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Matters

issue 89, Sept 2015

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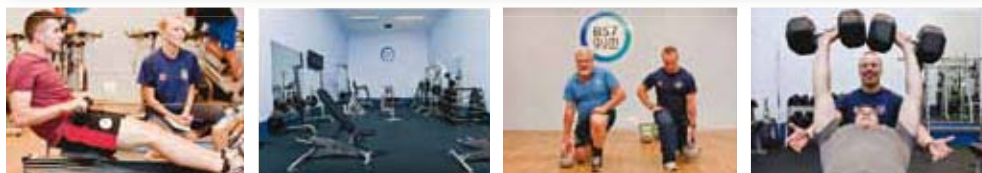


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Dear Readers...

I hope you have all enjoyed a fabulous summer, there has certainly been plenty going on in the local area to keep us entertained!

James, Monty and I had a great time taking part in the Green Treasure Map, uncovering little gems in our neighbourhood that we had never discovered before. See some of our highlights on the centre pages.

I am sure many of you have taken part in the Shaun the Sheep trail and couldn't have failed to miss our very own 'Star Bake' on Gloucester Road. I had the pleasure of catching up with its creator, illustrator Tom Hovey. Read more about his thoughts on 'Star Bake' and his work on the Great British Bake Off on page 5.

At the end of last term I had a great time attending the Ashley Down School play (page 13) and a film premier at St Bon's

Please follow @bishmatters on Twitter, 'Like' Bishopston Matters on Facebook



(page 45). It was all glamour!

This month I hope you will all be joining in the fun of Party in the Park, held at Golden Hill Sports Ground on Saturday 12 September. Bishopston Matters is once again pleased to be sponsoring the Horsey Hopper event. Always a great family day out, read more on page 9.

The Friends of Horfield Common have enjoyed a happy, productive few months. They are now embarking on a collaborative project with Avon Wildlife Trust. Read more about this and all their other news on page 15.

There are many more features and reports on local groups and activities for you to enjoy throughout the magazine.

I hope your Autumn gets off to a great start. All the best,

Kerry x

Email: kerry@bishopstonmatters.co.uk Visit: www.bishopstonmatters.co.uk

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Further Accolades for our local BISHOPSTON FISH BAR

When I visited the brilliant Bishopston Fish Bar recently, it was great to learn that this hardworking local business is now MSC (Marine Stewardship Council) certified. This means that all the fish served at the shop is certified sustainable and can be fully traced to place of origin. Owner Nick Lomvardos told me you can even find out which ship the fish was caught on!

Nick told me, "We are displaying our MSC certification with pride. It is a clear, bold statement to our staff and customers that we care where our fish comes from. People can buy their much loved fish supper with complete reassurance that the quality fish they tuck into has been sustainably sourced."

The Bishopston venue is the only fish and chip shop in Bristol to currently have been awarded the MSC accreditation. Nick shared, "We believe this certification is an integral part of running a successful, sustainable business. It identifies us with worldwide businesses and organisations and reflects our passion for the industry."

The Fish Bar has also recently learnt that they have once again made the UK's top 60 fish and chip shops! The competition, organised by Seafish, runs

across ten regions. To have secured a place in the coveted shortlist, the shops have been appraised across a variety of judging criteria including responsible sourcing policies, marketing and promotional practices, and staff training policies.

Over the coming weeks, they will be subjected to further judging as they receive mystery shopping assessments by industry experts. The next stage of the competition will whittle down the line up, establishing a UK top 20, who will compete for the prestigious 'regional' titles.

We wish our fantastic Bishopston Fish Bar all the very best. Their promise to "Cook with passion, serve with pride" is evident in abundance!

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Afternoon tea with Great British Bake Off illustrator Tom Hovey

What a treat to catch up with the talented Tom Hovey. Many of us are delighted to see GBBO back on our screens and appreciate the enticing illustrations. I was delighted to have the opportunity to ask Tom about these and his fabulous Shaun in the City sculpture – Star Bake!

Why did you choose to set up a studio in Stokes Croft and what makes the area special?

I moved to Victoria Park in South Bristol after 3 years in London in 2013. I had been working from home for 18 months after moving back to Bristol and was starting to get cabin fever. I wanted a studio with a bit of a commute and I always loved the buzz of Stokes Croft so it was the obvious choice, plus I wanted to look cool by proxy.

How did you come to work on the most popular BBC programme – the GBBO? *It was a case of right place, right time. I moved to London to seek fame and fortune but I had not organised a job to go to, so a friend managed to get me a job helping out in the edit for a new amateur baking show for the BBC. I was working in the edit suite with the Series Director and Editor when they mentioned that there was a visual element missing from the show and they were thinking of including some illustration. I said I could do it, pitched a few ideas and got the gig.*

Is it true that in the six series that the show has run, you have never tasted any of the bakes?

It is unfortunately true! Not one crumb in six years, a travesty!

Has it encouraged you to get baking? *Working on the first series, I got really into baking bread; I bought a lot of different ingredients, but after spending the next few Sundays creating some awful bread, I decided that baking was a bit too much of a precise science for me. So my cupboards are still full of yeasts and tonnes of flour – all the gear and no idea!*

Your work extends far beyond the GBBO; can you tell us about any of your other projects?

