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Matters

issue 127, May 2019

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Dear Readers...

It's the May issue of Bishopston Matters, so this can mean only one thing - Mayfest is just around the corner! Do join the Glos Rd Central traders on Saturday 4 May for their free, annual street party; there will be live music, activities for children, delicious food and drink, and of course the arrival of the Green man. Time to sing, dance and be merry!

Continuing the seasonal celebrations, Golden Hill invite you to their Big Spring Fair on Saturday 11 May. One of my favourite local venues, this event is sure to put a smile on the whole family's face. There is a huge plant sale taking place, so all you gardeners out there, get ready!

Bishop Road School recently enjoyed working with local charity, Forest of Avon Trust, in planting 130 trees to enhance

their Forest School area. Horfield CEVC have written a fantastic song to help the plight of our oceans and St Bon's share with us their wonderful Easter celebrations and swimming success.

Bishopston Matters was deeply saddened to learn of the death of respected chef Andrew Griffin, owner of Gloucester Road's Bomboloni. In this issue we pay tribute to this local talent and much-loved man.

As always, the Friends of Horfield Common and St Andrews Park have been busy taking care of our green spaces and organising events for us all to enjoy. They have lots of positive news to share with us. We are of course delighted that Fay and her Tea Garden have secured their place in the park for a few more years.

Take care until next time, **Kerry x**

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The World Food Passport is Back! Start Your Food Adventure Here 12 – 23 June

Anne-Louise Perez invites you to participate and be a foodie explorer on a World Food Passport Trail in collaboration with Bristol Food Connections Festival 12–23 June 2019. It's a festival that brings together communities through a celebration of the mind-blowing food culture scene we have across Bristol. Bristol's Independent World Food Passport takes you on a world journey to some mouth-watering and award winning food venues, on Cheltenham Road and Gloucester Road. And this time it's not just one passport you can travel with – this year we are offering two more for you to embark on. It's a veritable collection!

Just like last year, at each food travel stop off, you'll be offered a complimentary taster or small plate from venues listed (more than a dozen places listed per passport). And because we like a bit of suspense, what you get is a surprise! Bristol's Independent World Food Passport alone will take you to Persia, Sri Lanka, Jamaica, Italy, Spain, Hungary, UK and more.

"There are so many fantastic, unique food places locally around Gloucester Road. I came up with the passport last year as it just seemed a perfect fit – a way to explore, discover and appreciate the independent food scene which brings us



Image: Susan Taylor Design

amazing flavours and quality to the table. It really showcases the diversity of our high streets through something we all understand and love...food! It's an experience that's perfect for families, intrepid individuals, couples, students or groups of friends – anyone really!" Anne-Louise Perez.

Once you've enjoyed your taster, your passport gets stamped and it's onward ho to the next place.

Where to get your passport and for more info

Passports are available now to purchase from www.bristolfoodconnections.com (Delivery or Click & Collect options available).

The cost for a passport is £12.00. Valid to use between 12–23 June 2019 (it does not have to be used on one day. You can spread your visits over the 10 day festival period).

Any questions to: yourstreetconsulting@gmail.com

Andrew Griffin by Pam Lloyd

At the end of March one of Bristol's best loved chefs very sadly and unexpectedly passed away, aged 48. Andrew Griffin was the owner and head chef of Bomboloni on Gloucester Road which he ran with his wife Sara, working with his daughter Molly as a chef. Andrew was an exceptional chef, but first and foremost he was a family man. Sara says:

"Andrew was the most wonderful, generous and passionate person who cared for his family above everything. It was always Andrew's dream to open Bomboloni with his family and that is why, as a family we will carry on."

Andrew had been a chef in Bristol for many years, cooking at Markwicks in the early years of his career and local residents will remember him as the chef from Tart Café, where his food was enormously popular. Jennie Bashforth ran Tart for four years with Andrew as the chef, she says: "Working with Andrew at Tart was an inspiration and I learnt so much from him. He was such a talented chef and his passion for food was boundless. Andrew was funny, loud, loyal and lots of other things, but most of all we had a special bond, he was my friend and I will miss him very much."

Kerry, the editor of Bishopston Matters has been a keen Bomboloni fan since it opened in the summer of 2017. She remembers Andrew as "such a genuine person who was clearly passionate about what he did. I felt that rather than going for the largest profit margin he was in it for the love and offering people stunning food at a reasonable price. Bomboloni is a true favourite in our household, we have visited for birthdays, anniversaries and just because we love it. I rave about Bomboloni to family and friends, it is simply the best Italian food I have ever eaten in a warm, happy environment."

Andrew was a firm favourite with the Bristol food community, loved by fellow chefs, restaurateurs and food writers. Natalie Brereton at Crumbs

Magazine told me, "Andrew was always so kind and so warm whenever I saw him or had conversations with him. He took the time to stop and chat and it was obvious just how caring he was about anyone and everyone surrounding him."

As for me, I had known Andrew for ten years, initially working with him in my role as a PR consultant to help to promote Tart and latterly to spread the word about Bomboloni. He was funny and kind. My memories of him will include the incredible feast and cake that he made for my 40th Birthday at Tart; the day he shyly told me he was going to open Bomboloni and then the almost bemused expression on his face when the doors opened and people came in, and kept coming! He loved Bomboloni, it was an extension of his beloved family, who came and went all the time. We celebrated the restaurant's first birthday last summer and on that day he was besotted with his new baby grandson, holding the tiny baby so proudly, introducing him to everyone. Many lovely local people have asked me how they can help the Griffin family and I've said the same to everyone: you can book a table and go and eat at Bomboloni. The welcome will be warm and the food will be delicious. Nothing and everything will have changed.

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Andrew and his family



Sara, Molly and Andrew



SENDaWelcome

Bristol Works for Everyone: Preparing for Work Pilot Scheme A family and community led approach to creating local employment opportunities for young people with SEND

SENDaWelcome was formed three years ago

by a group of local parents, who are passionate to ensure children with Special Educational Needs and Disabilities (SEND) have visibility and opportunities in our community. They have worked with many fabulous and committed people and groups, and they are now delighted to be working in partnership with Bristol City Council, Sixteen & PROPS, to develop and deliver a sustainable, community-owned, Bristol Works for Everyone: Preparing for Work Pilot Scheme.

With fewer than 6% of people with a learning disability in paid work, it is definitely time something is done!

SENDaWelcome member Julie Matthews first approached the Mayor to discuss the need to develop work opportunities for young people with SEND when he was visiting Gloucester Road.

She told us, "I felt that our local area, with its community focus and innovative spirit, had the potential to become a hub for best practice, leading the way in how communities become more inclusive in their approach to employing people with learning disabilities, challenging perceptions and shifting the focus – from one which sees employing a person with a learning disability as difficult – to one which appreciates the wonderful attributes these people bring to our businesses and organisations."

After a timely conversation with Marvin Rees, he put Julie in touch with his team at the council who were already developing the Bristol Works for Everyone initiative. Through them a partnership was formed with other organisations to pilot a family and community-led Bristol Works for Everyone scheme based in and around the Gloucester Road area.

Julie went on to say, "This piece of work is inspired by my son Elijah who is 15. I want him to be able to make a meaningful contribution to the community where he lives, to feel a sense of purpose and belonging. I think we need to be bold and push the boundaries of what is considered a 'meaningful contribution'.

"I recently met another local mum and she said a lovely thing about how our children, who are often not constrained by what is considered socially acceptable, are 'ambassadors for connection and engagement between people'. This is just one of the amazing things they can bring to a community.

"I spend a lot of time telling Elijah not to go up to people randomly and engage with them, yet when he does, they are charmed and smile

and feel connected. He brings joy and pleasure, yet I feel uncomfortable because he is breaking social rules. I want to find a way to channel this gift he has into occupation when he is older. Maybe he can work in care homes and just be charming and engaging! I don't know what the answers are, but I want work with my community to explore and create opportunities for Elijah and other young people with SEND to find their place in our great community. I'm on a mission!"



Elijah enjoying making chocolates with his brother Nate

By working together as a community, we have a wonderful opportunity to create a future full of possibilities for our young people with SEND, offering them the chance to explore what they want for their own working life and to build community relationships which will support them to achieve their dreams.

Can your local businesses help?

SENDaWelcome is proud to be leading the way, but family, community and local business input is essential to the success of this scheme.

There are six local, young people ready and waiting to begin this journey.

The businesses will be fully supported by the Sixteen work coach team who will partner with the business prior to the placement, to offer training and to get to know the business and the work they do.

Sixteen support the young person in their 'placement', and the business, for as long as is needed.

Sixteen has a track record of providing high-quality employees for businesses and offer a recognised and prestigious employers award programme.

To express an interest, please email: sendawelcome@gmail.com.



Cheers Fay!

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

At the time the party took place, Bristol City Council was yet to announce whether Fay had won the tender to continue with The Tea Garden. We are now delighted to report she has secured her spot in the park for the next three years – hooray!

