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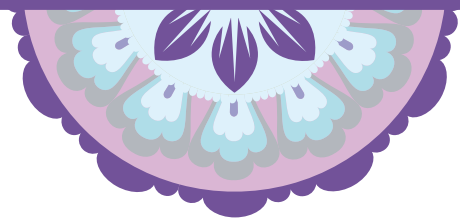
including Ashley Down, Horfield & St. Andrews

Matters

issue 128, June 2019



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A Community Asset Transfer has
been agreed on the Ardagh site!



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Dear Readers...

What a fab month I have had out and about in our community. The whole family enjoyed Glos Rd Central's annual Mayfest extravaganza! I hope you enjoy our celebratory pictures from the day.

Myself and young boys had a great time playing and enjoying their cafe treats at the Old Library on Muller Road. This community hub is now open on Saturdays to the public; read more about this and all the great events they have taking place.

Of course it wouldn't be spring without a trip to the Golden Hill's spring fair! The sun shone and it was another wonderful day for the whole community.

We must say a huge congratulations to the Ardagh Community Trust for finally securing a Community Asset Transfer for the Ardagh site, do read more inside.

Fabulous theatre group the Pantaloons return to St Andrews Park on Sunday 23 June to give a special performance of Jane Austen's 1811 classic, *Sense and Sensibility*. This is an outdoor event not to be missed!

We are heading into the season of school fates and fairs; you will find details of the different, family-friendly events throughout the mag.

Thursday 20 June is national Clean Air Day in Britain. To mark the event Clean Air Bishopston is running a series of local activities throughout the day.

Two local mums are heading to Kenya to cycle 450km over 6 days in aid of Child.org and their Team Mum campaign; please do support them.

Take care until next time, *Kerry x*

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Now open Saturdays!

It is always a pleasure to visit the Old Library on Muller Road and my two boys certainly love it too!

This community venue is keen to share the great news that as well as being open to the public Wednesdays (10am-4pm), Fridays, (10-2pm), you can now visit Saturdays 10am-2pm, for drinks, cakes or a hot lunch of - home-made soup, toasties or locally prepared samosas.

Their Saturday's kick off with community yoga (just £3!),

8.30-9.30am. Weather permitting, there is also drop-in, woodcraft in the garden. We were so impressed to see the giant wooden nest and hedgehog previous sessions had created. Look out for Super Saturday Robotic Day on 29 June too!

While munching on our delicious toasties, I enjoyed a lovely chat with local resident Tasmin Costigan and found out why she and her husband Ben, had become volunteers? Her answer was simple, and that was



Volunteer Tasmin Costigan



to become more involved with their community. Volunteering at the venue has transformed their lives - they now know their neighbours and feel a real part of their community.

Tamsin also stepped up to ensure the future of Stay and Play, previously run by Stoke Park, until funding was sadly pulled. This group, that runs on Tuesdays 1.15-2.45pm is now parent-led and thriving. There is a suggested donation of £1.50 (that includes a hot drink and snack). New families are always welcome to enjoy and support this group.

Ben, who helped install the computers and printers (there is free wi-fi and printing services available), felt it was also good for their children to grow up with a sense of community; if you know your neighbours you are much more likely to get on and respect each other.

If you would like to volunteer, do get in touch, they will harness your skills and passions and it doesn't need to be a huge commitment, a few hours once or twice a month is great.

As well as celebrating new Saturday opening, the Old Library team have lots planned for the summer months, to add to their regular monthly activities, so watch this space!

The venue is in the process of setting up Folk Jam Friday sessions, with the aim of creating their own Old Library funk/folk 'house band', ready for their

September Anniversary party. So, if you play the tin whistle or are a secret accordion extraordinaire, or just fancy joining in, get in touch via their website.

Not a Pub Quiz remains a popular evening, taking place every third Tuesday of the month. Doors open at 7pm, quiz starts at 7.30pm. Teams of up to 6

allowed, either come as a pre-prepared team or join up with others on the night! It's just £2 per person to enter, and you can bring along your own drinks and food to keep you going into the evening!

Board at the Library - love a board game, fancy some company? Get along on the second Tuesday of the month 7.00-10.30pm .

The Old Library is also available for hire, so do get in touch if your group is looking for a new home or you art planning a party!

This happy setting both inside and out, in structure and people, is testament to what can be achieved by local people working together. If you haven't yet visited I really must recommend you take a trip to enjoy and support this community hub.

www.theoldlibrary.org.uk




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Bishopston Mums cycle 450kms to help Kenyan Mums and Babies

Local resident Rebecca Smith co-founded child.org with two of her fellow medical students back in 2002. Initially they led a group of twenty medical students over to Kenya, to help build a new hospital in a rural region in Western Kenya. The trip was such a huge success and they encountered such need, that they decided to continue their fundraising efforts.

Rebecca shares, "We wanted to combine helping those less fortunate than us in Kenya with educating students in the UK about international global health issues. Gradually over the years our charity has grown from strength to strength, and we have supported the health and education of thousands of children in Kenya and more recently Sierra Leone and Ghana."

Rebecca now works as an anaesthetist at the Royal United Hospital Bath. She has lived in Bishopston for the last seven years and loves it. She is appealing to our wonderful community to please support her charity's *Team Mum* campaign.

Supporting mums in Kenya

In Kenya, 1 in 26 babies die before they reach their first birthday. For comparison, in the UK it's approximately 3.8 deaths per 1,000. A staggering statistic that could be dramatically reduced with some basic help that we in the UK are lucky to take for granted.

Team Mum will launch pregnancy support groups in rural Kenya (Meru) to arm new mums with the health information and support needed to keep themselves, and their babies safe. These support groups will provide practical health information to new mums. Each new mum will be given some baby essentials, including a weighing bag to help monitor the health of their baby. They'll learn about breast-feeding, safe sleeping, what to expect during the birth and when they take the baby home. They will learn the warning signs to look out for – so they will know when to seek medical assistance at every stage of pregnancy and early motherhood. This support is something that we don't have to go without in the UK.

At the start of July, Rebecca and local friend Sophia Hartley, are heading to Kenya (along with 20 mums/fellow cyclists) to cycle 450km over 6 days in aid of Child.org and their *Team Mum* campaign.

Rebecca has four children (Isla 8, Olly 5, Sadie 3, and Sophie 1) and Sophia two (Beatrice 8 and Emil 4) and neither ladies can imagine going through pregnancy without having all of the support that is available to us from our GPs, midwives, breast-feeding support groups, books and the internet. Rebecca and Sophia met when their



Rebecca & Sophia



Isla, Olly & Beatrice

children became best friends at Brunel Field Primary School. Their children have been desperate to come on the training rides Sophia and Rebecca are doing for their fundraising cycle across Kenya. As this is clearly not possible, the mums have organised a fun, sponsored bike ride for the kiddies.

Sophia told us, "It is great to involve them in the *Team Mum* campaign, and to introduce them to the idea of charity. Together we have devised The **Children's Cycling Challenge**. We will be doing a 12.5 mile route with parent and child teams along the Strawberry Line cycle path on Sunday 16 June at 11am, starting at Yatton Station then a cycle out to Winscombe to enjoy a team picnic in Millennium Green before heading back to Yatton Station."

Places are limited for the Children's challenge but if anyone is interested in joining in this fun, fundraising cycle (age 5+) please email: beccyleslie@hotmail.com the team would love to hear from you.

If you would like to sponsor the enthusiastic kids, please visit <https://child.org/me/isla-and-ollys-cycling-challenge>.

To support the *Team Mum* challenge, visit: <https://child.org/me/sophia-rides-bike-kenya>.

Any donation would be greatly received, as little as £10 could buy a baby starter pack.

child.org

Join the Red Dragons Martial Arts School this summer

At Red Dragons Martial Arts we deliver a fun and friendly brand of martial arts. We are focused on developing the character of our youngsters with our *Champions for Life* skills program, which focuses on positive characteristics such as, leadership, respect and effort.

Having relaunched in September 2018, we have been delighted with the response to our classes. We have held our third grading session and we are so impressed with the effort and dedication shown by everyone.

We have a variety of different programmes suitable for all ages. Our **Preschool Tiny Titans**

is ideal for children aged 2–4. This martial arts activity class focuses on developing fitness, focus, self-confidence and listening.

Our **Tiny Titans** class is for children aged 3–6 and gives our youngsters a good grounding in the basics of martial arts while developing positive attributes with our *Champions for Life* programme. These youngsters all go through grading and it is



absolutely incredible to see the effort and focus of these children.

The **Junior programme** is a fantastic way to further develop the children's martial arts skills. We also seek to develop positive habits within our youngsters with the *Champions for Life* programme.

Our **Adult classes** are perfect for total novices who want to get fit doing something different and fun in a friendly and fun environment.

Our **Ladies only programme** is an absolutely awesome class. These ladies are all really friendly and supportive of one another. It is an ideal way to develop strength and muscle tone.

We are currently **taking in new members**. Martial arts training is perfect for developing self-discipline, focus, listening skills and motivation. It is also a fun way to get fit, improve your strength and muscle tone.

Facebook: [Red Dragons Martial Arts](https://www.facebook.com/RedDragonsMartialArts)

Email: info@reddragonsmartialarts.com or Call: 07779 740 432 to book your free trial.



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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

Stress-free family mealtimes

Family mealtimes should be fun, sociable affairs, full of laughter and a way to reconnect after a busy day or week. Instead they're all too often an upsetting time for both carers and children.

Maybe your child refuses to eat anything other than fish fingers or has a meltdown at the suggestion of eating a pea. But even if you don't have a fussy eater, the unpredictability of children's eating behaviours can be stressful enough.

On Saturday 15 June from 11am to 1pm, I'll be hosting my 'Stress-free family mealtimes' event at the Sundial Kitchen on North Street, as part of the Bristol Food Connections festival.

We'll explore why mealtimes can be a battle ground, understand how we learn to eat, share some ideas of meals that can be enjoyed by all the family, teach you some winning tactics to make mealtimes easier and to get your children eating a wider variety of foods.

While I have personal experience of dealing with a picky eater, and have done a lot of research and tested different approaches to mealtimes with my own children, the words of an expert in the field are invaluable and hopefully reassuring. So, I'll be joined by Dr Elizabeth Roberts, a paediatric



dietician, and author of the soon to be published book *When Your Child Refuses to Eat*.

I'll be showing you how to incorporate the ideas we'll give you into your weekly menus with an introduction to meal planning. And, what better way to end the session than to share lunch and put into practice what you've been learning?

Visit my website or Facebook page or the Bristol Food Connections website to buy your ticket.

