents so that they can try and find practical solutions caused by car ownership, commuters, shoppers, local businesses, plus the extra vehicles now left in our area due to restrictions on the Downs and nearby areas covered by Residents Parking Schemes. Fi and Martin are working with groups in several parts of the ward where parking is not being managed effectively but sadly frustrations will continue for some time due to council cuts and the Mayoral priority being to review existing parking schemes. We are working with officers and the Cabinet member to try and find a way through current council RPS guidance which puts various obstacles in the way to a solution.

Budget cuts – The bad news is more council budget cuts are on the way with the recent council approval of finances for next year. With reduced government grants and rising social care costs, these are bound to affect many people in Redland directly or indirectly. Greens on the council managed to secure many £10s of thousands extra to spend on protecting the most vulnerable residents dependent on the local crisis prevention fund, plus funds that will build two children's homes for young people otherwise housed far from the city at great expense. There are also new funds to hire a planner to collect evidence that enables student housing to be managed better by the council.

Winter damage – With recent severe weather, potholes have appeared on many local streets. These can be a hazard and lead to further damage to the highway. Please do report these so they can be scheduled for repairs. The easiest way is via the website or app called <http://fixmystreet.com>, which then keeps you informed of progress, or the Report a street issue section of the council website: www.bristol.gov.uk/report-a-street-issue, which gives you a report number.

Trees on Berkeley Road – After a long wait and some chasing, two of the three trees (at the time of writing) that have been sponsored by local residents have appeared on Berkeley Road – well done to residents for sponsoring the replanting and pressing for replacement this season.

A lost tree at the bottom end of Gloucester Rd (opposite Sainsbury's cash machine) has also at long last been replaced – this was promised to Martin over two years ago and he chased it periodically when the planting season came around. See the TreeBristol page on the council website for sponsorship details.

Bristol Music Library – Finally – some good news! Fi and Martin were contacted by a number of residents who were concerned at council proposals to move music sets used by a number of choirs across the city to Yeovil; as a result of pressure from residents (and a few councillors!) the plan was abandoned and now they are to stay in the city, with Bristol Plays Music trust, where they will clearly be far easier to access.

Please do get in touch

Fi Hance, Green Party - Cabinet member

Cllr.fi.hance@bristol.gov.uk / 07833 484346

Martin Fodor, Green Party -

Cllr.martin.fodor@bristol.gov.uk / 07884 726101



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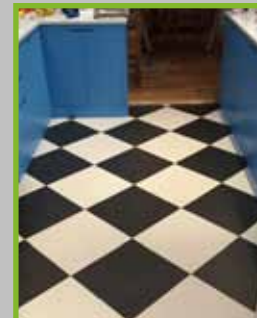
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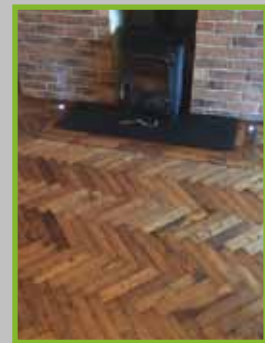
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Bishopston, Horfield & Ashley Down Local History Society

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15 May 2018

The development of Weston High Street
Pat Hase.

19 June The Mulberry Harbours – Paul Barnett

17 July Sisters of the Somme – Penny Starns

bishopstonhistorysociety.wordpress.com

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www.theoldlibrary.org.uk/events

Horfield Families Group

We are a group of women (and sometimes
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And after, join us for a drink in our clubhouse
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Clubhouse and grounds recently refurbished.

Green Address & Location:
Derby Road, Bishopston, BS7 9AQ



Moon River
Nursery & Pre-school

PRESENTS

MOON RIVER'S BIRTHDAY FAYRE!

10.00 TIL 14.00 - SAT 19 MAY 2018
50 LOGAN ROAD, BISHOPSTON, BRISTOL BS7 8DR

Refreshments | Tombola | Stalls | Lucky Dip
Hook a Duck | Face Painting | Homebaking

AND SO MUCH MORE!

ENTRANCE: ADULTS - ONLY 50P. CHILDREN - FREE!



Community News/Events...

Reader Competition: Xpress Computers is offering a FREE PC health check – worth £50 to one lucky reader; simply email your details to – xpresscomputers176@gmail.com or www.xpress-computers.co.uk.