A huge amount of time and effort had clearly gone in to creating Wonderland in St Andrews Park, with the most delicious and generous afternoon tea for all. Fay told me she had a great deal of fun creating the party and was delighted that so many local people had turned out to raise a tea cup and join in the celebrations. Fay would like to thank the community for all their kindness and support over what has been a worrying and difficult year and a quarter, as the fate of her business hung in the balance. The future is now bright and she looks forward to a busy summer serving all her fantastic, local customers.



Fay with her giant teapot!



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80 local artists will be exhibiting their work at the sixth annual BS9 Arts Trail. Works include painting, print, textiles, jewellery, ceramics, photography, mosaics and much more. Visitors are welcome at 14 locations, all within easy walking distance in Stoke Bishop and Henleaze, and all with free entry.

The artists will be available to talk about their work and their creative methods.

A venue map will be available showing the best walking route around the trail and which artist will be exhibiting where. Some artists will be exhibiting in their own home, others will be in shared venues such as Elmlea Primary School, Redmaids' High School, Stoke Lodge, Stoke Bishop Village Hall, St Monica Trust's Oatley Hall and The Bristol University Botanic Gardens (including free entry to the gardens for the two days of the trail on showing the official BS9 Arts Trail brochure).

For more about the trail, the artists, their work, venues and to download a map, see www.bs9arts.co.uk and follow them @BS9Arts on Facebook, Twitter and Instagram for all BS9 Arts Trail news.

BS9

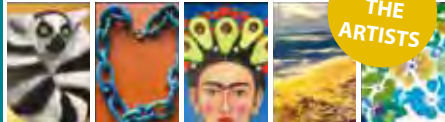
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MEET THE ARTISTS

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Bishopston Fish Bar – what a catch!

The multi-award winning Bishopston Fish Bar continues to strive to be the best in taste, quality and service without compromising the environment.

All the fish served is sustainable, cut and boned every day and freshly fried in vegetable oil (changed each week). The local fish bar is transitioning to be a plastic-free chip shop – polystyrene cups, trays and boxes have been replaced with card ones, and forks are now wooden. Bags are now paper, making every piece of packaging biodegradable.

Owner Nick entered the 2019 Fish & Chip Awards and came an impressive Top 60 in the United Kingdom (and the only one from Bristol) which is no mean feat when you consider there are 10,500 chip

shops in the UK! The team now prepare to once again take the Quality Award that they have held since 2010.

Never standing still – Nick has opened a second shop on Filton Avenue – Ocean Catch. This neighbouring fish bar has the same menu as Bishopston, with the addition of home-made Doner kebabs. The kebabs, containing 93% lamb meat are absolutely delicious, and make a nice change from fish and chips.

Bishopston customers have been enjoying the new, deep-fried halloumi and steamed fish; Nick is looking to add further products to the menu at customers' request. Look out for their own, delicious tartare sauce and sweet chilli jam over the coming weeks.

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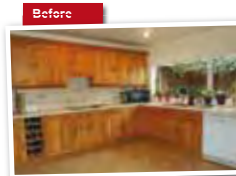
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News from the Ardagh Community Trust



The Café on the Common has reopened for the Summer season!

A massive thank you to all of the volunteers who came to help get the café ready for reopening this season – and to all of the fabulous customers who are using and supporting it! The Café is now open daily (unless the weather beats us!) from 10am, serving good quality, affordable food and drinks. It is also a hub for a wide range of volunteer-led activities which take place throughout the week, including the gardening group, ShedMen project, Repair Café and more.

After a trial run last year, we are really pleased to be able to continue to offer work experience and volunteering placements for local young people at the café this summer and are delighted to be hosting an increasingly wide range of community events and activities.

Community Business Weekend 2019

Event: Saturday 18 May – On Saturday 18 May, 1–3pm, ACT will be hosting an ‘Open Doors’ event at the Café on the Common as part of the national ‘Community Business Weekend’ campaign which aims to highlight the positive impact that community businesses are having in communities nationwide. Volunteers will be available in the

Garden Room at the Café on the Common (1–3pm) to chat to visitors about ACT’s work to date and plans for the future. As regular readers of BM will know, we have been in detailed negotiations with BCC for nearly two years to agree a lease for creating a much-needed, fully accessible community hub facility, which will include the existing café facility and be available year-round.

We have now reached an agreement allowing us to proceed with the capital project – details will be available at this event – please do come and join us!

Community businesses come in many forms; they are categorised as being rooted in a local area, run by members of the community and trading for the benefit of that community. New research from Power to Change shows that the community business sector is growing, with 7,800 community businesses recorded in operation in 2018, employing 33,600 people and 158,000 volunteers, and contributing £1.05bn to local economies.

If you are interested in volunteering as a Trustee for ACT, or as a volunteer supporting one of the wide range of projects, activities and groups that we run, this is a great opportunity to come along and find out more. We look forward to seeing you.



Friends Ageing Better Café launching at the Café on the Common

We are thrilled to be working with our friends at ‘Bristol Ageing Better’ on the ‘Friends Ageing Better (FAB)’ project. FAB is a community of older people who share what is happening in the city while building relationships with like-minded people who live locally. If you are over 50, you can become a member of FAB – it’s free and you will be joining a community of older people in Bristol. You will be invited to local events, including catch-up cafes and be eligible for discounts from businesses and get invites to special events.

FAB volunteers run ‘FAB Cafés’ near them regularly, creating a welcoming space for everyone who joins and will share information regarding new events

and activities happening locally, drawing from the wealth of information that FAB has created citywide.

FAB at the Café on the Common will be kicking off on the morning of **Tuesday 4 June, 10.30am–12pm** and will then run weekly; it’s brilliant to be part of this citywide network focused on improving wellbeing. The FAB café sessions at the Café on the Common are open to people of all ages and interests, although it focuses primarily on activities suitable and of interest to 50+.

For all of the latest news, please see: www.theardagh.com, follow ACT on Twitter @TheArdagh and join us on Facebook ‘The Ardagh’.

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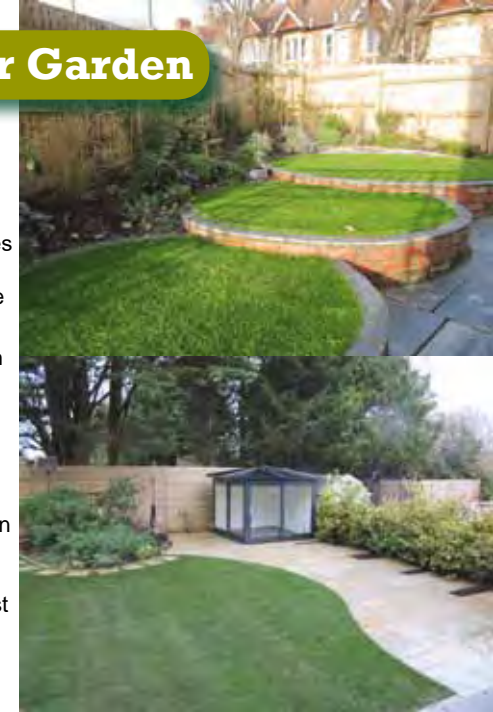
Curves and Circles in Your Garden

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

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

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

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



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

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News from the Goldenhill Community Garden

Hi everyone

Birds are singing, everything is green, and – in an uncertain world, one thing is for sure – it's time for our **Big Spring Fair Saturday 11 May 1–4pm**. Come along! Bring your friends, family and tell everyone you know. There will be our usual huge plant sale so if you've not got your tomatoes started or want your garden to burst with colour from a cosmos, then come and grab some of our little green lovelies.

Also, Simon the Pizza King will be making the **world's best pizzas** in the clay oven and they'll be **delicious cake!** We'll have **live music from bands and choirs** and YOU as everyone is welcome to come and get involved with the **all-day junk drumming workshop**. There'll be **loads of free kids' activities and pond dipping, face painting, May crown making** and bring along an old t-shirt for our exciting crafting workshop. And there's a quieter indoor sensory space for those who like a quiet spot. And all this for a suggested donation of £1 and children come free!

Thank you to all the folks who pop blue tokens into the boxes in the North Bristol Tesco because in Jan/ Feb you popped the most tokens in our box, which means all our activities for families with a child/ren with SEN are fully funded.

Our next **Family Day is Thursday 30 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 or check the website.

We'll also be running our **holiday club on Tuesday 28 May, 10am – 4pm**; theme to be confirmed but it's always a chance to live the story, hoon around in the garden, making dens, dressing up, climbing trees, crafting, exploring nature and being silly; £27/£22 – check the website for booking.

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. This is the season for planting out and also sitting

back and watching as plants shoot up, as the heat and rain gives the season's first big growth spurt. 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. Rain or shine, we're always here.

See you in the garden!