About Kitchen Titbits: Kitchen Titbits is all about helping you to cut your food waste, slimline your food bills, improve family mealtimes, get food on the table quickly or learn new skills in the kitchen.

Web: kitchentitbits.co.uk

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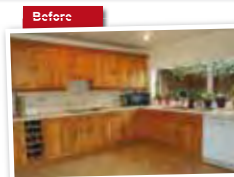
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News from the Friends of Horfield Common



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

Our annual Fun Dog Show & Fundraiser – will be taking place on Saturday 20 July 2019 from 10am–1pm on the common outside the cafe. Please come along and join us for this great event which is always fun and helps us to deliver a wide range of projects throughout the year through the funding raised. Bishopston Matters will once again be sponsoring the prizes. All Welcome!

Junior Parkrun – It was great to welcome Junior Parkrun ambassadors to our recent committee meeting, and to hear from them how they can support a team of volunteers to set up Junior Parkrun on Horfield Common. We are continuing to fundraise for the kit required (which includes bar code scanners, defibrillator etc) – see info on page 53 about brilliant local Dad, Robbie Fox's efforts in Bristol 10K – if you are able to, and would like to make a donation to help us get this great event up and running, please do so through the website at: www.friendsofhorfieldcommon.com

As well as talking about how we can get to our fundraising target, we also discussed volunteers and the wide range of roles that the Junior Parkrun needs to operate weekly. It was great to have a range of new volunteers interested in getting involved at the meeting and we'll be following this up over the next couple of weeks. If you couldn't make the meeting, but would like to get involved, please do get in touch and we'll join you in to the planning!

Horfield Common Park Users Survey

We will be launching a new survey for park users in July which we will then use to inform our work and priorities for the next decade. We are working on the detail of the survey, and hope that as many people as possible will participate to ensure that it is as representative of the widest range of park users and local residents possible. The survey will be hosted on the website and we'll be promoting this widely locally as well as having volunteers on the common itself chatting to park users through the summer. We have now achieved all of the main aims set out by the group in 2010 – saving Wellington Hill Playing Field from development and having the football posts reinstated, achieving a sustainable future for the Ardagh, ensuring that it is retained as a publicly accessible asset for all local people to use and benefit from, improving management of the common to increase wildlife and biodiversity, ensuring that the common is treated as one large public space rather than a series of small areas divided by arbitrary administrative boundaries, improving tree



Planning and research for the gardens regeneration project – can you spot Gardener's World's Carol Klein?

planting and replacing trees and improving play facilities and paths to enable access for all. We are really keen to hear from local people and to ensure that the group remains as representative as possible of local people's views and concerns. Please do participate and please do consider joining FOHC and getting involved in plans for the next 10 years!

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'.



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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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.

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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 #styleyoursmile #letushelpyouloveyoursmile.

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.

Making an appointment couldn't be easier by using your smartphone, tablet or computer through our online registration and booking system. Alternatively, to book an appointment or if you have any enquiries, do get in touch by calling **0117 951 3026**, or via the practice website www.horfielddentalcare.co.uk



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We have a whole new floor!



The last few months has been a hive of activity at Icon Beauty. Along with welcoming new staff to the team, we have also been working behind the scenes on a complete renovation and redesign of the top floor. We still can't quite believe it, but our beautiful new light and airy treatment rooms are now open and mark the start of a brand-new phase for us.

Spread over a whole new floor, the rooms are super spacious with a wonderful spa-like feel to them. They are a haven of peace from the hustle and bustle of Gloucester Road, and a special place where you will be able to enjoy a variety of Massage, Reflexology and advanced, award winning CACI treatments.

It has always been our vision to create a luxurious environment where you can escape the stresses of everyday life and from first opening our doors in 2009, we are now one of the largest beauty salons in Bristol and proud to have built a team of highly experienced therapists.



We could not have done this without the incredible support we receive from our clients and fellow businesses on Gloucester Road. Thank you everyone and we look forward to seeing you soon. *(Remember if you are a local trader you will receive a 10% discount on all treatments).*

The Icon Beauty Team

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



Complementary Therapies

The desire to include in-house Complementary Therapies played a big part in our expansion plans. For the last



year, clients have been able to enjoy specialised and traditional massages, including Pregnancy, Sports and Deep Tissue Massage, and we are now delighted to be able to offer Reflexology for the first time.

Introducing Fiona Reed Reflexology

We are extremely lucky to have Fiona Reed on-board, who is not only highly experienced but also amazingly friendly and approachable. Fiona has been a fully qualified Reflexologist since 1998 and treats clients for a wide range of health conditions. Her specialism lies in Women's Health, Fertility, and Pregnancy Reflexology, but she also offers more general relaxation, rebalancing and restorative Reflexology treatments. Fiona is based on the top floor of Icon Beauty in one of our brand-new, double sized, therapy rooms and you can find a full list of Reflexology treatments on our website.

Treatment Rooms to Rent

As part of our redevelopment, we currently have stunning treatment rooms to rent, on either a full or part time basis.

If you work in Complementary Therapy and are looking to grow your business this could be the perfect fit for you. This would ideally suit someone working in the wellness industry who would like to take their business to the next level and is a unique opportunity to work within a well-established business on the vibrant Gloucester Road.



If you would like more information, we would love to hear from you.

Call: 0117 924 5566 or email: enquiry@iconbeauty.co.uk

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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



La Fiorentina Cafe & Restaurant

La Fiorentina is delighted to be celebrating its first year on Gloucester Road. I arrived to meet with owner Fabio when they opened at 11am, to find that – before he had even had time to get the table and chairs out the front – a customer had asked for one of their generous, take-away ciabatta sandwiches, so he was busy making the delicious parcel up.

Waiting for a less busy time to chat with Fabio, I sat in the beautifully planted-up, terrace section outside, enjoying the morning sun, Gloucester Road location and reviving coffee (La Fiorentina has their own delightful blend).

Chatting with Fabio it was interesting to learn that he had lived and worked in many European countries, in his former professional life; it was however Bristol where he grew up and felt compelled to return to. Taking inspiration from his travels, setting up La Fiorentina – a place for people to come and enjoy great, fresh food at a good price – was his dream. It is extremely hard-work but, "seeing people happy makes me happy" Fabio shared. Their own pasta, pizza dough,

lasagne and Tiramisu is made fresh, daily at the restaurant.

With the Italian family ethos at its heart, everyone is welcome to come and enjoy fabulous food that won't break the bank. There is free ice-cream and fruit for kids

Found a little gem
First time we have dined here. Wanted a pizza place reasonably priced and a bit 'funky' for children... this is ideal. Good friendly service, the food was so fresh and of outstanding quality (they should charge more) and a great atmosphere. Will definitely return asap!

and one young boy recently enjoyed making his own pizza as part of his party. Wherever possible products are sourced locally with meat from Murray's, fruit and veg from their neighbours

Gardeners Patch and even the wood for their pizza oven comes from St Werburgh's. The team are delighted to have been awarded a five-star hygiene rating this month.

The venue is open 7 days a week for brunch (you can get a cracking full English), coffee, lunch and dinner. It is a BYO restaurant (no corkage fee) but they do have a selection of lovely Italian wines that you can purchase for just £10! You are advised to book in advance in the evening to avoid disappointment.

T: 0117 3291311
161 Gloucester Rd, BS7 8BE
www.lafiorentina.co.uk





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

Saturday 8th &
Sunday 9th June
11am - 5pm

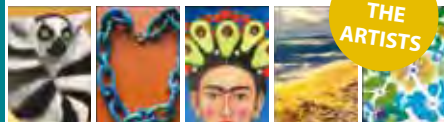
Arts Trail

One postcode - so much to see!

80 artists in venues around Henleaze, Westbury-on-Trym and Stoke Bishop.

Affordable paintings, prints, turned wood, sculpture, jewellery, mosaics, ceramics, photography and more!

MEET THE ARTISTS



www.bs9arts.co.uk @BS9Arts



Our next Public Forum meeting will be in June in Cotham Ward:

bcrp.org.uk

Monday 10 June, 7–9pm at Cotham Parish Church Halls, Cotham Road, BS6 6DR

This will be the first of our regular meetings in each of the wards in the BCR area for 2019/2020, and we look forward to seeing residents from across the BCR area and especially from the southern end of Cotham Ward, including High Kingsdown, for whom the venue will be particularly convenient.

Local ward councillors and the police attend forum meetings and we also welcome reports from community groups on their current activities; let info@bcrp.org.uk know if you wish to give an update.

The new committee members will be present and will be interested to hear from people with ideas for future meeting topics.

For more information about BCR CP see website at bcrp.org.uk

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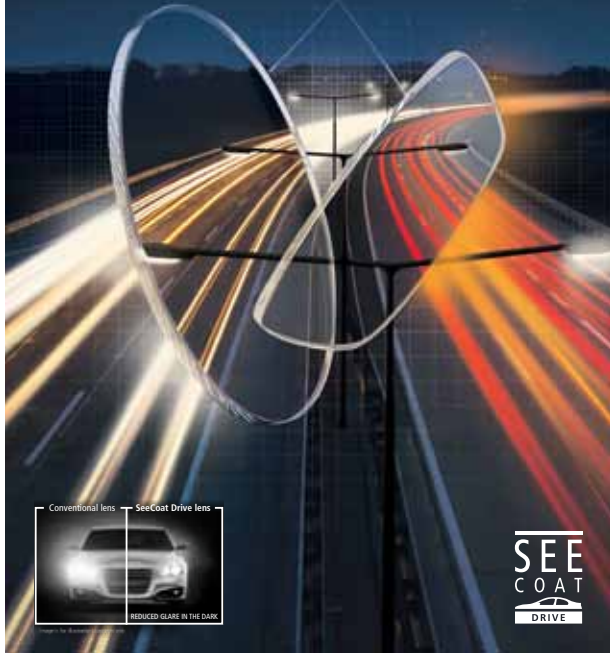
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See the back page for more info on this new, independent, local business

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www.lunaroptycal.com

Peach of an offer at Artistic Hair Company

Artistic Hair Company, owned by the charismatic Pietro Criscione, is now celebrating 27 years at 397 Gloucester Road. It was great to catch up with Pietro at his local salon recently. His enthusiasm and obvious passion for the industry is infectious.

As well as being an excellent, experienced stylist, Pietro is also a qualified lecturer of hair dressing and is always pleased when he discovers new talent. He would like to introduce their new member of staff – Peaches, who has now completed her apprenticeship with them and is fully qualified. To celebrate this, **Artistic Hair are delighted be offering a 15% discount on all services if you book in with Peaches this summer!***

Pietro and Carmela have a loyal following and they look forward to watching Peaches grow this rapport with clients as she builds her own customer base.