BS7 Road Safety Group – If you are a parent/ carer of children attending Brunel Field, and are concerned about the lack of school signage and road safety provisions surrounding the school, then please join our Facebook group. Please share your thoughts/concerns about road safety issues so we can work to improve safety for all those using the area. There is information on the page about how to report incidents. Any questions please contact either Roxanne Moore mooreroxanne@hotmail.com or Daniella Radice daniellaradice@hotmail.com.

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). www.walkingforhealth.org.uk.

Tuesday 8 May Purdown Views and Stoke Park monuments meet at Horfield Leisure Centre 9.55 (bus 24 at 10.08). From Purdown enjoy the magnificent panoramic views across the city to Bath. Then dropping down to Duchess Pond and walking up to Barn wood and the monuments.

Tuesday 22 May Almondsbury Village meet at Horfield Leisure Centre 9.55 (bus 78 @ 10:08). After seeing views across the Severn Estuary the group will walk down to explore the village and return to Garden Centre for coffee. Steep slopes and can be muddy.

Tuesday 5 June South Bristol Parks meet at Bristol bus station 9.55, Bay 18 (bus 376 @ 10.05). A chance to enjoy Redcatch Park, Perretts Park and Victoria Park with coffee in Bedminster.

Tuesday 19 June Eastville Park to Oldbury Court meet at Horfield Leisure Centre 10.00 (bus 17 @ 10.00). A lovely walk along the River Frome and valley before the climb up to Oldbury Court Estate.

A Request from Numansdrop – Horfield Parish Church have received an enquiry from an elderly gentleman living in Numansdorp in Holland. It refers to a member of the RAF, a Sergeant Edwin C.A. Barnes, aged 20 years, whose aeroplane was shot down in July 1943. He was buried in the local cemetery and ever since, the local people, and this Dutch gentleman, have ensured that his grave

is tended; and also each Christmas Eve a lighted candle is placed at his gravestone. It is known his parents, Charles and Violet Barnes, were living in Horfield in 1943, but since that time links have faded. Does anyone know of any family descendants of Mr and Mrs Barnes as the Dutch gentleman wished to make contact before it may be too late. Any information please contact A.G. Hopton, email – aghopton49@gmail.com.

'Babbers' Radio Show every Monday from midday to 2pm on Ujima Radio – 98FM (Bristol) or ujimaradio.com (Worldwide). The show is organised and presented by older people for older people with the aim of helping to reduce loneliness and social isolation; however, the topics we cover are interesting and relevant to all. Tune in and let them know what you think – info@ujimaradio.com.

Westbury Park Orchestra is a friendly non-auditioned, orchestra under the baton of Ben England with a repertoire of classical and modern pieces with an emphasis on having fun. You will ideally be of a good standard (string and brass players particularly welcome). They meet at Westbury-on-Trym Methodist Church, Westbury Hill on Monday evenings between 8.00 and 9.30pm (term-time only). Free taster session for newcomers. www.westburyparkorchestra.com.

St Alban's Players present 'God of Carnage' by Yasmina Reza. What happens when two sets of parents meet up to deal with the unruly behaviour of their children? A calm and rational debate between grown-ups about the need to teach their kids to behave properly? Or a hysterical night of name calling, tantrums and tears before bedtime? Boys will be boys, but the adults are usually worse – much worse. St Alban's Church Hall, Bayswater Avenue, Westbury Park, Bristol BS6 7NU. Thursday 26–Saturday 28 April 2018. Tickets £10 Students £7, available from: www.stalbansplayers.co.uk / Tel:07425 198859.

Henleaze Ladies Choir are holding their Spring Concert on Thursday 17 May, 2pm at St Peter's Church Hall, Henleaze. Refreshments available. retiring collection for Bristol Autism Support.

Bristol Community Gamelan play the music of Java, and is looking for new members. Playing gamelan is a communal activity that only needs a sense of rhythm, numeracy up to 6 and the ability to sit on the floor. They meet every Monday evening at Cotham School from 6.30–8.30pm, to play traditional and modern pieces. If interested email: keithripley27@gmail.com or call: 0117 9444241.

HOW COULD TECHNOLOGY HELP US STAY HEALTHY AT HOME?



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www.irc-sphere.ac.uk



SPHERE - Sensor Platform for Healthcare in a Residential Environment

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