Lucy Mitchell

For more info – 07506 905 394
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News from Horfield dentalcare

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

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

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

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

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The History of Morley Square, Bishopston

by Chris and Julia Wallace

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

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

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

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

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



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

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

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

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

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

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



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News from the Friends of Horfield Common



Horfield Common Wildlife Plan: volunteers have been planting pollinators to encourage wildlife and biodiversity

FoHC have been working with Bristol City Council, Bristol Parks Forum, Urban Buzz, Avon Wildlife Trust and a range of other partners since 2015 to develop the Horfield Common Wildlife Plan. Full details of the plan can be seen on the FoHC website. Volunteers have been making great progress with improvements to the wildlife garden located immediately next to the Ardagh. A donation of 460 pollinator plants from Bug Life were planted by the gardening group at their monthly 'First Friday,' work party session in April, and further planting is planned for the next session. If you'd like to get involved, please do come along – all welcome!



FoHC taking part in Bristol Walk Fest 2019

– We are delighted to be taking part in this year's Bristol Walking Festival with a walk around Horfield Common on **Saturday 18 May, 10.30–12.30**, led by FoHC volunteers.

Starting and ending at the Ardagh, this informal walk will be led by members of our committee who'll talk about the history of the common and discuss the work of the FoHC – a great opportunity for FoHC volunteers to share their knowledge and enthusiasm for the local area. All welcome. The walk will start and end at the Café on the Common.

Tickets are free but need to be booked at: <https://www.eventbrite.co.uk/e/bristol-walk-fest-2019-a-walk-around-horfield-common-tickets-59409215563> (or pop in to the café).

There are walks taking place across the city – most are free to attend, but places need to be booked. You can find out more about the month-long programme at: <https://www.bristolwalkfest.com/>.

FoHC taking part in Ardagh Community Trust's Community Business Weekend event: Sat 18 May, 1–3pm

FoHC volunteers will be available at the Café on the Common throughout the afternoon of Sat 18 May to chat to visitors about the Friends' group, their current work and plans and to recruit new volunteers for our committee, and range of volunteering groups. We will also be launching our new survey asking local residents and other park users to help us set our priorities for work over the next five years. Please do come along! All are welcome; input from people of all ages and interests will help us to ensure we continue to represent the widest number of park users possible. If you join us for the walk in the morning, consider making a day of it – lunch is available at the café. We look forward to seeing you there.

Bat walk on Horfield Common: Weds 22 May, 8pm

FoHC are delighted to welcome local wildlife educator, Steve England, back to Horfield Common to guide us around the park, armed with bat echo locators to see how many different species of bat we can identify. On **Wednesday 22 May**, we will look at the various habitats and learn all about bats – how bats see in the dark, how they find their food, how they find their way back home, and what makes Horfield Common such a magnet for British bat species?

This is suitable for ages 12+ but will not start until 8pm (dusk), finishing at 10pm. We will run another session in the autumn for younger bat enthusiasts – keep an eye on BM for info. There will be a lot of walking involved, so it is ESSENTIAL to wear sturdy footwear, be stable on your feet, and bring a torch!

There are very limited spaces on this walk. Booking is essential (first-come-first served basis). Tickets cost £7 each – to reserve a ticket, please email friendsofhorfieldcommon1@gmail.com.

Competitor catering provision on Horfield Common – update

FoHC have been advised that the proposed competitor provision to the Café on the Common will not now be going ahead. BCC considered formal tenders for the provision in February/March and took the decision not to proceed with any of the tenders on the basis that they were not viable. This decision



Fun Dog Show, Sat 20 July 2019 sponsored by *Bishopston Matters*

is welcome and we look forward to continuing to work with Ardagh Community Trust to support the existing Café on the Common, which supports a wide range of volunteering activities, which in turn are supporting improved outcomes for the park. Long may this continue!

During the consultation for this provision, it was proposed that if an additional café provision was considered necessary, a better location for it would be next to the children's play area at the top end of the common near the leisure centre – where it would provide an additional rather than competitor facility. We have received mixed feedback about the need/demand for this and are interested to hear from local residents and park users – please do let us know whether this is something that local people and park users would like to see.

FoHC Annual Dog Show & Fundraiser

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

Next FoHC committee meeting:

This takes place on **Tuesday 7 May** in the Garden Room at the Café on the Common. Junior Parkrun is on the agenda (come along if you'd like to get involved/volunteer to help get this set up), along with the Local Plan, Wildlife Plan and events, fundraising and a range of other items. Meetings are friendly, relatively informal and open to all who would like to get involved – please do come along if you are interested.

As always – please do keep in touch

via www.friendsofhorfieldcommon.com, follow us on **Twitter @FOHC_Bristol** or join us on **Facebook 'Friends of Horfield Common'**.

Local Dad, Robbie is running the Bristol 10K to help FoHC to bring Junior Parkrun to Horfield Common

Local resident and Dad, Robbie Fox (pictured right), is running the Bristol 10k to help raise the funding that is needed to set up Junior Parkrun on Horfield Common. Sam Thomson, Chair of FoHC says:



"This is amazing! Fundraising is really hard work, and it takes up a lot of time & energy. FoHC is a community parks group; everything that we do is led by volunteers – local people who want to see good things happening in the park and who want to ensure that it is somewhere that is an asset for people of all ages. We are so grateful to Robbie for his efforts – and hope everyone supports him – with fundraising and also with some massive cheers on the Bristol 10k day!"

Robbie says: "I want my children to be as active as possible as they grow. I'm running the Bristol 10K in a few weeks to raise money for the Friends of Horfield Common (one of the nicest local green spaces where we live in Bristol) who need £3000 to get a Junior Parkrun started. My initial fundraising target is £620 (£100 for each mile of the race). This is ambitious and I need your help! It's been well over 5 years since I've run a 10K, so training has been...gruelling. Any support you can give will really spur me on and this really is a great cause. For those of you that don't know or haven't experienced the Parkrun phenomenon, they really help to bring local communities together."

If you would like to make a donation to support this brilliant effort – you can here: www.justgiving.com/crowdfunding/robbieisrunning

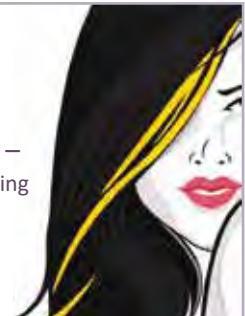
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News from the green room

Natural Hair Salon

The Green Room is always pleased to support young people through their training, and give them an opportunity to gain valuable experience and opportunities to forge forward in their chosen field. Two of their now, senior stylists – Paul and April – started with them as trainees many years ago.

Currently, the salon is pleased to have Zanetta as a trainee (pictured top right). Zee is originally from Poland and is doing her apprenticeship with them. She started in December 2018 and absolutely loves hairdressing, displaying a natural flair for it. Zee is an outgoing young lady who enjoys chatting with clients. The team look forward to watching her grow in her abilities; owner Jo, says, "You can teach techniques but stylists need to have natural creativity for cutting hair; Zee is already showing star quality!"

The Green Room is also pleased to welcome Pav (pictured bottom right) on a placement from Poland, to brush up on his English. Luckily Zee is on hand to help with any translation.

The local salon is pleased to welcome male and females. Their extremely talented, senior stylist Paul recently carried out a fantastic male makeover (as you can see from the photos below).

Do book in for your own spring makeover soon – you won't be disappointed.

The Green Room, 15 The Promenade, Gloucester Rd, BS7 8AL

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



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Bringing Beauty to the Prom

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

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

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

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

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

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

Instagram Urban_beautybristol • **Facebook** Urban Beauty Treatment Room

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



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

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

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





Discerning Travellers Only!

After an enormously successful inaugural trip last Autumn, we are delighted to announce dates for our two small-group tours for September 2019

September 4th - 11th & 18th - 25th

Our tours offer an authentic and off-the-beaten-track taste of Catalonia. If you're adventurous and sociable and would like a unique holiday, please get in touch

"What a wonderful taster of Catalonia you put together for us to experience. I am still buzzing. There is nothing I remember being anything but perfect. Thank you so much!" Belinda P.

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

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

Contact Nick Clark on 07919 926 975
nick@cataloniaunlocked.co.uk
www.cataloniaunlocked.co.uk

See and Be Seen – Sunglasses you'll love to wear

Not sure which sunglasses suit you? Do you find yourself wondering how other people look so cool in their sunglasses? Do you wish you could find sunglasses that you'll love to wear? If you do, you're not alone and we can help.

Our collection of this season's 'must-have' sunglasses has been carefully selected to give you that 'wow' factor. So, whether you're looking for something cool, glamorous, casual or retro we have the solution.

Our brands:

- **Maui Jim** – Beautifully crafted on the Hawaiian Islands, featuring premium PolarizedPlus2® lens technology with 100% UVA/UVB protection.
- **Oakley** – High-performance eyewear for active lifestyles and sport enthusiasts.
- **Ray-Ban** – The face of cool for over seventy years and famed for its timeless 'aviator' sunglasses.
- **Cocoa Mint** – Contemporary, stylish and infused with chic sophistication.
- **Land Rover** – Stylish, innovative quality.

The options don't stop there!

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The Cedar Shed

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

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

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

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



She also offers mini retreats.