The salon has family values at its core. Pietro had just finished cutting an 18 month year olds hair when I arrived (in a very cool tractor style chair adored by the kids). He told me how he has cut children's hair from a few months old and then goes on to do their wedding hair – which he describes as a privilege. His oldest client is 101!

Pietro's strong Italian roots are apparent with the



Why not treat yourself to a new colour or cut with Peaches?

excellent coffee on offer, stylish, retro barber's chair and the Italian hair range Framesi (that is 100% Vegan and comes in biodegradable packaging, one shampoo is even 98% organic!). The salon also use Moroccan oil and Olaplex. They are pleased to introduce a fantastic new Colour Intense hair dye that takes half the time of standard colours, without compromising on the overall effect.

So, if you are looking for a professional, friendly salon with proper coffee, free wi-fi and excellent summer deal with Peaches, book in now!

Tel: 0117 976 8068

397 Gloucester Road, BS7 8TS

* Summer offer runs until 31 August 2019.



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we care.*

**Carers Week
10-16 June**

Carers Week is an annual campaign to raise awareness of caring and to highlight the challenges carers face. Its aims are

Carers Support Centre
Bristol & South Gloucestershire

to get carers connected to their local community and recognise the contribution they make to those communities and families throughout the UK.

Carers don't choose to become carers; many carers don't even see themselves as carers. Many feel they are just doing what anyone else would in the same situation; looking after their husband or wife, child, parent or friend and just getting on with it. But taking on a caring role can mean facing a life of poverty, isolation, frustration, ill health and depression.

Carers often don't ask for help and they are completely hidden from support services. The majority struggle alone and do not know that help is available to them.

Carers Support Centre works locally to provide a range of services to carers of any age living in the Bristol and South Gloucestershire areas. These include information and advice, employment support, carers' groups, training, breaks for carers, counselling and the Carers Emergency Card.

Every carer has a right to a Carer's Assessment. The assessment helps a carer think about how caring affects their life and what adjustments can be made to help them continue to do things that are important to them. The carer's physical, mental and emotional wellbeing is at the heart of this assessment. The person being cared for doesn't need to be getting support themselves from the council.

If you or someone you know is a carer in need of help, contact CarersLine:

0117 965 2200 • www.carerssupportcentre.org.uk

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This treatment is for everyone, of any age.

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

For more info and to book contact Keon:

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

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!"

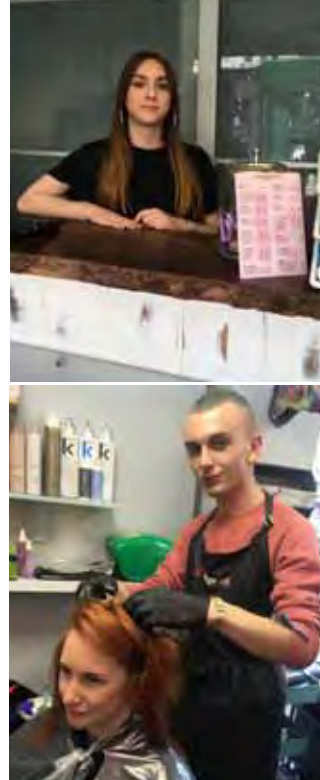
The Green Room is also pleased to welcome Pav (pictured bottom right) on a placement from Poland, to brush up on his English. Luckily Zee is on hand to help with any translation.

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 30/06/19. Not redeemable against any current salon offers or existing available packages.



Becky Summers



20% off any treatment with this advert*


Please quote Bishopston Matters when booking

Comfort Zone Facial & Massage ▪ Shellac and OPI manicure / pedicure, LVL lash lifting, facials, massage ▪ Waxing ▪ St Tropez spray tanning

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 30/06/19. Not redeemable against any current salon offers or existing available package



Training Regime

Exercise can provide many lifestyle benefits. While all exercise is positive, it's always best to approach with a plan of attack to maximise your output and results. Here are a few hints and tips that may help when planning a balanced exercise routine that includes all elements of fitness.

Cardiovascular training – Cardiovascular fitness is usually the best place to start when trying to improve your health and fitness, as ultimately as soon as you're out of breath you will have to stop, so making sure your exercise routine has a cardio vascular element is key to success. There are lots of options here – everything from spinning, running, walking, swimming will all provide an excellent cardio vascular workout allowing you to push harder and recover faster.

Strength training – Regular strength training will help build strong muscles. Strong muscles burn more calories; in return this will help increase your metabolic rate (rate at which you burn calories). Again, there are multiple options for strength classes – body pump or kettlebells are two of the more popular strength-based group exercise classes.

Flexibility and range of movement – Improving your flexibility and range of movement



will allow your muscles to move through a bigger range, in return improving strength, posture, balance and coordination. This is especially important if you are taking part in lots of high impact, high intensity exercise. The slower, lower impact pace of these classes will also promote recovery and mental wellbeing. One way to approach this is to ensure you build a flexibility and mobility session into your weekly training regime; for example, attending a Pilates, yoga or body balance class.

It takes the average person 21 days to create a habit and 90 days to make a lifestyle change, let's get started today!

*Kurtis Walters, Contract Fitness Manager
Horfield Leisure Centre | Everyone Active*



Sakya Buddhist Centre
121 Sommerville Road,
St Andrews BS6 5BX
0117 924 4424
bristol@dechen.org

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Discover Buddhism: Meditation & talks
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All above sessions at Sakya Buddhist Centre

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Thursdays 8.00pm

Multifaith Chaplaincy, 1 Woodland Road BS8 1AU
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www.sakyabristol.org
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Mon - Fri 8am - 8pm
Sat - Sun 8am - 1pm




Award Winning Natural Beauty with Nuala

Bristol Life Awards – Winner!

This spring our Glos Road Central hair salon was delighted to win the Hair & Beauty category of the Bristol Life Awards. The judges said, "With a clear ethical ethos, Nuala Morey is a bold and compelling model for hair and beauty establishments everywhere. This salon is going places!"

Commenting on this fantastic result, Nuala told us, "Winning the Bristol life awards was completely unexpected but I was so proud. I have worked so hard for so long and to have my work recognised was amazing."

Advising the stars!

On a recent trip to London, Nuala met Sinnita – famous singer and X-factor host and is now pleased to be offering the star advice on her curly hair.

New creative stylist and receptionist opportunity –

Nuala is delighted to welcome new creative stylist Poppy, to their strong team of ten. If you are interested in working in this award winning salon, they are currently looking to recruit a new receptionist.

Supporting the Jessie May foundation –

In May, Nuala donned her running shoes and

took part in the Bristol 10k. Their fundraising for this Bristol-based charity, who provides hospice at home care for terminally ill children in Bristol and the surrounding area, continues. With every donation a member of the public makes via their website or in the salon itself, Nuala will donate an additional fifty pence, so please do dig deep.

Curly hair specialists –

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

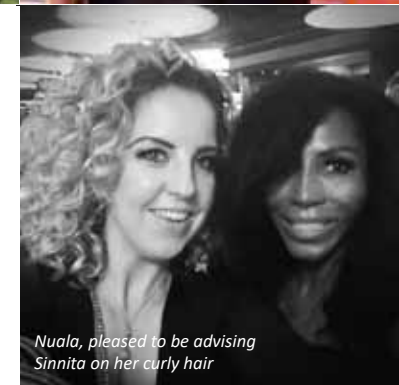
Aveda salon –

As the Bristol Life Awards highlighted, Nuala is dedicated to running an ethical salon. The Aveda hair product range they have selected does not only create fantastic results on all types of hair but is cruelty free to animals, contains naturally derived ingredients and is created by wind-powered manufacturers.

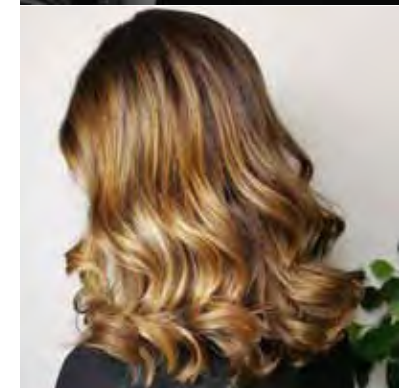
Nuala Morey

**178 Gloucester Road,
Bishopston, BS7 8NU**

**Tel: 0117 924 0940
nulahairdressing.com**



Nuala, pleased to be advising Sinnita on her curly hair





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Bristol South Swimming Pool 0117 903 1618



Everyone Active manages these facilities in partnership with Bristol City Council.

everyoneactive.com facebook.com/everyoneactive @everyoneactive

St Bonaventure's Pre-school is now accepting applications for September 2019

St Bonaventure's Pre-school is accepting applications from parents looking for pre-school places for their children, starting September 2019. Well-established in the local community, the sought-after pre-school provides high quality care and education for 3- and 4-year olds, acting as the perfect stepping stone for children before they start school. Although the pre-school itself is non-denominational, it is based on the site of St Bonaventure's Primary School and so benefits from an excellent purpose-built setting which offers children a light, spacious and well-equipped environment with plenty of outdoor space in which they can explore, develop and thrive.

As well as following the Early Years Framework and the Bristol Standard, they offer a range of extra-curricular activities to provide further opportunity for enrichment; children enjoy tennis twice a week as well as regular cooking lessons and the opportunity to grow plants and vegetables in the outdoor area. Practitioners also incorporate Makaton as a form of inclusive communication throughout the year and children benefit from fluent Mandarin and Italian speakers among the practitioners, who share their interests in the language and culture with the children.

Marie Taylor, Manager of St Bonaventure's Pre-school, says: "As an early years setting we continuously strive to further progress our practice in order to deliver the best possible care for the children and families within the community; we are passionate about providing the best start in life for your child in a fun and relaxed atmosphere."

Staff are highly qualified, committed and experienced practitioners, the majority of whom have been with the pre-school for a number of years. High staff to children ratios mean that every child is supported to feel happy and secure in developing their confidence, imagination and sense of achievement as well as perseverance and a greater understanding of the world around them.

St Bonaventure's Pre-school is open Monday – Friday, 8.15am – 5.30pm during term time.

The setting offers parents the opportunity to use any free early education entitlement up to 30 hours, within our session times.

Do get in touch

They actively welcome visits from those looking for pre-school places for September 2019 and beyond.

To make an appointment, please contact 0117 353 2887 or for more information, to request an application form or see what past and present parents have to say about St Bon's pre-school, please visit: www.stbonaventuresearlyyears.co.uk.