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

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

Kerry M, Ashely Down

For more information and to find out how to book the time for yourself, look at –

www.thecedarshed.com or email thecedarshed1@gmail.com



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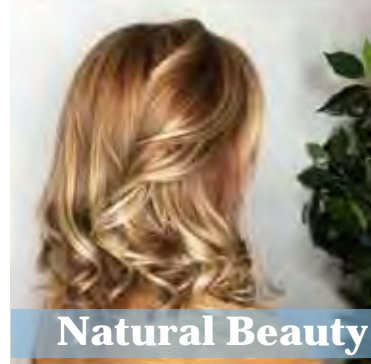




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Natural Beauty with Nuala

Amazing Beauty Offers
This Spring, Nuala is offering some fantastic **Reader Offers** – you can get a set of stunning **Gel Nails** for just **£17** instead of £27 and **20% off any beauty treatment.**

Award Nomination
Nuala and her team are delighted to be finalists in the Bristol Life Awards. At time of writing they are looking forward getting glammed up for the award ceremony.

Extended Opening
The salon is now open three late nights – Tuesday, Wednesday and Thursday, until 8pm.

From April they will be opening every other Sunday. Please see the website for more details.

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

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

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



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

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

The Gel Bottle
You may have heard and seen over social media recently the team's excitement over the innovative Gel Bottle product.

This fantastic new gel product is taking the nail industry by storm and it is already a firm favourite at the salon. Stunning, long-lasting results in every colour you could ever dream of.

- 100% safe
- Vegan and cruelty free
- Easy soak-off
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- Highly pigmented
- Does not damage the nails
- 'Builder in a Bottle' soak off builder gel system for added strength to natural nails and enhancements



Amazing Offer!
£17 Instead Of £27
For A Set Of Gel Nails



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

Launch of Natural Beauty range

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

Nuala Morey

178 Gloucester Road,
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Tel: 0117 924 0940

nualahairdressing.com

BS7 GYM JUST GOT BETTER!

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

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

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

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

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

- 10% off food and soft drinks at Boston Tea Party (Nevil Road)
- Complimentary personal trainer session for all joiners
- Discounted swimming – £2 at Filton leisure centre
- 10% off treatments with JR Healthcare (located within BS7 Gym)
- 50% discount on room hire at the Bristol Pavilion
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The national clean air day is coming to Bishopston!

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

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

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

Further information: bishopstonsociety.org.uk/cab

Clean Air Day Bishopston – coming soon!

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

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The Training Plateau

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

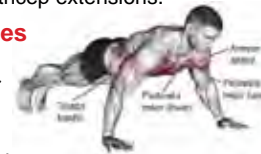


Isolation exercises

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

Compound exercises

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



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



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

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

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

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

Kurtis Walters

Contract Fitness Manager | Everyone Active



Bristol Arrow Bowling Club at Redland

**Special Open Day
Saturday 11th May**

It's our 125th Birthday!

Come and visit us to see the green
12pm to 4pm

Have a free go at playing Bowls
we will show you how

We are not only the oldest Bowls Club
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We like to think we are the friendliest

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Rehab & Unknot Remedial & Sports Massage Specialist



Specialising in treating soft tissues – muscles, tendons and ligaments. This is achieved through massage, which helps to identify overuse and underuse of muscles. If not treated, this can cause imbalances within the body which can cause one to suffer with aches and pains of back, neck, shoulders, etc and even wear and tear within joints.

Along with massage, stretches and rehabilitation exercises are given to clients, which will help to prevent the return of symptoms.

This treatment is for everyone, of any age.

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

For more info and to book contact Keon:

**T: 07796578793 • E: keonwilliams20@gmail.com
www.bristol-natural-health-service.co.uk**

News from Joe's

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

Recent events – This spring, Joe's enjoyed taking part in the Gloucester Road food festival. Outside Joe's Express people learnt more and enjoyed samples of their ever-expanding, vegan range of baked goods. As you would expect from Joe's their vegan bakes do not compromise on taste and do not come with a premium price tag.

The end of March was marked with Mother's Day; Joe's was pleased to share how their famous Mothering Buns (that are available for only one day each year) were made, with the BBC Points West team.

Always keen to support the local community, Joe's took part in the 'Bike to Work Day Breakfast Station' by donating some delicious breakfast bakes to the event.



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

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

Join Joe's for Mayfest



News from Glos Rd Central

We hope everyone had a great Easter. We certainly enjoyed welcoming a range of visitors to our shops during the holiday.

We're really looking forward to the Glos Rd Central Mayfest on Saturday 4 May, from 10am to 5pm. Once again traders and community groups in our area will join together to put on a fantastic day of food, drink, live music and activities for everyone to enjoy. The day reaches a crescendo when Jack in the Green, 9-foot-tall and covered in greenery, parades up Gloucester Road with his band of musicians. All being well, they will stop and dance on Bishop Road at 3.45pm. A section of Bishop Road nearest the shops will be closed for the day with stalls and a giant teacup ride.

There'll be lots going on in the build-up to Jack in the Green's arrival. Food and drink will range from a BBQ by Giles Butchers, lunches at Cafe Dream, an array of pastries and biscuit decorating at Joe's Bakery, and Pimm's, local beers and cocktails at Alchemy 198. Art & Chocolate and Paper Plane will offer creative activities and there'll be pavement games in front of Bristol Furniture Works. Look out for face painting using Eco glitter by artist Hannah Bunn and henna design tattoos by Sukhdeep of Henna Bristol at Alchemy 198



of Henna Bristol at Alchemy 198 (book your 15 min appointment ahead of time: www.alchemy198.co.uk). Room 212, will offer needle felting sessions and Osna Therapy will have a variety of talks and tasters. Newly refurbished Nola Interiors invites you to pop in during the day for a glass of prosecco and nibbles. They would like you to join the celebrations for being a proud Finalist in the Bristol Life Awards in the New Business category, as well as The Bristol Property Awards in two categories, for Green Initiative and Supplier.

Alchemy 198 will have live music by local musicians throughout Mayfest as follows:

John Pendlington – irreverent
 • popular songs with guitar, 11.30am

Glos Vox – local choir,
 • 12.30pm

Andy Leggatt & friends – traditional jazz, 1pm

Jambalaya – Cajun music and dance, 2.30pm

Jack in the Green arrival,
 • 3.30pm up Gloucester Road

Reverend Bob and the Devil
 • **May-Cares** – hillbilly, country folk, 4–5pm

Continued on page 35 ►

Sat 4th May
 10am - 5pm
MAYFEST 2019

GLOS RD CENTRAL

STREET PARTY

Jack in the Green procession arrives 3.45pm

Free Family Festival laid on by Glos Rd Central traders

- Jack in the Green
- Community stalls
- Biscuit Decorating
- Creative Activities
- Facepainting & Henna Designs
- Vintage & Bric a Brac
- Ice Cream
- Tea & Cake / Food & Drink
- Live Music
- Talks, Tasters & Tarot

Where? Glos Rd Central (Top of Pigsty Hill and onwards)
www.glosrdcentral.co.uk
twitter.com/glosrdcentral
facebook.com/GlosRdCentral



Nola Interiors has recently been refurbished due to expanding in its first year, now having more room to display their range of paints, soft furnishings, homeware and gifts. With a passion for paint and colour, we are a local stockist for Little Greene and Earthborn environmentally friendly paint, offering advice and colour consultations in-store or in your home environment.

Nola Interiors are a stockist for Weaver Green rugs (available in six sizes) and textiles which are made from 100% recycled plastic bottles but look and feel like wool. Stain resistant, waterproof and machine washable, they come in a wide range of colours and patterns. Proud finalists in the Bristol Life Awards as well as The Bristol Property Awards.



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Nola Interiors, 168 Gloucester Road, BS7 8NT • Tel: 07909 308 668

Nola Interiors-Bristol. 168nolainteriors

ALCHEMY 198 May Events

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

Sat May 4th Glos Rd Central Mayfest 11am-6pm
Local musicians play all day, - Cajun, Bluegrass, Jazz, Glos Vox Choir

Weds 8th Jim Reynolds 8-11pm
Blues, Ragtime & Ballads

Fri 10th Rosalind Morena-Parra Quartet 8-10pm
Latino, Tango, Spanish folk

Mon 13th Flash Fiction Open Mic 8-11pm
Read out your short story or come to listen

Weds 15th Funny Women Comedy Open Mic 8-10pm
Time of the Month Workshop, £5

Fri 17th Minor Setbacks Acappella 8-11pm

Mon 20th Cajun Swamp Club, live music & dance 8-11pm

Tues 21st Louise Leigh, Local Comedian 8-9pm
Professional comedian / compere of Funny Women

Tues 28th Open Mic Night 8-11pm
Show off your talents or come & listen

Thurs 30th Trad Jazz with Andy Leggatt & friends 8-11pm

Events are free, donations appreciated

Downstairs Event Space Available for Party Hire

Local beers, gins, cocktails, teas, wine, conversation

alchemy198.co.uk

198 Gloucester Road, Bristol BS7 8NU

room
212



► *Continued from page 35*

Alchemy 198 only opened a few months ago but has quickly become a place for an interesting variety of events, live music and as a community hub. Serving delicious cocktails, local beers, gins and teas it's a great place for a catch-up or celebration. The regular Creative Club on Friday mornings is a popular time for people to bring along their unfinished projects or be inspired by tutor Debby Bird, who is a North Bristol Artist and art teacher at Bishop Road. In the evenings the comedy club, live music, film nights and workshops are bringing local people together to socialise or share their skills. The Downstairs Gallery is a multi-use space, perfect for parties and workshops. Email alchemygloucesterroad@gmail.com with any ideas.

This May, Bristol Artist Mary Price (aka Artist in the Shed) will be exhibiting her work at Alchemy 198



as well as at Room 212. Highlights of the events at Alchemy this month are the return of Latino/Tango Rosalind Morena-Parra Quartet, a solo show by our favourite local comedian Louise Leigh, who puts on the popular monthly Funny Women evenings. New events for May are a Flash Fiction Open Mic night for aspiring writers on Monday 13 May and a monthly meet up of the Bristol

Songwriters, a group of like-minded people looking to develop their songwriting craft and share their songs. See www.alchemy198.co.uk for full details.

Follow Glos Rd Central on Facebook & Twitter.

Billie-Jean Pop Up Cashmere Event

Glos Rd Central **Mayfest** Saturday 4 May
on forecourt of



194 Gloucester Road, Bishopston



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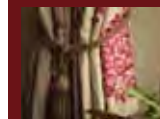
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News from Friends of St Andrews Park

Image thanks to Paul Bullivant



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

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

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

All this means it is becoming ever more important for local people to get actively involved with the

Friends of St Andrew's Park, which has now been running for over 10 years. In order to make our group as democratic and representative of park users as possible, a major project was recently completed to ensure that everyone who has been signed up to become a member (currently over 500 local people) will now receive regular information about our activities and events.

We meet every 6 weeks, and information about our activities can be found on our website www.friendsofstandrewspark.com

Current projects include:

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

A big thank you to everybody involved in the above, please join us if you would like to be involved.

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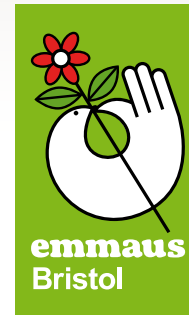
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Bump to Cradle

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At Bump to Cradle, we believe that antenatal classes should be relaxed and sociable but also truly informative – delivering evidence-based information and practical skills from highly trained and experienced experts. We offer a comprehensive course, superior to traditional antenatal classes, packed with up-to-date, balanced information.

Delivered by the experts

Learn from midwives, physiotherapists, maternal mental health specialists, obstetricians, paediatricians, feeding specialists and, of course, from each other as we guide you through the later stages of your pregnancy, birth and beyond.

Your pregnancy, labour and the first few months

“Our Mission is to improve the quality of antenatal education so that you can learn from the experts, make friends for life and approach parenthood feeling calm, confident and informed.”

with your newborn can be an anxiety-inducing and challenging time, and we strive to ensure that you feel as prepared and as confident as can be. The course provides you with practical knowledge and skills across a range of topics to help you stay in control during those first few weeks of caring for your new baby.

Postnatal reunion & Support pack

Every group will enjoy a postnatal reunion organised by us and every couple will receive the Bump to Cradle



“Absolutely fantastic antenatal class. We had experts from obstetricians, to GPs, to sleep consultants all come in and chat to us about all of our options in a totally judgement free environment. Highly recommended for anyone who doesn't want to feel pushed to go in a certain direction but just wants all the info!!”

Sophie

tote bag packed with freebies from our partner brands. You will also receive a copy of the Bump to Cradle handbook with notes and follow up information on all the sessions.

Nursery Advice evening & Ultimate in beauty indulgence evening

In partnership with John Lewis Cribbs Causeway, we are also thrilled to be able to offer all our parents -to-be tickets for two complimentary evening events. The first is an evening with the nursery team, gaining exclusive access to the full nursery department so that you can try out all the buggies and equipment you may need without the usual Saturday crowds! The second is a pamper evening for our mums-to-be with a chance for everyone to enjoy some free pamper treatments and leave with a goodie bag full of products from major cosmetic brands suitable for use in pregnancy.

Find out more about our complete antenatal offering and book your spot at bumptocradle.com

Got a question or an enquiry? Drop us a line or give us a call.

email: mim@bumptocradle.com



Save the Ocean - powerful message sung by local school children

Calling all school children! Will you join Horfield CEVC School and schools around the country and sing along to their Song of the Sea on 7 June for World Ocean Day?



Horfield CEVC Primary school is part of a STEM (Science, Technology, Engineering, Maths) partnership with 20 other Bristol and North Somerset schools aiming to raise the profile of Science in the curriculum. In November 2018 four members

from each school took part in a summit, with keynote speakers from business and research, which included debates and discussions. One of these led to the children creating their own agenda for this year's STEM science challenge. Their uncontested choice was to try and make a difference about plastic in the oceans. On this subject participating schools were set the science challenge of running a competition to make birds out of recycled plastic bottles that would use magnets to pick up 'fish' from the 'ocean'. Each school ran planning, designing, making and testing sessions with teams of children from mixed year groups. Two winning groups from each school went forward to the regional finals in partnership with the University of Bristol, held at the Wills Memorial Building in March.

As part of the challenge schools were also asked to try to raise awareness in their community and beyond to help begin a sea of change regarding plastic pollution. Horfield School, always keen to build on their strengths in the Arts, challenged their children to write the lyrics for a song over the Christmas break. Claire Alsop (composer and teacher at Horfield), used the inspirational words from twelve children and set them to music. The result is our Song of the Sea, which features the catchy chorus, penned by a Horfield pupil: 'Plastic bags like jellyfish shouldn't be on a shark's shopping list'. We sent the song to the organisers of the

schools' challenge and they in turn challenged us to try and make the song travel as far and wide as possible. They set us an ambitious target that, on Friday 7 June



2019 – the day before World Ocean day – the song might be performed by every school in the country!

Kirsten Cunningham, Assistant Head at Horfield Primary School says, "We created a YouTube video of our Key stage 2 choir performing Song of the Sea and the song started its amazing journey. It has already travelled a long way and we hope it will journey further to touch as many people as possible – both children who will enjoy singing it, and schools who will use it to raise the profile of this important conservation issue."

The musical score and lyrics are available to download from Horfield School website www.horfieldceprimaryschool.org – where you can also find a link to the YouTube video.



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News from St Bons

St Bonaventure's has been buzzing with activity this term with children taking part in a number of exciting events.

This term our wonderful drama club came to the end of their rehearsals with four fantastic performances of Oliver.

The school was awash with dirty urchins, pick pockets and flower sellers with our school hall transformed into old London town, and the sound of children's laughter and song filling the space with their 'Umpapas' and 'Food, glorious food'.

It was a spectacular display of our children's efforts, produced by our tireless director Mrs McGrath, with the support of a great team of parent helpers and a live band, to create a truly magnificent show.

All our young actors did themselves proud. Mrs McGrath reported that she is looking forward to seeing some of our children 'treading the boards' in the West End, because they are such a talented bunch!

Headteacher Mrs Charles said, "I am delighted and very proud of our school community who have worked really hard to bring off a very professional looking show. To act and perform is such a joy and I am very thankful to all the volunteers for working with our children to give them this very special opportunity."

The highlight of the end-of-term celebration is our Easter Festival. It has been a longstanding St Bon tradition since the 1970s to celebrate the arts with our own Eisteddfod. This tradition stopped for a few years, but was resurrected in 2006 by Mrs McGrath and her mother – former St Bonaventure's teacher – Mrs Rigg, allowing our children the opportunity to let their light shine throughout a variety of wonderful, creative and inclusive events.



The day started off with a festive Easter bonnet parade, followed by singing, dancing, and poetry recitals. Our children all had the chance to make Easter Bonnets, paintings, Easter gardens and decorated eggs. As well as the

opportunity to win house points for their house, which led to a very noisy and exciting overall house champion for the festival.

A truly memorable day was had by everyone and a great end to a very busy term. A very happy Easter from St Bonaventure's.

Swimming Success!



St Bonaventure's Swimming Team have had a fantastic year. The girls' team is the Bristol Schools Champions in the freestyle and medley relays in addition to overall champions.

They have remained unbeaten, as a team, since September. The girls: Millie, Iris, Sophie, and Miranda, train hard and are also great friends and team-mates. They have also qualified for both the freestyle and medley relays at the ESSA National Finals, which is taking place in Sheffield in June.

The boys' team will be joining them in Sheffield for the freestyle medley.

It is a fantastic achievement to have so many swimmers at St Bonaventure's swimming at a national level. We are all really proud of our amazing team and wish them all good luck in June!



The ROYAL OAK

CELEBRATING 10 YEARS

2009-2019

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

yard
sale

Yard Sale & 'Pie Party'

Saturday 27th April
12-2pm table top sale

Delicious Home made pies –
pie competition for
'Bake Off' enthusiasts!