News from Friends of Bishopston Library

We were treated to three very different Good Reads at our **celebration of World Book Night**. Our panellists **Chris Brown, David Dwek and Daniella Radice** led the discussion about their respective choices – *Old Baggage* by Lissa Evans, a comic and insightful take on the suffragettes; *Homegoing* by Yaa Gyasi, a stunning debut novel set against a vast canvas, and *The Day of the Triffids* by John Wyndham, a re-read for many, with some powerful messages about how we treat our planet over sixty years on. As part of this celebration of the love of reading, we collected three boxes of books for The Park Bench library service for homeless people.

We had plenty of takers for our **second birthday café**, eager to sample one of the delicious cakes – many thanks to our volunteer bakers. As always it was a great chance to chat to the wide range of library customers, including some of the many students currently using the library to revise for their exams – good luck to all of them. Thank you to everyone who contributed generously to our collection for North Bristol foodbank.

Our next three author events cover a very long bike ride, a self-published mystery writer and a World War two novel – something for everyone. **All our events cost just £3.00**, and can be booked at the library or online at bishopstonlibrary.org.uk. **Doors open at 7.15pm and talks begin at 7.30pm; there is a bar selling soft drinks.**



Jet McDonald cycled 4000 miles from Bristol to India and he describes both the physical and mental journey in his recently published book *Mind is the Ride*. His talk on **Wednesday 5 June** will take the audience on a visual tour of the trip, and also a journey from Western to Eastern philosophy. Jet uses components from the bike as a way to

explore the philosophies he meets along the way, to better understand the extraordinary experience of cycling across continents.

On **Thursday 27 June**, come and hear **Paul Pilkington**, bestselling author of mystery and suspense novels, talk about his writing and experiences in publishing. Paul first found success through self-publishing, and was one of the all-time

top ten bestselling authors on Kindle in the UK. His Emma Holden mystery trilogy was later published by traditional publisher Hodder and Stoughton, and two standalone thrillers by Thomas and Mercer, an imprint of Amazon Publishing. As well as talking about his experiences, Paul will advise on the options for publishing, including how to self-publish.

Gillian Fernandez Morton and **Maureen Armstrong** will be talking about the life of their mother, Margaret Smith, and **reading from Bombweed**, their recently published book on **Thursday 18 July**. Developed from an unpublished novel written by their mother in 1947, Bombweed is the moving story of three sisters who each suffer heartbreak, but find ways to survive, as World War Two tears their world apart. Based heavily on their mother's experiences, it has been abridged and adapted to appeal to the modern reader. Come along to hear extracts and learn how the book was eventually published 71 years after it was written.



We are pleased to welcome a **new Community Yoga Class** to Bishopston Library thanks to Josie. The drop-in class will run **7-8pm every other Tuesday over the summer** (11 June, 25 June, 9 July, 23 July). All abilities are welcome and proceeds go to friends of Bishopston Library. For more information please email: josie_may@hotmail.co.uk.

Nobody ever really outgrows **Legos**, but if you have a spare brick or two, why not donate it to Bishopston Library's **Just One Brick appeal**, which will enable them to start a Lego Club for 7-11-year olds later this year. Look out for the large tub in the library.



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](https://www.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.

Bishopston Cotham & Redland Street Scene Group – The High Street Clean Up Project, June 2019

Bishopston Cotham and Redland Street Scene Group are a small team of dedicated volunteers who for many years have made it their mission to keep our streets clean of tagging and more, especially on and around Gloucester Road – Bristol's second largest shopping area, second only to Broadmead and Cabot Circus combined.

The group, who rely on donations, and grants, are over the moon to have been allocated funding from Bristol City Council to facilitate a **Big High Street Clean Up** during the month of June. (BCC was given £80,000 from the government to back efforts to clean up high streets and town centres.)

"This funding really makes a difference to us, as it means we will have more essential equipment to continue the work we do, which we know from feedback is valued highly by residents and traders. It also means we are in a position to do a bit of a recruitment drive for new volunteers – and our June Project provides an ideal platform to come along and try it out." Liz Kew – Team Leader BCR Street Scene.

BCR Street Scene Group anticipate the funding will

- Help recruit new volunteers (see below)
- Provide training to new and current volunteers
- Enable us to buy graffiti cleaning kits
- Safety clothing
- Paint and paint brushes

Get involved – volunteer!

This is a chance for local residents and traders to cut their volunteering teeth – supported by a friendly team of experienced volunteers. During the month of June for a few hours on Sundays (and possibly an evening when Gloucester Road is quieter) BCR Street Scene Group are inviting you to join them with their brand new bits, and help clean up on and around Gloucester Road. Experience not required – just enthusiasm and pride of community.



Examples of where your help may be needed

- Planters – weeding/planting/painting
- Litter Picking
- Painting
- Tag removal on walls/properties/shutters/Street Art
- Tidying up Street 'furniture' ensuring public access is available to all (things like bins and A Boards)

To become a volunteer this June, please email Alison Bromilow: info@bcrcp.org.uk or for more information visit:

www.bcrcp.org.uk/street-scene

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COMMUNITY YOGA CLASS AT BISHOPSTON LIBRARY

All abilities welcome!

Drop in 7:00pm - 8:00pm

28th May - 11th June - 25th June - 9th July - 23rd July

£5 per class - proceeds go to Friends of Bishopston Library

Get in touch at josie_may@hotmail.co.uk

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For further information contact Eileen Scott,
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News from Glos Rd Central

Once again Glos Rd Central traders and community groups put on a hugely successful and enjoyable Mayfest at the beginning of May. Luckily the sun shone all day! Joe's Bakery drew the usual crowds by offering biscuit decorating, Osna Therapy hosted a range of therapies, Paper Plane and Art and Chocolate helped everyone to be creative while Giles's butchers, Petra's Kitchen and Café Dream tickled everyone's taste buds. Room 212 invited local artist Elaine from Castor Creations to show people how to needlefelt a heart. This was a taster for a needle felting workshop due to take place at Alchemy on 1 June. Local businesses Little Sausages, Vaguely Vintage, Page 53 and Book Island all had stalls and Billie Jean returned once more with their cashmeres. Meanwhile, Avon Wildlife Trust and Riverford organic fruit and veg encouraged passers-by to think about being green. There was loads for the kids – a giant tea cup ride, face painting by local artist Hannah Bunn, and Miss Popularity entertained everyone with her amazing balloon creations. Nola Interiors welcomed everyone into their beautifully enlarged space with a glass of fizz and an introduction to their range of eco paints. New bar Alchemy 198 had a whole host of local

musicians and Glos Vox Community choir performing outside on their pavement terrace. Inside Holistic Henna created beautiful natural tattoo designs while every enjoyed cocktails and local beers. The Cajun band and Rev Bob & the Devil-May-Cares were especially popular and got people up and dancing. It was fantastic to hear live music out on Gloucester Road so Alchemy are having live music outside the bar on various Saturday afternoons in June and July, from traditional jazz to gypsy to hillbilly. Mayfest was brought to a crescendo with the arrival of Jack in the Green and his attendees, arriving up Gloucester Road and on to Bishop Road where the musicians and dancers performed their traditional dance, circling the 9ft tall Jack. They then made their way to Horfield Common for the finale of the procession. The end to a perfect day!

► *Continued on page 34*



Mayfest 2019!

Thanks once again goes to Glos Road Central's traders for delivering another fabulous Mayfest event. Despite early weather reports stating the contrary, the sun did once again shine on this bunting-decorated, stall-filled, live music playing section of Gloucester Road on Saturday 4 May 2019.

As always, the day culminated with the arrival of Bristol's Jack in the Green and his enthusiastic followers. Song, dance and cheers welcomed the new summer season on Bishop Road – the towering green man is always a sight to behold!

This year I enjoyed joining the procession for the final leg up Gloucester Road and onto Horfield Common. Observing the smiles that spread across people's faces as the friendly procession marched up our high street was wonderful and I was reminded once again how lucky we are to live in such a fun, special place.



News from Joe's

Mayfest celebrations – Once again, hundreds of local children enjoyed decorating free ginger bread people or cupcakes, thanks to Joe's Bakery, at Glos Road Central's 2019 Mayfest event.

Bread making courses with Martin – Have an interest in bread making? Why not learn from the best and book in for one of Martin's courses at Vale House Kitchen? The next 'Introduction to Bread Making Course' takes place on 23 June and then 18 August or his '2 day Bread Masterclass' is on 31 August. Book at www.valehousekitchen.co.uk.

Joe's Bakery at The Bread Store
45 Glos Rd, BS7 8AD

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► *Continued from page 32*

On a more serious note, most of us are becoming more and more aware of the ecological crisis facing our world.

Shopping locally, buying eco paints with Nola Interiors or handmade products from our art shops, cutting out plastic by carrying our own bags or taking empty containers to Preserve all help to reduce

our carbon footprint. However, many of us are realising we need to become much more proactive.

On 9 May Bristol's **Extinction Rebellion** held a heavily attended meeting at St Michaels Front Hall, with a talk 'Heading For Extinction & What To Do About It' by Bristol University Professor Colin Davis. This has led to many discussions between attendees, friends and neighbours and the realisation that we'd like to create a North Bristol Extinction Rebellion group. If you'd like to join or learn more about upcoming meetings and non-violent direct actions, then keep an eye out on the website <https://xrbristol.org.uk> and on the Facebook page www.facebook.com/XRBristol for upcoming events. Alchemy 198 has posters for you to put in your window and plans to host smaller meet-ups and workshops.

Meanwhile, local community artist Deborah Weinreb invites you to help support and promote the **70th anniversary of Human Rights** by writing a supportive message on a flag. She is joining forces with Fly the Flag to collect messages from the public in order to create a unique set of small flags to celebrate, educate and support our Human Rights. These offerings will then go on to join a larger project called Me2U Messages for the World. Deborah will be collecting messages at Alchemy 198 on **Saturday 22 and 29 June, 2-4pm**. The flags will then be displayed outside the bar on Gloucester Road. Live music and refreshments will be on offer.

Alchemy 198 owner, Sarah Thorp, is thrilled to be receiving so many requests from community groups, students and local charities to hold fundraising and awareness events at her bar. She is also delighted that so many talented musicians, writers and artists are interested in showing off their talents as well as people wanting to hold their parties in this beautiful venue. Please do support this new bar and treat it as your friendly, community hub. These days we all need to be supporting each other, our community and our environment.