PORK & CIDER Festival

Saturday 6th July, 12 til late

Live music, massive bar of local ciders,
all day BBQ with some delicious tasty
treats, magician and kids entertainment.



Outdoor Theatre Day

Saturday 22nd June

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

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

All proceeds to charity.

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

From small acorns great oaks can grow...

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

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

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

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



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

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

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

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

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

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

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



Last and Latest News Bristol's Independent District

Bristol's Independent District was managed by the Gloucester Road Business Improvement District (GRBID) – an organisation elected by local business and traders. Back in March businesses in the GRBID went back to the ballot with an option of voting in a new BID for the next five years. Local traders and businesses however voted in favour 53% to 47% to end the work of GRBID. Therefore, based on that outcome, as of 30 April the GRBID closed down and ceased to promote the trading scene, deliver events – including Christmas and lights, fund local volunteers and their street-cleaning – including removing unwanted graffiti, and in general support the local trading scene.

Thank you to the GRBID Board of Directors who dedicated a great deal of their time voluntarily

to raise the awareness of Bristol's Independent District's trading scene and made it a better place for us all. A thank you to BID Manager and Team Support, Anne-Louise Perez and Dominique Blackmore whose combined enthusiasm, organisation and networks and drive made things happen; to all those local businesses, community groups, volunteers and Bristol organisations who gave us their support through the years; and finally and of course to you, the community, for your gratitude and unwavering support for your local independent shops

Here are some of the positive legacies we leave – these raised the profile and contributed towards a safer, greener, easier to find vibrant place to shop, live, work and play – perhaps best reflected by the fact that Gloucester Road in BID area had one of the lowest shop vacancy rates in Bristol.

Awards – Finalist – The Great British High Street 2018.



Charity Shop Tours with a Personal Stylist

Highly Commended Guided Tour – Bristol, Bath & Somerset Tourism 2018/2019.



Charity – two contactless donation points supporting the ever-growing numbers of rough sleepers in the area.

Locations: Ocean Estate Agents – 201 Gloucester Road and Future Leap – 1–3 Gloucester Road.

A Local Map – This free map is available across Bristol in hotels, travel hubs and of locally from the Bishopston Library or Totally Toys. Maps are also installed on platforms at Montpelier and Redland train stations and available on local buses.



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

Location – Apple Green

Petrol Station – Gloucester Road. Watch a handy video about using a public access defibrillator <https://youtu.be/UFvL7wTFzI0>.



Parking Made Clearer in the District

Traders who choose to have posters they can put up in their windows.



Cycling

More Cycle Parking.

Feature in Visit Bristol Guide 2019

Welcome New Businesses in the District



2 Zetland Road – Divine Ceremony – Dee Ryding, award winning celebrant opens her independent undertakers with its green approach to funeralcare.

1–3 Gloucester Road – Future Economy Network – new eco-friendly event space and sustainability advice hub.



Eco-friendly Shopping Bags

A bag for life! Available from Totally Toys, Flo-Jo Fabrics, 7th Sea, Scoopaway and Co-Lab.



Green Living Walls

1–3 Gloucester Road, 198 Cheltenham Road.

Street Art

Selfie spot (#selfiespot #brizindieselfiewall).



T @GloucesterRoad
FB BristolIndieDistrict
I @LoveGloucesterRoad



The Professional Dog Walkers Guidelines

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

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

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

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

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

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

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

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

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

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

Further information can be obtained from the Professional Dog Walkers Guidelines at www.rspca.org.uk/webContent/staticimages/Downloads/DogWalkingGuide.pdf

Nicky Bromhall, MRCVS
Animal Health Centre



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Celebrating 20 years of ownership! Michael and Sarah are delighted to be celebrating 20 years at the helm of Roxfords at the end of May. Sarah told me the venue has actually been a pet shop for over 55 years, and they are one of just three owners. To mark the occasion, from 20 May, for one week, there will be double points on loyalty cards and plenty of tasty treats for both animals and humans!

Royal Canin Puppy Day! Royal Canin will be visiting Roxfords on **Saturday 4 May** to celebrate their current Puppy Pack promotion, available at the pet shop for just £9.99. The box (that is available for small, medium and large breeds), contains a bag of dry food, meat pouches, treats, a cosy fleece blanket, poo bags in holder, clicker trainer, handy bag for carrying treats etc and a maze feed bowl. The team will of course be able to answer any questions you have on this sought-after feed on the day too.

New! Wildlife feeds – To add to their extensive range of nuts, fat balls and seeds for wild birds, Roxfords is now catering for a wider range of wildlife, with bags of feed for squirrels, hedgehogs, swans, ducks and geese.

New! Nature's Menu Super-food bars! These tasty treats, created by Country Hunter, are made using only the finest natural ingredients and are rich in protein. These bars are ideal if you are on the go with your dog for much of the day – perfect if out on a long walk or you left before breakfast. If you have a fussy, toy breed these bars are high enough quality to be fed as a complete meal.

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News from Fairfield High School



Healthy Eating Course with a Twist: Good Mood Food!

Parents/carers at Fairfield High School (FHS) have

been treated to a fascinating, free course to learn about how food and herbs can dramatically impact on mood and brain function. This six-week course has focused on demonstrating how different types of food really can affect levels of anxiety and depression, frustration and aggression. Poignantly, it also shows how some foods can help engagement in learning, concentration plus memory; vital for children as they continue their secondary school education.

The Year 7 parents/carers, together with their children, then have the opportunity each week to put their newfound knowledge into practice as they prepare delicious nutritious recipes with their children to take home for that evening's dinner.

The structured course, run by Bristol Health & Nutrition, and funded by Bristol City Council,

focuses on the following outcomes: understanding which foods to eat more/less of in order to support brain health and how to make dietary changes; feeling more inspired and confident to try new healthy foods and/or recipes, understanding how sleep, stress and exercise also play a key role in health and well being and how to make healthy lifestyle changes, plus being able to implement basic kitchen health and safety in the class and at home.

Christina Quinnell, parent at FHS and attendee of the course comments: "This course has changed my shopping and cooking choices enormously, for example I've just ordered my first organic fruit and veg box in over a decade, which I'm quite excited about! I've learnt some really fascinating things about the effect of good nutrition on our bodies and minds I just didn't know before. The information on pesticides, gluten and sugar is delivered in a non-scary way, but the small changes I've learnt have had a significant impact."



Pictured left to right – Nia & Rhiannon

FHS students part of the victorious City of Bristol squad

FHS is delighted and very proud to share the news that two of its students – Rhiannon Hobbs in Y10 and Nia Rushton in Y9 – have been awarded the Swim England Synchronised Swimming National Age Group Championships free team gold medal. It comes as no surprise that the girls, together with the rest of their team, have worked tirelessly to train for this accolade which they narrowly missed out on two years ago.

The competition took part at Manchester Aquatics Centre with the nine girls taking the 13-15 year group category by storm. Rhiannon and Nia will shortly be moving up to the 15+ age group category where they will no doubt work their magic as they progress to even better and higher things.

They told us, "We would like to thank our parents for taking us to all the training sessions and our coach, Louise, whose dedication to the sport is amazing. Without her we wouldn't be where we are now."



Care to foster in Bristol?

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

Foster for Capstone

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



Little Foxes Forest School is delighted to have established itself as Bristol's most popular outdoor nursery. We believe that children are happier and healthier learning outside. Our forest nursery is in BS7 in the beautiful woodland and meadows of Stoke Park Estate. We are open for 2.5 – 4 year olds, Monday to Thursday, term time only with wraparound care now available. Founded and run by ex-primary school teachers and local mums, we offer high ratios, government funded places and a truly exceptional nursery experience unlike any other in Bristol.

FIND OUT MORE – We'd love to let you know more about us. Visit: www.littlefoxesforestschool.com or email info@littlefoxesforest.co.uk to learn about our provision, upcoming open mornings, our Monday stay and play group and more.

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

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



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Ancient
Egypt in
Bristol and
Redland



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

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

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

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

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

The Egypt Society welcome new members.

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

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

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

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

www.egyptsocietybristol.org.uk

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Community Navigators can help you get out and about

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

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

Community Navigator Sarah visited Maggie in her home and took the time to get to know her and find out what was important to her. Maggie was very

sociable and missed having regular visitors. She was worried about Jasper because she couldn't walk him regularly.

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

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

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

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

Community Navigators Bristol is run by a partnership of trusted local organisations and is funded by Bristol Ageing Better. www.communitynavigators.org.uk

The Bishopston Society – A market place of local culture

This recent event hosted by the TBS was a celebration that brought together in one space the incredible variety of talent that is living and breathing in the Bishopston area. A break from tradition of the open forum style of meeting, groups and individuals were given the opportunity to engage directly with local residents and share their skills, upcoming events, the work they were doing and more, with a stand – exhibition style. With attendees browsing the market place it meant they were able to discover at their own pace the some hidden and some already established talents from the Bishopston neighbourhood.

and local community groups such as The Friends of Bishopston Library and Friends of Horfield Common. The occasion not only drew attention to just how much of their time people are investing in to the locality but that, as a result, Bishopston is a melting pot of culture and talent.

Bishopston Matters was genuinely touched by the number of people who thanked us for providing them with an invaluable link to the community and in particular the positive angles we publish. Thank you. Following the exhibition, the event then resumed to open forum where groups were able to offer their views on this new style of celebration. There was a resounding yes for more of this inclusive approach for future Bishopston Society events.



Elaine Wilson of Riff Raff choir



There was a wide range of exhibitors too, from local photographers, authors, media (including *Bishopston Matters*), actors, choirs



Photos thanks to Bristol Local TV

Trees for Learning at Bishop Road

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

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

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

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

To find out more / get involved email: admin@forestofavontrust.org

Sing with Wecil

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



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

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

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

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

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

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

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

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

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

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



School Play Street

The residents of Arthur Milton Street organised an after-school playing out session 'school play street' on Monday 25 March. It marked the start of Sustrans' Big Pedal. It was a beautifully warm evening and lots of children made use of the safe space created to run, scoot, chalk and play football. We were also happy to be visited by David Said our local PCSO (see pic). David is also supporting community speed watch on Ashley Down Road.

The Bristol-wide school streets campaign (a campaign to get the council to close streets before and after school every day, enforced by number plate recognition cameras) is doing well. It will increase road safety around schools and cut air pollution. The council is very interested and looking for pilot schools in the summer, and are engaging with Hackney Council, which is where the idea started. To join the campaign, go to the **Bristol School Streets Facebook group: @cleanairparentsnetworkbristol**.

Wanted! Homestay accommodation for overseas students

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£175 per student per week half board (16-17 y.o.)



Please contact: **The English Language Centre Bristol**

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Charity Music Gig flies high at St Andrews Bowling Club

A charity music gig with band **The Truth** was held on **Saturday 30 March 2019** at **Bristol St Andrews Bowling Club** in **Bishopston**.

The evening raised £350 for the **Great Western Air Ambulance Charity (GWAAC)**. The charity provides emergency care to people who are in a critical state and require the specialist skills of their team at the scene of the accident or medical incident.

Deputy Lord Mayor, Cllr **Lesley Alexander**, opened the event alongside **Richard Lewis (GWAAC)**. The special night was attended by forty people who all enjoyed the live music, raffle and auction.

Organisers **Glen Wintle** and **Cllr Brian Mead**, expressed thanks to **Wayne Boyland**, his band members and for **Bristol St Andrews Bowling Club** for hosting the event.

GWAAC Community Fundraiser **Joe Hughes** said: "We're so grateful to everyone for their generosity and support. We rely on the people we serve to help us raise the £3 million we need each year to stay operational. The money raised will help us to provide critical care to those who need it the most – saving more lives."

www.bristolstandrewsbowlingclub.co.uk

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News from Friends of Bishopston Library



A capacity audience enjoyed a fascinating tour round nineteenth century Bristol with **Peter Malpass**, whose new book *The Making of Victorian Bristol* has just been published. We learnt about housing, noting that while many houses of the wealthy remain, those of the poor are often long gone; the development of a sewerage system, initially serving those with money and influence; the impact of the railways and the fact that Park Street was considered too steep for trams! We also had an insight into some recent research that Peter has done about the development of St Andrews over a 20–30-year period, with complex land deals and a wholesale boot seller playing important roles. It was a really informative evening on a very popular topic.



Bishopston Library is setting up a **Lego Club** for 7–11-year olds later this year. The Friends of Bishopston Library have started the collection with 1600 basic bricks and some wheels/axles to get things going. Now, the library is appealing to everyone to see if they can find **Just One Brick** to donate – although feel free to donate more than one if you like! Look out for the large tub in the library.



Friday 3 May is Bishopston Library's second birthday, and we will be offering hot and cold drinks and cakes, **11.00am – 12.30pm**.

A good chance to make a gift of a Lego brick or two. We will also be collecting goods for the **North Bristol food bank**, which particularly needs items such as fruit juice, instant mash, washing up liquid, jam and spreads, tea and coffee, and tinned meat.

Our next evening event is **Know your Place** with **Pete Insole** on **Thursday 16 May, 7.30–9.00pm**. Know Your Place is a free online resource that presents a rich story of Bristol as told by past and present communities. Pete is the Principal Historic Environment Officer at Bristol City Council. He will delve into some of the highlights on the site, with specific reference to the Bishopston neighbourhood



of yesterday and today. Book in the library or at bishopstonlibrary.org.uk, tickets £3.00



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

You can join the Friends, find out about events and support the library at **facebook.com/bishopstonlibrary** or at bishopstonlibrary.org.uk, or email friends@bishopstonlibrary.org.uk



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



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Local History Matters

The Southmead Workhouse

BHA local history research – Andy Buchan ©.

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

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

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

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

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

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

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

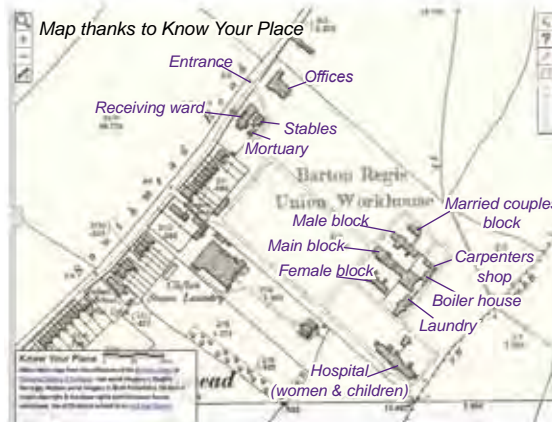
The Southmead workhouse was much smaller than the workhouse in Eastville, which could house up to 1180 inmates. At the time it was built, the workhouse, which was mainly intended for sick poor people, had 64 beds, but over the next few years it was greatly expanded and by 1911, there were 520 beds. In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



Beaufort House c 1915, thanks to Know Your Place



Beaufort house – southside today. Andy Buchan ©



Map thanks to Know Your Place



Ardagh Bowling Club

Ardagh Bowling and Sports Club invite you to come and try **Lawn Green Bowls** on **Friday evenings, 6–8pm from 17 May 2019.**

We will provide coaching and equipment, please bring flat-soled footwear to go onto the green. Refreshments will be available. Come along and have fun! If you would like any further information, please call Chris on 01179 426 580.

The Ardagh lunch club offers a hot meal at a reasonable price and encourages people to help combat loneliness by making new friends. People are welcome to just pop in on a **Wednesday, 12–1pm.** Two courses for just £3.50.

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

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

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Bristol U3A

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

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

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

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

www.u3asites.org.uk/bristol or
email: judyeparker@hotmail.com.

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News from our Bishopston & Redland Councillors

Bishopston Medical Practice – Bishopston Medical Practice, on Nevil Road, has applied for planning permission to stay in their current temporary buildings. The original permission was granted on the premise that the situation would be temporary, but this new application seeks to allow the Practice a further three years. There are clearly competing demands here between the need for good planning practice and the need for this vital local health service. We hope that, if the extension is granted, a plan is put in place to achieve a permanent home for the services currently delivered out of the temporary buildings. You can examine and comment on the proposals at planningonline.bristol.gov.uk/online-applications by searching 19/01222/F

Cricket club – A productive meeting was held recently for residents nearby to the cricket club, to discuss the club's plans for the coming season and any issues experienced. There were plenty of points for the club to take on board, not least the need for increased collaboration between the club and the local community (the notices for the meeting were sent out the day before!). If anyone has any issues they feel need following up, please let us know.

In related news, the club has submitted an application to vary their planning permission for the floodlights. The original planning permission doesn't allow for use of the floodlights for practice sessions, and limits the club to 15 uses per year. The application is to allow a further two uses for practice sessions during the Cricket World Cup. It should be noted that the club are likely to not need all of the 17 uses as many are earmarked for 'top-up' light if day-time matches run into the early evening. While clearly an exceptional year with the World Cup coming to Bristol, we're keen that any revised permission doesn't become the thin end of the wedge to allowing regular use of the lights for practising, or a permanent increase from 15 uses per year. You can examine and comment on the proposals at planningonline.bristol.gov.uk/online-applications by searching 19/01021/X.

Double yellow lines – As many readers in the area will have noticed, the long-planned double yellow lines for streets in the vicinity of the cricket ground is nearing implementation. Marks have been made on the ground for the contractor, and we are expecting the painting to commence imminently. Fingers crossed that they will be in place before the cricket season starts!

In other double yellow line news, the council is now consulting on double yellow lines to be put in place on Muller Road, Springfield Ave and surrounding streets. This is to increase

safety in response to the new Lidl supermarket, and is separate from the Muller Road transport consultation, which recently concluded. You can view and respond to the double yellow line proposals here: bristol.gov.uk/trafficorders.