If you'd like to keep up to date with everything happening on our fantastic section of Gloucester Road then please **follow our Facebook page, Glos Rd Central.** ■

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ALCHEMY 198
June Events

Sat 1st	Needlefelting Workshop, £45 Make a gorgeous woodland animal	10am-1pm book at Room 212
Sat 8th	Flamenco Loco Flamenco band with dancer	8-11pm
Thurs 13th	Oly Bird, French singer / songwriter Followed by Old Malt House Jazz Band	8-11pm
Fri 14th	Scarlet Muses Jazz Swing Dance Band	8-11pm
Sat 15th	Live Jazz on the terrace	outside 2.30pm
Weds 19th	Funny Women Comedy South West Heats Time of the Month Workshop, £5	8-10pm 6-7.30pm
Fri 21st	Alexa? Tell Us a Dad Joke Stand Up Comedian Solo Show, £5	8-10pm
Sat 22nd	Whiskey Hill ~ Bluegrass/ Country Lil Jim presented by Cajun Swamp Club	outside 2.30pm 8-11pm
Tues 25th	Open Mic Night play or listen	8-11pm
Thurs 27th	Trad Jazz with Andy Leggatt & friends	8-11pm
Fri 28th	The Pandjagos Spanish Gypsy Jazz / Flamenco duo	8-11pm
Sat 29th	Weave a Willow Owl £60 tutor Sarah Edwards	10am-4pm Book at Room 212

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198 Gloucester Road, Bristol BS7 8NU

room 212



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



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.

Bishopston Fish Bar, 264 Gloucester Rd, BS7 8PB • 0117 307 9390 • bishopstonfishbar.co.uk

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

0117 970 7060

accom@elcbristol.co.uk
www.elcbristol.co.uk

Clean Air Day Bishopston – plans coming along well

Thursday 20 June is national Clean Air Day in Britain.

Clean Air Bishopston is running a series of local activities throughout the day. The aim is to get people in the community to think about the issue of air pollution and cleaner air while at the same time doing something interesting.

The start of the day will feature a Bike to Work Breakfast Station outside Boston Tea Party. Free drinks and food will be available, and the Travelwest team will be on site to give out useful information and encourage sustainable transport.

In the afternoon, there will be stands at the crossroads of Gloucester Road, Nevil Road and Longmead Avenue, offering information on sustainable transport. School Streets Bristol will be on hand to chat about what can be done to improve air quality around our primary schools.

At the same time, a Kids Creative Corner will offer children (and their parents!) the opportunity to give reign to their creative skills by designing and making pollution posters, etc.

Later in the day there will be short presentations on cycling and walking, and steps we can all take to improve air quality in Bishopston.



Finally, the CAB team will lead a short walk around the northern boundary of Bishopston covering local interest points and offering people the opportunity to enjoy a quiet stroll away from the busy Gloucester Road.

Kevin Molloy, project team leader, said "By marking the day with these activities, people in the community who have concerns about air quality will see that there are simple actions that we can all take to help protect the health of our children and others."

Further details are available via the project team's informative and accessible web site at www.bishopstonsociety.org.uk/cab and will be updated as further details emerge nearer to Clean Air Day.

www.bishopstonsociety.org.uk/cab
#CleanAirBishopston

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“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.

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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



Great News from the Ardagh Community Trust



Architects Impressions of the new Community Hub and Cafe which will regenerate the west-end of the Ardagh Pavilion.



Ardagh Community Trust secures Community Asset Transfer for the Ardagh site – hooray!

We are delighted to confirm that we have now reached an agreement with Bristol City Council for a Community Asset Transfer (CAT) lease for the Ardagh site, which means that 10 years after it was threatened with disposal for development, its future has now been secured! It has been an extremely lengthy process and this outcome means that we can go ahead with plans to regenerate the site, enabling use year-round.

The resident bowling club withdrew from the process, with its members voting to remain a private club rather than becoming part of a community facility. This does mean some compromises for future regeneration of the pavilion building, as some areas are now excluded from plans, but all publicly accessible areas of site will now begin to be transformed and made fully accessible.

The first significant project we will be undertaking, funded through Power To Change and commencing this summer, is the creation of a new community hub, with fully accessible public toilet facilities.

Friends of Horfield Common (FoHC) volunteers will also begin a major project to regenerate the formal public Ardagh gardens – recreating some of the 'magic' of the Café gardens across the whole site and bringing these beautiful formal gardens back into full use. The formal



"After years of negotiations we are delighted that we have succeeded in getting a lease which will allow us to make the Ardagh into a vibrant, inclusive, community led centre in the years to come. We welcome everyone to get involved by using the Centre or by volunteering to help us with our work."

Steve Strong, Chair - Ardagh Community Trust

gardens at the Ardagh were award winning in the 1970s – repeatedly triumphant in Bristol in Bloom – and since beginning Project Ardagh in 2010, FoHC volunteers have had a longstanding ambition to bring the gardens back into full use as a public space to be enjoyed by everyone. The Gardening Group meets at the Ardagh on the first Friday of every month to work on a range of projects, including this one. If you would like to get involved, please come along and join them – no previous gardening experience necessary – they are a friendly group and you will be welcomed!



Participants exploring how ideas for the future of the Ardagh could be sustainable under community management.

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.



Repair Cafe – one of the wide range of projects local volunteers are working on at the Ardagh.



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+.

Community Business Day – We are gearing up for our Community Business Day event when we'll be welcoming people to come and find out more about how they can get involved in ACT and support our work to regenerate the Ardagh as a public asset. As a member of ACT, you will have a say in how the charity is run through a formal vote at our AGM and the opportunity to become a Trustee of the charity.

We will be recruiting for new Trustees who can help to steer the charity and take the organisation forward into the future, as well as volunteers interested in getting involved in the wide range of groups and activities we run (including the Ardagh Shedmen, Gardening Group, Friends Ageing Better Café sessions and more). Specifically, we are recruiting members for advisory groups, including young people who'd like to contribute to planning for the future of facilities and opportunities at the site. If you have some time and energy to spare and would be interested in getting involved to help us achieve this – please get in touch. Our role as a community anchor organisation is to represent the interests of local people – and now that we have finalised the CAT lease, we are looking forward to pushing this work on. Come and join us!

As the local councillor, it has been a joy for me to see the strong, inclusive community growing up around Horfield Common and the Ardagh. Everyone from dog-walkers to wildlife gardeners, and from toddlers at the play park to residents from the nursing home has found a place to come together. I want to thank the tireless volunteers who have made this happen, and those within the council who have helped me to champion this project. I can't wait to see what happens in the next phase.

Eleanor Combley, Bishopston Councillor



Thank you to everyone who has supported Project Ardagh since its inception and to everyone who continues to support ACT and FoHC's work to retain and improve the facilities on Horfield Common for the benefit of all. We're sending out a cheery high-5 to all and look forward to continuing to work with you all on the next stage of the journey.

ACT is a charity which receives no revenue funding. The charity has to generate the income that it will spend on keeping the facilities open, and improving them for the benefit of all. Please do keep on using and enjoying the Café on the Common; as well as providing employment and work experience opportunities, all surplus made by the Café is reinvested in improving the facilities at the Ardagh for the benefit of all. You can help us promote the Café by leaving us a review, sharing content on social media and spreading the word to your friends, family and wider networks. Thank you!

Keep up to date via: www.theardagh.com, follow ACT on Twitter: @TheArdagh and join us on Facebook: The Ardagh.



Project Manager, Rob leading one of the public consultation events focused on the future of the Ardagh site.



Considering breeding?

If you have a young, entire female dog or cat, you might be considering breeding from her. It can be an amazing experience and gives huge satisfaction at producing healthy puppies and kittens. Pedigree and cross bred/mongrel puppies and kittens from family homes make great pets and are generally in high demand. However, there are lots of things to think about. Some of these considerations relate to your own personal situation but there are also considerations that you breed responsibly and produce a healthy, disease-free litter.

Time – The time from the mating and the last puppy or kitten going to its new home, can be around 4 months. Breeding can be labour intensive and so you need plenty of spare time.

Temperament – Both yours and your pet's. Cute babies are one thing but the breeding process can sadly involve animals that do not thrive. There can be tricky decisions to make. Be sure you can cope and will be able to part with your little ones when the time comes for them to go to new homes. And also, be sure of the mum's temperament. Is she of a relaxed nature, easily handled and well socialised? Only breed from pets who have a reliable friendly temperament.

Cost – Having a litter may involve a considerable outlay of money before you see any return on sales. Cost begins with veterinary health screens and possible stud fees for pedigree dogs and can end with getting the whole litter vaccinated and microchipped. Not forgetting that the birthing process, in itself, can involve an emergency caesarean, with no guarantee of a live, healthy litter.

Market – Before starting the breeding process make sure that you have good homes for the puppies and kittens to go to. Let friends and family know that you are thinking of breeding to gauge the market. You don't want to find that your little bundles of fluff do not have loving homes. In general, most owners want puppies and kittens at 8–9 weeks old. If you have not got owners by this age, it becomes more difficult to sell them.

Stud – This can be informal and as easy as letting your queen (female cat) outside and waiting for a roaming tom to pass by. Alternatively, it can be a very formal mating where you pay a stud fee and use a registered stud dog. When making your choice, remember you may have to take your bitch/queen to him on one or more days. Check the stud dog's hip and eye clearance certificates and use 'The Kennel Club' or 'The Governing Council of the Cat Fancy' website for more information.

Genetics – Research your breed thoroughly and only breed from healthy pets. Don't take it for granted that your pet does not have a condition just because there is no sign of it.

Pre-mate testing is advised in both pedigrees but also cross breeds like labradoodles and cockapoos. Your pet does not have to be Kennel Club registered for Canine Health Schemes to be relevant. The Canine Health Schemes enable potential bitches and dogs to be screened for inherited diseases including hip and elbow dysplasia and eye diseases. This means that you can be responsible and only breed from healthy dogs. You can find advice and details on the British Veterinary Association (BVA) website or ask your vet. Please come in for advice and a health check before starting the breeding process; we are always here to give advice and share our experiences. We love to be involved in producing healthy puppies and kittens and we are here to help you along the way.

Holly Rowe, Veterinary Surgeon
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Horfield Organic Community Orchard – Summer Events

Get Growing Midsummer Orchard Open Day

Bristol's community gardens and orchards are opening to the public as part of the June 2019 Get Growing Garden Trail. Local residents are often amazed to find these hidden gems on their doorstep.

Members of Horfield Organic Community Orchard (HOCO) are looking forward to welcoming all to their **Midsummer Orchard Open Day on Saturday 22 June, 1–5pm.**

"Come and meet our 100 fruiting trees," says Orchard Learning co-ordinator, Shannon Smith. "Each has a story to tell. It may be a rare or local variety. Perhaps it's poorly and we're using nature-friendly ways to perk it up. Orchard members are happy to answer your fruit growing questions."

There will also be home-made cake, refreshments, and produce for sale.

Horfield Organic Community Orchard

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

HOCO website: www.community-orchard.org.uk



"At their best, home-grown plums, gages and apricots are luscious orbs of heaven on earth," says course tutor, Shannon Smith. "Caring for stone fruit trees is not always the same as for apples and pears, and many gardeners are confused by the differences. Learning over two days, and focusing only on this fruit family, will help crack the kernel of growing these delicious fruits."