Muller Road consultation – As many of you will be aware, the council recently concluded a consultation on transport changes to Muller Road and adjacent streets. We were at many of those events, and it was clear most local people agree that there are real problems with the traffic on Muller Road as it is. However, residents did raise a lot of concerns with the proposed plan. For example:

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

The council's officers will now digest the responses to the consultation and make changes, followed by further consultations on the scheme later in the year – watch this space!

Please let us know if you have any comments or questions.

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

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

Redland ward news

Speeding cars – We've been offering support in response to increasing reports of cars speeding in various streets, including some close to our local schools. Fi and Martin have helped set up meetings with local people and the police to discuss ways of tackling the problem, including setting up Community Speedwatch monitoring, and exploring how traffic calming options could be progressed. Fi was shocked to witness several cars travelling well above the speed limit. We have also secured some extra 20mph signs to be fitted in some streets. Do get in touch if you'd like to discuss similar issues in your street.

Air quality – We're deeply depressed by the latest news from the Mayor, in response to the continuing public health crisis of Bristol's polluted air. Despite the ongoing life-threatening air quality, new options are being looked at and these will only be finalised as an 'outline business case' to government in September. Any implementation will not start for

some time to come. This is in stark contrast to several other Labour-led councils like Birmingham, who have secured significant government funding already for action to be taken.

Central government has previously provided Bristol in excess of half a million pounds to allow in-depth research into which measures will lower levels of NO2 to legal levels. But these proposals were rejected by the Mayor. It's approaching three years since we debated action to improve air quality in the council and many residents have been in touch to express their horror at lack of action.

Parking – At the time of writing Fi and Martin are due to meet the latest Cabinet member for Transport to try and secure support for residents affected by parking chaos in their streets. We fear that it's only a matter of time before there is a serious incident resulting from emergency vehicles not being able to get through the streets blocked by dangerous parking. We've been told that 'an overwhelming majority' of residents must support any changes but have not yet been told what this means. We're frustrated at reports that the Mayor will not allow any action before the 2020 elections despite promises last summer that residents could have help from the highways department to look for solutions.

We are continuing to carry out door-to-door surveys in Redland to gauge the scale of the problem. If you'd like us to look at your street please let us know.

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

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

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

Budget Full Council – We are delighted to report that three green amendments were voted through at Budget-setting Full council totalling many hundreds



Magid Magid, Green Lord Mayor of Sheffield visited Bristol on Monday 8 April. He visited the Barton Hill settlement and Stapleton Road.

Green Group Leader, Councillor Eleanor Combley, said: "It has been a delight to welcome Magid Magid, Lord Mayor of Sheffield, to Bristol. I was born and raised in Sheffield, so that's given me a special pride as I've watched him approach his year as Lord Mayor with such grace, generosity and courage. He has spoken out on things that matter to me, like standing up for peace or demanding justice for the Orgreave miners, and to hear him do it in a proper Sheffield accent that wouldn't have been out of place at my old school definitely adds a thrill. I'm also proud that after arriving in this country as a child refugee, Magid found his home in Sheffield and a political home in the Green Party – and he's given so much back to both."

of thousands of pounds, to improve housing provision and get plans to make Bristol carbon neutral a reality. We still felt unable to vote for the budget overall, however, as we felt it simply wasn't good enough, failing to provide much in the way of improving transport or – crucially – improvements to air quality while increasing the budget for the Mayor's office to an unacceptable level.

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

Please do get in touch

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

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



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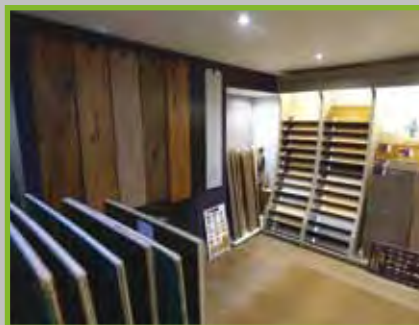
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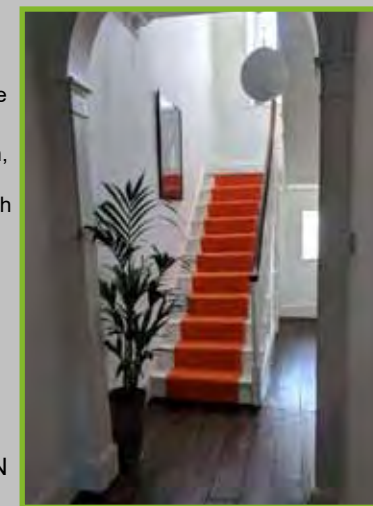
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bristolstandrewsbowlingclub.co.uk

MESSY CHURCH

HORFIELD BAPTIST CHURCH

2019 Dates

June 8

August 3

October 5

December 7

Come and share the fun with us!

More details from the church office
office@horfieldbaptist.net
0117 924 3608



Community News/Events...

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

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

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

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

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



Henleaze Ladies' Choir, Spring into Summer! Come to Henleaze Ladies' Choir CONCERT on Thursday 16 May 2–3pm at St Peter's Church Hall, Henleaze.

Enjoy a wide variety of music from Bach to Gilbert & Sullivan at this FREE afternoon concert, plus a nice cup of tea! A collection will be taken for the charity Home Start – Bristol for their work with families with young children.

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

are always assured of a warm and friendly welcome. For further details, contact Jean on 0117 9624466 or Jane on 07752 332278.

Glos Rd WI meets on the third Tuesday of every month. Doors open at 7.30pm for 8pm start, at St Andrews Bowling Club, Derby Road, BS7 9AQ. Membership is £42 for the year or you can go as a guest for £5 to try the group out. Forthcoming meetings –



21 May – a talk from Unseen UK; 18 June – Cheese tasting (with wine) and a quiz; and 16 July – Car maintenance (off-site at PC motors).

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

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

The charity is looking for volunteers to help raise vital funds for their work at their flagship vintage fashion and homewares store at 97 Gloucester Road, BS7 8AT. Volunteering is a great way to meet new people, learn new skills, get back into employment and give back something of real value to the local community. The store is open 9.30am – 5.00pm, Monday to Saturday. Whether you have a few hours to give or a few days – they would love to hear from you! To find out more, just pop into the shop or email Natalie.stephens@clicsargent.org.uk. Or you can call Natalie on 0117 923 2967.

Volunteers Wanted – Bristol Child Contact

Centre, based in Trinity Henleaze United Reform Church, needs volunteers for the contact sessions held on the second and fourth Saturday of every month.



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

North Bristol Community Project promotes well-being through access to education, leisure and volunteer opportunities, regardless of background or abilities. The venue offers a supportive, friendly environment for local residents to meet and flourish. They run a selection of courses; below is a summary:

Sewing Classes: Mondays 10am – 12 noon

Makers Meet-ups: Wednesdays 7–9pm

Arts for Well-being: Thursday 10am – 12pm

Computer skills for over 50s: Thursdays 2–3.30pm

Spanish Conversation Classes: Thursdays 7–9pm

Supper Club: Once a month, usually on the last Friday.

For more information and to book, email: nbcp84@gmail.com or look at their website www.northbristolcommunityproject.org.uk.

Intergenerational Arts and Crafts Project with Children's Scrapstore.

Are you over 50? The Scrapstore is looking for older adults to take part in an Arts and Crafts Intergenerational Project with 6-year-olds in local Primary Schools! You don't need any experience with children, or to be good at art, just an interest in taking part. Those interested in the event with St Werburgh's Primary, need to be available on 1 May for a Preparation Session at Children's Scrapstore (10am – 12pm), and 7 May for the Intergenerational Event itself (10am – 12pm). Those interested in the event with Fairlawn Primary in Montpellier need to be available for a Preparation Session at Children's Scrapstore on 13 May (2–4pm) and the Intergenerational Event on 22 May (2 hours including tea break! Times TBC). For more details and to sign up, call 0117 9143002 or email Dominique@childrensscrapstore.co.uk. Questions welcome!

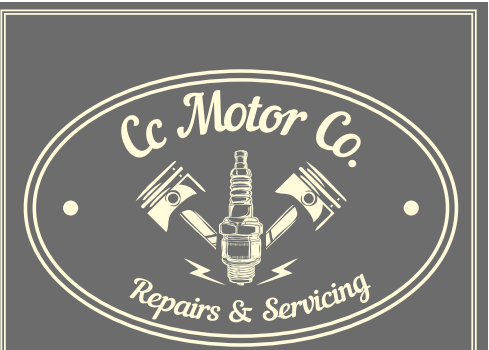
The Friends of Redland Library have organised a series of events that all are welcome to take part in. All activities take place at Redland Library, Whiteladies Road, BS8 2PY.

Desert Island Books on the theme 'Books, Science & Fiction', Thursday 9 May, 7pm. Admission: £3.

Board Games in the Afternoon, Sunday 19 May, 2–6pm. Admission: £5 (includes tea and coffee). Numbers are limited and booking is essential; please email friendsofredlandlibrary@gmail.com.

Books That Made Me a Gardener, Thursday 13 June, 7pm. Admission: £3. Four local gardeners and horticulturists talk about books that have influenced their life journey.

Full details of all events can be found at www.FriendsOfRedlandLibrary.org.uk.



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