Pruning & Caring for Stone Fruit Trees – Saturday 29 & Sunday 30 June, 10am–4pm. Group sizes are small, and early booking is advised.

Contact: hocopips@gmail.com. More information on the HOCO website: <https://tinyurl.com/OLcourses2019>

Rebecca Ramsden

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Reclaimed and Recycled Material in Your Garden

We all understand the importance of 'reduce, reuse, recycle' in our daily lives, and of course this also has great relevance in our gardens. Salvaged materials from your own garden or from reclamation yards, scrap metal yards, junk and charity shops can be great finds for reusing in your garden's construction and design.

By using reclaimed landscaping materials that are saved from going to landfill sites, in turn this helps the environment. Aged brick, timber and stone can give your garden an instant established look, full of character and depth. Think about combining reclaimed paving with pebbles, gravel and brick. Old scaffolding boards and wooden pallets can make great raised beds, decking, sheds or even garden furniture. Large rocks can be used around ponds, made into rockeries, or simply used as focal points jutting out of borders.

Visiting reclamation yards is such a joy. There is always something unique that can be used as a garden sculpture or statue. Old chimney pots make excellent planters. Pot them up with trailing or frothy plants such as tomatoes, strawberries, ivy, ferns, cranesbill geraniums, or a variety of summer annuals. Old roof tiles can be used for creating raised beds, and reclaimed bricks look warm and earthy for edging beautiful borders, or to create an interesting patio. Old sinks and troughs can be used for planting up herbs and alpine.

Perhaps you've had a good tidy in your garden this spring, and have a variety of bits and bobs that you're not sure what to do with? What about making a bug hotel? Old bits of tile and wood, broken terracotta pots and structural bricks with holes are perfect. You could even reuse roofing felt and chicken wire, or use garden mesh inside it. The more nooks and crannies the better. Creating habitats in your garden for beneficial predators is a

must. It not only provides them with shelter and nourishment, but also allows them to prey on bugs that are eating your prized plants. Then there's no need for pesticides.

Instead of buying new gravel, think about using

a gravel replacement like crushed up seashells, which are organic waste from the shellfish industry. They offer excellent water retention if used as mulch, and their sharp edges will keep slugs and snails at bay. Recycled glass chips come in a variety of colours and could be used to top dress plants in pots, or for the gravel trap around the perimeter of your house.

Reclaimed flagstones are always fun to work with. Use their irregularities to create a living path, with plants creeping in and around the gaps and cracks. Blue Star Creeper is good for shady spots around a path and Breckland Thyme enjoys the sun. They both tolerate heavy foot traffic and will look beautiful winding their way along your path.

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Ali



Juicy fruits of summer

Planning and waiting are two habits of good gardeners. Early

apples and pears have two months more growing on the tree before they're ready to eat. Now is the time to enjoy the juicy fruits of summer. Who can resist bright and bursting berries, or a tree-ripened greengage that melts in the mouth? Cherries are bliss to us – and the birds.

Pruning and Caring for Stone Fruit Trees is a new weekend workshop at Horfield Organic Community Orchard. Working with trees of different varieties and needs, the course covers pruning and training, managing pests and diseases, and choosing what to grow.



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News from the Goldenhill Community Garden

Hi everyone

A massive thank you to the fab folks of Bishopston and beyond who came to our **Big Spring Fair!** It was our biggest yet with 900 people through the gate and the sun shone and we were serenaded by the epic Gert Lush Choir and the beautiful Soutroots Acappella as well the garden favourites What the Folk?! There was some wild and wonderfully barmy drumming, lots of our vegetable and flower seedlings went off to good homes and bags, crowns, perfume and friends were made. A great day!

And if you missed it then there's another chance to come as we'll be open as part of the Bristol Wide Get Growing Trail and **Bristol Food Connections Festival on Saturday 22 June. Come and join us, 12-3pm**, in our beautiful community garden and gather round the wonderful Mr Fruggles the clay frog oven. Get involved with making and cooking delicious pizza or pick a colourful organic salad, munch on cake and buy some plants and support this lovely space. There'll also be pond dipping, digging and a chance to explore the garden for little ones and the young at heart. We also have covered and indoor spaces in case of rain.

We're open, as always, every Wednesday 10am – 4pm. Feel free to pop in and say hi, or get involved and share the harvest. Children and well-behaved dogs on leads welcome. There's no need to stay all day or come every week and there's always a range of jobs to suit all folks. We're just through the allotment gates at the end of Monk Rd behind the prison and if you can't see us then we're drinking tea in the shelter past the pond.

See you in the garden!

Lucy Mitchell

For more info – 07506 905 394
thegoldenhillcommunitygarden.com



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Ardagh Bowling Club



New President

Pictured left, the outgoing president Mr Maurice Hill receives some blue glass from the new president Mr John Langman.

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.



Bristol U3A

Are you interested in learning more about **Charles Dickens**, or charities in **Bolivia**, or vintage maps of **Bristol** or even the **Brigstowe Village band**? These are just some of the topics spoken about at the **U3A monthly meetings**.

The U3A, University of the Third Age, is a national and international charity promoting life-long learning, for those who are no longer in full-time employment, in a relaxed environment. There are no exams, no qualifications and no limit on how much or how little you can participate.

Every month there is a speaker and the above list is those who will address the U3A members between now and Christmas.

The monthly meetings generally take place on the third Tuesday of the month in the mornings at Broadmead Baptist Church, Union Street, Bristol. Tea and coffee are served and there is an opportunity for members to have a chat before the speaker begins.

In addition to the monthly meetings, there are over 150 special interest groups within the Bristol U3A. These meet at various venues all across Bristol. There is bound to be a group which covers your own particular interest. For more information please have a look at the website: www.u3asites.org.uk/bristol or email: judyeparker@hotmail.com.

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Adaption fitting specialist and Wheelchair Accessible Vehicle (WAV) repairer for the South West and South Wales – on our doorstep!

I recently visited the friendly team at their new Brookfield Mobility Solutions showroom, on Filton Road. I was impressed by the diverse range of mobility equipment and aids on offer. As well as an extensive range of car adaptations available, they can also organise for a stairlift to be installed in to your home, and talk you through the latest range of mobility scooters and domestic aids on offer – from a simple yet effective gadget to assist with putting on your socks – to bath seats, all available from the showroom.

Their expertise lies with the bespoke car adaptations that enable people with compromised mobility their driving freedom. My family have had personal experience with the Motability Scheme; my dad was severely disabled with MS. I was amazed how the technology has come on over the years; had the steering wheel controls that action not only indicators and lights from the touch of a button but also brakes and accelerator been around in my dad's time, he would have been able to continue driving for years longer than he did.

When my father moved to an electric wheelchair, we were delighted to be able to have an adapted car on the mobility scheme that enabled him to drive his chair up a ramp into the back of the vehicle. Brookfield Mobility Solutions can enable all of this to happen too – for wheelchair or mobility scooter.

The great thing about having a spacious showroom is that if you wish, you can come in, have a drink and talk through your individual needs with a member of the BMS team. It is their aim to provide a bespoke solution to all their customers in conjunction with their high-class suppliers of adaptations.

The team offer a mobile fitting and repair service at



the supplying dealer or customer's home address.



They can also arrange for fitments and repairs at their fully equipped workshops; they collect the vehicle and transport it to their workshops.

BMS is proud to be a **Motability Adaption Partner** and installer of adaptations available on the Motability Scheme as well as a **Motability Recognised Repairer** and installer of Wheelchair Accessible Vehicles (WAV).

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For full details of BMS's services and product range, please book a visit to their showroom.

30-32 Filton Road, Bristol, BS7 0PA

Tel: 0117 239 5018

www.brookfieldmobility.co.uk



Positive Park updates!

Image thanks to Paul Bullivant



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

On Sunday 23 June, St Andrews Park will welcome the wonderful Pantaloons back for their third visit to our park, where they will be performing their interpretation of Jane Austen's 1811 classic, *Sense and Sensibility*. The performance starts at 7pm and the 'doors' open for picnics at 6pm. Those of you who have attended before will know what a magical evening this will be! This performance is promoted by The Friends of St Andrews Park and any surplus raised will help to support our work in this wonderful public space.

Tickets can be bought from thepantaloons.co.uk



Fay with her giant teapot!

We are delighted to report **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.

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.

If you – like so many other local people – love St Andrews Park and would like to get involved with areas of the green space that interests you, why not join the Friends of St Andrews Park? They always welcome new members. You can find out more via their Facebook page or visit –

www.friendsofstandrewspark.com



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Horfield Theatre Company
www.horfieldtheatre.co.uk

In September 1995 around 80 people from the Horfield area began work on a 'one off' production of 'Godspell' and in February 1996, Horfield Parish Productions performed to packed houses and received sparkling reviews and following an invitation, the group gave its final performance at Bristol Cathedral in September 1996. However, with high levels of energy and commitment remaining, **Horfield Theatre Company** was formed.

We aim to stage at least two productions every year and have successfully performed a wide range of musicals and plays as well as variety shows, youth productions, open air Shakespeare, Murder Mystery evenings, One Act Plays and rehearsed readings. Although based at Horfield Parish Church Hall, we have also staged productions at the Alma Tavern Theatre in Clifton; The Redgrave Theatre; the QEH Theatre, Wells Cathedral and The Olympus Theatre Wise Campus.



We are looking to add to our membership and there are various roles that you might be interested in

Directors - Musical Directors - PERFORMERS - MAKE-UP - Costumes
Props - Set Design/Set Building (painting, carpentry etc) **Lighting - Sound** – Publicity - Flyer Distribution - *Front of House* - *Tea making*

**If you'd like to know more, please come along to our
Wine & Cheese Evening**

26 June 2019 at 8pm

Horfield Parish Church Hall, Wellington Hill, Horfield, Bristol BS7 8ST

To help us with catering and for any further information, please email chair@horfieldtheatre.co.uk or telephone 07779 202 634

We look forward to meeting you

News from Fairfield High School



Talented 12-year-old wows with digital illustrations

Shanai Campbell, 12-year-old Fairfield High pupil, is one talented individual who is taking the youth Graphic Art world by storm! Over just nine months, Shanai has impressed many – including the BBC, who approached her for an interview – with her inspirational and creative digital illustrations.



These are not an easy feat however; each of Shanai's illustrations require hours and hours of dedication and precision as she creates an incredible 11 layers of graphics. Not surprisingly, Shanai is in demand, with orders of thank you cards, invitations, gifts and pictures from family and friends. This gives her some pocket money with which to further develop her hobby; a recent purchase being a tablet to enable her to continue the dream.



Shanai comments: "It was Carlos Valdez Cartoon Maker on YouTube which first

inspired me to get into this kind of illustration. My technique is very different, however, and I've developed my own style using an app called Adobe Draw. I'm really loving what I'm doing and can spend hours and hours at a time, wondering sometimes where the weekend has gone! At the moment this is a hobby which I hope will develop, and in the future, I'd like to become an architect."

Lord Rooker helps students delve into the world of politics



The Student Council at Fairfield High School (FHS) were given an inside look into the world of politics, as they had a fascinating and honest discussion with Lord Rooker, whose visit undoubtedly changed some young minds about the House of Lords and what really goes on behind those closed doors.

During his 90 minutes at FHS, Lord Rooker explained the differences between the House of Commons and House of Lords, what the House of Lords consists of and how people gain their place, the ratio of males to females and the process by which acts are passed through Parliament. The students were interested, in particular, to learn about the varied careers (many still active) of the House of Lords members, which include: film crime writers, Hollywood related roles, nurses, ship owners, artists, presenters, lawyers and journalists.

The students then had an opportunity to put Lord Rooker on the spot as they posed their own questions, demonstrating thought and integrity. Examples included "If you could change one thing in your political career, would what it be and why?" And "In an ideal world, what would you do to overturn the losing battle over climate change?"

Lord Rooker has had a remarkable and impressive political career. In the early 1970s he became a Labour MP and quickly moved up through the ranks, working in the areas of agriculture, social security and immigration, before entering the next phase of his life – the House of Lords.

Rose Hooke, Achievement Co-ordinator and English Teacher at FHS comments:

"We were really excited to welcome Lord Rooker to Fairfield to delve into politics that little bit deeper. Our Student Council are a charming and enquiring group of students who thoroughly enjoyed learning from Lord Rooker's expertise and life experiences. One of our students Alice, is already a member of the Youth City Council so this was a big day for her in particular. We would like to thank Lord Rooker for taking the time to visit us and, in doing so, help shape the future careers of the next generation."

Thank you Robbie!

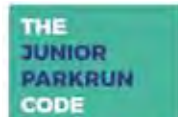
Local Dad, Robbie Fox has completed the Bristol 10K in fantastic style raising £830 to support FoHC's fundraising campaign to bring Junior Parkrun to Horfield Common.

Following the race, Robbie (pictured with daughters right) said: "I'd last run a 10K 6 years ago and since then three little children have taken over the house and the lives of me and my partner Jennifer...despite making us feel very happy on a daily basis! I've recently been told by my doctor to work on my blood pressure and cholesterol. I'm fortunate in that I quite enjoy exercise – I know not everyone does! I signed up for the 10K as a bit of a catalyst to start concentrating on my health again. The training helped (but was very tough) and I finished in just over 51 minutes...surprising myself. It has been a pleasure to try and help the Friends of Horfield Common in their fundraising. I've been taking my twin girls to the park and the common so much over the past few years; the thought

of running my first run with them is emotional! Here's hoping that Junior Parkrun comes to Horfield soon!

Robbie's initial fundraising target was £620 (£100 for each mile of the race) – and he smashed it! Support from friends, family and FoHC supporters really spurred Robbie on and his efforts were a brilliant success – in terms of money raised and kick-starting that healthier living push!

The total fundraising target for the project is £3000 and with Robbie's incredible contribution, FoHC have now raised more than half of this total. At the end of May 2019, the group have raised just over £1500 and are continuing to work on fundraising for the remainder. If you would like to make a donation, you can do this via www.friendsofhorfieldcommon.com and/or if you are interested in undertaking your own challenge to help raise funds for Junior Parkrun on Horfield Common, please do get in touch with the Friends. And please join us in three BIG CHEERS for Robbie!





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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.

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.



St Bonaventure's Early Years Pre School

We are now taking admissions for September 2019 Intake

Please email the following for an application form or to arrange a visit – admin.stbonaventures.ey@bristol-schools.uk

News from St Bona

Crowning of the Mary

The first of May is a significant day at St Bonaventure's as we start our month dedicated to the Virgin Mary. We take the opportunity to celebrate her role as the Mother of Jesus, and appreciate what mothers and grandmothers do for us. On the first day of May, we received an influx of flowers kindly donated by our pupils symbolising how important Mary is to them. Our statue of Mary was completely surrounded by the bold, bright colours and the scent of the flowers soon filled the room making us feel like we had stepped into a botanical garden on a sunny spring morning.



During our service we were led into song by our Chaplaincy and Choir groups, which sounded both beautiful and delicate at the same time, mirroring our flower display and Mary. Our youngest pupil, Arthur, and eldest pupil, Aoibhinn, were given the honour

of placing Mary's white rose crown on her head as they crowned her 'Queen of May'. Our Deputy Head, Mrs Ballantine, invited both pupils and staff to use Mary as a role model, to think of others' needs before our own and to be more open and say 'yes' to help others.

It was a lovely start to May and we were pleased to share this reflection with our school community.

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!



Saturday 15 June from 2-5pm

This event promises to be a great afternoon out for the whole family with a falconry display sponsored by our local property group, Andrews, as well as lots of fantastic stalls for both children and adults including

- Bouncy Castle • Gladiator Duel • Lucky Dip
- Beat the Goalie competition.

Returning this year is our very popular St Bon's Bake Off!



There will also be some fantastic food on offer including ice creams, cakes, fresh fruit and candy floss, as well as tea and coffee and a Pimms bar.



An event not to miss!



Ancient Egypt in Bristol and Redland

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



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

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

Sat 10 August 2019 – Day-trip to Petrie and British Museums, Bristol.

www.egyptsocietybristol.org.uk

Local History Matters – Horfield Prison

BHA local history research – text/prison photo Andy Buchan ©.

HMP Bristol or Horfield Prison, which stands in Cambridge Road, was opened in 1883, as the successor to the New Gaol, also known as the Bristol Bridewell or Bristol Common Prison, which used to stand in Cumberland Road – the entrance is still standing.

The New Gaol had been built in 1820 and had been re-built after the Reform Bill Riots in 1831, but by the early 1870's it had been condemned and a new prison was needed. Prisons at this time were the responsibility of the cities/towns in which they were built. The city council purchased the site of the former pleasure gardens in Horfield in the 1870s as the site for the new prison. It was known at this time that a new law would shortly be passed handing responsibility for prisons to the central government, so they waited until the Prison Act came in 1877, before taking any action. Building of the new prison started in 1881 and opened in 1883. The city was fined £21,000 for keeping prisoners in the old condemned prison, but then sold the site of the condemned prison for £22,000. The new Act also meant that the city was saved the expense of maintaining the new prison.

At the time it was opened the prison had 160 cells; the average number of prisoners in the prison at this time was 179.

The clock in the tower in Horfield Prison was moved there from the old gaol in the city.

When built the prison had a large wing for male prisoners, with an attached chapel and office block and a small wing for women. In the early 1900s, the women's wing was used to hold suffragettes, including Theresa Garnett, who in November 1909 attacked Winston Churchill at Temple Meads Station with a riding crop. Arrested, she was sentenced to one month in Horfield Prison for disturbing the peace, Churchill did not press charges for the assault. While in prison she went on hunger strike and was force-fed; she then set fire to her cell and spent the remainder of her sentence in the prison hospital.

Women prisoners stopped being held at Horfield in the 1920s.

In the early days, prisoners were moved to the prison by train and then walked from Horfield Station (Ashley Hill Station) to the prison. There is a report from 1886 by John Gregory of seeing five women shackled in heavy iron chain being moved from Horfield Prison to another prison.

Within the prison male and female prisoners were kept strictly segregated, even in the chapel, at which

attendance was compulsory. Men and boys had their heads shaved and all except remand prisoners wore uniforms – baggy clothing marked with broad arrows for males, striped blue and white dresses for females.

In the early days, during the first two weeks there were no mattresses and prisoners slept on boards. Food was always very basic, and silence was always required of prisoners. At the time it was opened, prison sentences were handed out for what today, might seem minor offences including: stealing a quantity of nails – 1 month; overcoat and trousers valued at £2.00 – 6 months; 3 billiard balls from a hotel – 3 months; a leg of mutton – 2 months. Prison was intended as a punishment; rehabilitation was not a consideration and sentences would be with or without hard labour; hard labour entailed the breaking up of a large boulder, brought into the prison for this purpose, a practice maintained until 1948.

The prison accommodation was increased by the addition of a 'T' shaped wing in the 1960s and a further similar wing in the 1970s; the wing built in the 1970s was one of the first designed with integral sanitation. Further significant changes were then made in the 1990s, particularly to the entrance area. The prison also has a number of workshops, which were built in the 1930s.



This picture of Theresa Garnett was taken after she was released from prison following her assault on Winston Churchill – she received for her actions, from the WSPU, a brooch for her imprisonment, and a medal of honour for the hunger strike.

Photograph is 'By Col. Linley Blathwayt – www.bathintime.co.uk/image/249330/suffragette-theresa-garnett-1909, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=35318410>'.



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News from our Bishopston & Redland Councillors

Bishopston ward news

Cricket Club – With the cricket season underway we thought it would be useful to remind residents of how to report match day issues. Any problems with inconsiderate parking should be reported to the police on 101 or, where double yellow lines are present, the council's parking services on 0117 922 3091. Problems with anti-social behaviour should be reported to the police on 999 if an emergency, or otherwise on 101. Finally, any issues directly under the cricket club's control, such as stewarding or noise from the ground, should be reported to the club in the first instance on 0117 910 8000.

Muller Road transport proposals – Thanks to everyone who took part in the consultation on the plans for Muller Road. Hundreds of local residents came forward with ideas and suggestions. Hopefully, the revised plans will solve some of the key issues and be better as a result.

A brief summary report on the consultation responses is available at www.travelwest.info/mullerroad. Further details will be available on the same page as soon as the revised design is released.

Wetherspoon's – Passers-by may have noticed hoardings outside 349 Gloucester Road promoting a new Wetherspoon's pub. This is not the first time the chain has tried to gain permission for opening a pub at this location, and they do not yet have planning permission. The previous application was refused on a number of grounds including the impact on amenity for neighbours, a design that didn't interface well with the public realm, access for servicing and more. It remains to be seen whether their new application will address these issues.

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 (which gives evidence of excess speeds, and gets warning letters sent to those going too fast). Fi was shocked

to witness several cars travelling well above 40mph in a 20mph zone. We have also secured some extra 20mph signs to be fitted in some streets. Martin has been talking to residents keen to see traffic calming techniques to lower speeds. We share the frustration that at present there are no funds available for schemes that should be taken forward – like the requested Cranbrook Road crossing, which is a school route. We are doing what we can to prioritise it and get some options drawn up

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, a new process is now underway, and different options are being looked at which will only be finalised as a fresh 'outline business case' to government in September. Any implementation will not start for some time after that. 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 3 years since Greens secured a council debate on action to improve air quality in the council – receiving all party support for action to be taken. Many residents have been in touch to express their horror at lack of action. Look out for the national Clean Air Day actions around the city on 20 June 20, led locally by Clean Air Bishopston.

Parking – Fi and Martin had a meeting with the latest Cabinet member for Transport and asked for 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 also frustrated at reports that the Mayor will not allow any changes before the 2020 elections, despite promises last summer that residents could have help from the Highways department to look for solutions. A new offer has been made to have some support from council communications staff to do survey work although at the time of writing, over a month after our meeting, we have yet to hear anything. In

any case, while another survey may help get evidence of interest in action, we still need help from Highways to develop any possible options for ways parking could be managed.

In the meantime, please carry on alerting us to any issues in your area relating to parking or other transport issues. It really helps us build up an accurate picture.

New enforcement contractor – A new private enforcement contractor called 3GS was recently appointed by the council to deal with relatively minor environmental offences. 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. This has again been promised so we hope it does happen this time. 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 has been trying to find out from the Cabinet member whether one of these can be in Redland but this is taking some time.

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

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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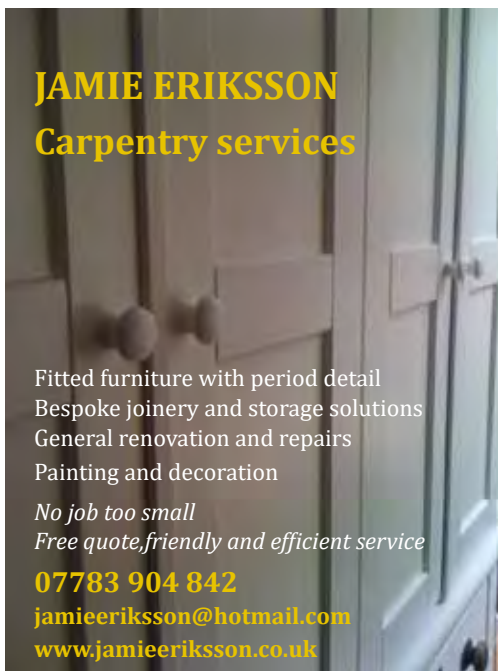
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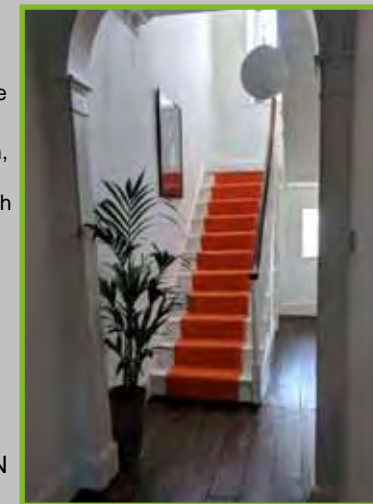


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Our growing repertoire includes early (Renaissance and Baroque) and twentieth century classical music reaching across Europe to the Caucasus and the Americas – recently for 'A date with Leonardo' for the 500th anniversary exhibition at the City Museum and Gallery (<https://soundcloud.com/user142347467/sets/a-date-with-leonardo>) and at a 'Celebrating European Cultures' event at Redland Quaker Meeting House. We are planning gigs in churches, theatres, gardens, and new spaces waiting for the music to happen. Almost anything is possible.

Please contact Tom Allport (tom.allport@bristol.ac.uk) with brief details of your musical experience, and we will invite you to join us for 2-3 rehearsals to 'try out' together. We meet on Thursdays 8-10pm, in Redland, Bishopston or St Andrews.

www.facebook.com/inaccordbristol/

Horfield Families Group

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

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

New Friends Group

No need to be bored or lonely – come along to the New Friends group, you will be made very welcome. For £1 you can meet new people, have tea and cake and try a different activity at each meeting. Hope to see you there!

Meeting on Wednesdays, 2.30-3.45pm at Bishopston Methodist Church.

Redland Green Bowls Club

Free taster sessions on Saturday Mornings throughout May 2019, with their qualified coaching team.

Contact Gerry or Jean 0117 9624466

for further information, or visit www.redlandgreenbowls.webs.com.

The club offer reduced membership for the first year (£50), no experience necessary.

Can you help us keep the café doors open?

Horfield Baptist Church's Fresh Ground Café needs more volunteers to keep going – could you spare a few hours each month to help? Find out more about at www.horfieldbaptist.net/cafevolunteering/ 0117 9624 185.



Events at Bishopston Methodist Church

245 Gloucester Road, BS7 8NY

Cream Teas

Saturday 20 June, 10.30-1.30pm.

Books for sale as well.



Sefton Park Summer Fair

Saturday 15 June, 12-3pm

Sefton Park Junior School,
 Ashley Down Road, BS7 9BJ

Join us for a brilliant afternoon of Sefton Park fun at our annual Summer Fair. We'll have food, drinks, stalls, games, raffles, crafts, treats and a science theme!

This is a great event and also a great opportunity to meet the friendly Sefton Park community as well as supporting the school.

Bishopston, Horfield & Ashley Down Local History Society

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

18 June – Dr Andy Flack.

Histories of Bristol's Historic Zoo

16 July – Sara-Jayne Boughton. *Discovery and investigation of a Roman villa complex in Lockleaze.*

bishopstonhistorysociety.wordpress.com



Muller Road, BS5 6XP
www.theoldlibrary.org.uk

Circle Dance Evenings

At The Old Library on the last Tuesday evening of the month led by Susannah Temple

25 June, 7:30-9:30pm

Again we have live music for our dancing! Do come, even if just to listen – such a treat!

As always, enjoy music from different countries. Beginners are welcome and you don't need to have a partner. Great variety of dances, from peaceful to lively. Join in as much or as little as you want.

Susannah teaches as we go along, so you can pick it up gradually. Wear soft shoes or bare feet – floor is carpeted. Light refreshments provided. Five pounds or so donation for The Old Library gratefully received. Welcome to all!

Warm, informal community dance evenings for all abilities. Helping to raise funds for The Old Library.

For more details, get in touch with Susannah:
 0117 979 1519 susannah@theoldlibrary.org.uk
 com Information also at

www.theoldlibrary.org.uk

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



BISHOP ROAD PRIMARY SCHOOL

SUMMER FAIR

Saturday 8th June

Entry £1.50 per adult - kids free -

1-4pm

- bar - candy floss - face painting - sweet jars -
- games - toys and books - football bungee -
- best in show vegetable competition -
- emergency vehicles* & much more!

plus Bishop Road's famous raffle with awesome prizes!





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.

11 June, Canford Park to Blaise – Meet at Horfield Leisure Centre at 10.00am (bus 11 at 10.20). From Canford Park we shall take the lanes to get to Blaise Castle Estate. Please note there is a section with steep steps which can be muddy. Leader: Joan.

25 June, St Werburgh's Nature Reserve – Meet at Horfield Leisure Centre at 10.00 (bus 24 or 17 at 10.10). A walk through the nature reserve in St Werburgh's to picturesque Georgian Picton Street. Leader: Sheila.



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 –

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.

Bristol Cathedral Choir School Choral Society Concert takes place on Wednesday 19 June, at 7.30pm, at St Alban's Church (Coldharbour Road, BS6 7QB). This is their annual summer event, so please do join them for a concert of music for a summer evening, followed by delicious puddings. Tickets £10 – from choir members/on the door.

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.

Keep fit with dance moves – at Horfield Baptist Church, 279 Gloucester Rd/Brynland Ave, BS7 8NY, Tuesday mornings, 10.15–11.15am. Improve your mobility and general well-being, have fun, challenge yourself and feel more confident, keeping fit to music. The class also includes some body conditioning including seated exercise. Working at your own pace, the class is suitable for all abilities. Go along and make new friends at this very social and friendly class. Pay as you go at £4 per session. Wear comfortable clothing and appropriate footwear. For further information contact Eileen Scott, on 07969 929733, or email scottartyois@hotmail.com and visit the website: www.Keepfit.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: nbc84@gmail.com or look at their website www.northbristolcommunityproject.org.uk.

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.

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

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

Bristol Cabot Choir present 'Music through the Ages' – a concert of beautiful, evocative pieces including works by Byrd, Handel, Schubert, Parry, Elgar, Whitacre, followed by tea and cakes – perfect for a summer afternoon! Conducted by Rebecca Holdeman and accompanied by Ben Hughes-Games. Box Office: www.opus13.co.uk – 0117 823 0154 – Tickets: £15 – NUS/under 18s – £5 Charity No 1162280 – Supporting Age UK Bristol.



Volunteers needed in the Fundraising Hub at Bristol Royal Infirmary Welcome Centre



Above and Beyond is the official charity for the BRI and all eight of the Bristol city centre hospitals, plus South Bristol Community Hospital. We need volunteers to help us on Tuesdays in our shop where staff, patients, their families and members of the public can come and speak to us and find out more about what we do. The role is to help build a welcoming atmosphere and raise funds for the Bristol city centre hospitals. We currently sell second-hand books, cards and gifts, and the role would also cover running bake sales and accepting donations.

Come and join our volunteer team!

For further information contact our Volunteer Co-ordinator Lindsey Dowdell on 0117 992 6472 or lindsey.dowdell@aboveandbeyond.org.uk.

Can you help The Bartholomites find a new stage to perform on?



There is good news and sad news from The Bartholomites at this time. The good news is that we had a great pantomime in February – Red Riding Hood – which was enjoyed by over 400 people! We would like to thank everyone for supporting us in this, our 50th year.

After each performance a collection was taken for our chosen charity, which this year was St Peter's Hospice. I am delighted to tell you that we were able to hand over a cheque for £370.85 to them, for which they were very grateful (pictured right).

The sad news is that with effect from now we will no longer be able to perform any more pantomimes in St Bartholomew's Church Hall, as they are redesigning their space, and there will no longer be a stage there for us to use. After 50 years this is a very sad time for us, but we are determined to try every way we can to find somewhere else to continue performing and providing this community supported event.

If anyone knows of a space with a stage that might be available and suitable for us, we would be very grateful if you could let us know. Please email us at: thebartholomites@gmail.com. We are still hoping to hold all rehearsals in the church hall, but need to find somewhere to perform the show.

Once again, thank you so much for your support in everything we have done. We are looking to the future with optimism, and hope our next message will be one of positive news.



The show must go on!

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