At the moment, I am elbow deep in delicious cakes and bakes as it is Bake Off season, which keeps me busy from June until December. I am now producing a lot of food illustration work – not just cakes – for a range of clients from editorial for publishing to branding for foodie businesses. However, as I have been a freelance illustrator for nearly a decade, I have a range of styles that I still use if the job needs it. My work for Glastonbury Festival Free Press for instance, working as on-site illustrator is very different stylistically, but just as fun to produce, it's nice to draw people sometimes too.

When not working what do you like to do? Do you have any favourite Bristol venues?

Um well my wife would tell you that I never take any time off while GBBO is on. I'm usually quieter



Tom Hovey and GBBO presenter Mel Giedroyc with Star Bake!

during the Winter and Spring so I take as much time as I can to hang out then. I've been going to gigs in the Academy since I was about 15 and it's still an amazing venue, Colston Hall is great too.

You kindly gave a talk to the Gloucester Road WI, how was that experience? *It was great if not a little daunting as I was very aware that my knowledge of baking would be tested to the limit. But the Gloucester Rd WI ladies were very welcoming and even asked me to judge their very own Bake Off.*

Are you surprised by the fantastic response your 'Star Bake' Shaun has received?

Of course it is fantastic to see so many people enjoying the Star Bake. Every time I have visited, there has been a queue of excited children. It's good to know that my Shaun will help raise money for a great local cause – The Grand Appeal.

How did you find designing the Shaun, did you have a clear vision from the start? *Seeing as I spend a lot of my time illustrating food and more importantly cakes, I felt like it would be a great opportunity to design a sheep-shaped cake. I decided that creating a layered cake design based on the French pastry dessert, mille-feuille, would work well on the 3D sculpture, with layers of multi-coloured fruit, creams and pastry. I also incorporated swill rolls and cream buns for the ears, top of the head and tail, and legs, which gave the design a bit of balance alongside the busy body. I ultimately wanted to make it bold, bright and look good enough to eat and I think I achieved that.*

If people would like to buy your prints, is there a local shop they can visit? *Yes, you can find a selection of my prints at Room 212 just over the road from BTP in Bishopston.*

tomhovey.co.uk

The 'Shaun in the City' trail, organised by The Grand Appeal ends on 31 August. For more information visit – www.shaininthecity.org.uk.

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Family Mediation Bishopston



Family Mediation helps divorcing and separating couples find solutions to disagreements over dividing their money and the arrangements for their children.

Progressive Mediation, based in St Andrews, offers a confidential service to help couples resolve such issues between themselves and saves them from going through the expensive and stressful experience of going to court. Progressive Mediation can provide free Family Mediation to those on low incomes who are eligible for legal aid.

Progressive Mediation is run by husband and wife, Charles and Frances Place. Frances is a

solicitor with a background in civil mediation and family law. Charles is a social worker who worked as a family court advisor for Cafcass for over 10 years.

Frances and Charles offer both partners a free initial meeting which lasts between thirty minutes to an hour. If both parties want to go ahead they will make an arrangement for an initial 1 or 1 ½ hour Mediation session.

As well as being experienced and respected in the field, Progressive Mediation offers competitive prices and appointments in the evening and at weekends.



To find out more visit www.progressive-mediation.co.uk, call: 0117 924 3880 or visit the Progressive Mediation page on facebook.

"Of the couples we see in Mediation over 70% reach a settlement that they can both live with. The relief that people feel at the end of the process is palpable, and it's hugely rewarding for us to know that they can then move on with the rest of their lives."

Frances talking of their excellent success rate.

Redland High School: where girls come to learn for life

Newly appointed Headmistress, Miss Stephanie Ferro, says she really wanted to lead a school which purposefully prioritizes giving young people roots and wings. She believes that young people can flourish, in spite of facing a rapidly changing future, when nurtured in an environment which is secure and suitably challenging. Promoting clear thinking, encouraging effort without fear of failure, and instilling a quiet confidence to pursue their interests, gives a sense of belonging and the courage to reach out to those beyond them.

"It was the tangible sense that these values are deeply rooted in the culture of Redland High that convinced me that its distinctive ethos is one which I would be proud to promote. When I addressed the incoming Senior School girls at their induction morning, I said how pleased I was to be looking at the future: the class of 2022 - the year of our 140th Anniversary. During the next 7 years they will make life-long friends in a school with a trusted reputation for providing a stimulating education which prepares them well for the future."

Stephanie Ferro, who has over 20 years' experience in some of the most prestigious girls' schools arrives after Redland High has continued to achieve outstanding examination results. Our young women

have again won places at their chosen universities to study for a wide range of competitive degree

courses. Miss Ferro's extensive experience of the UCAS application process, ensures that, amidst fierce competition for good university places, Redland High School continues to have the expertise to guide students wisely.

"We are a school on a hill that looks outward and aspires upward. Our houses are named after trees that put out deep roots. Our school symbol of the daisy represents a flower that opens in the sunlight, just as a child who is nurtured blossoms and thrives. This vision and proven track record mean that Redland High is well placed to meet the 2017 demand for secondary provision in Bristol, as well as the unchanging needs of young women to be supported so they can be their best possible selves. I am delighted to be building on the School's founding vision and look forward to leading Redland High at the next exciting stage of its development."



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Playing Out in Bishopston and Beyond...

Local residents have a chance to open up their streets for children to play freely and safely, and for neighbours of all ages to meet and get to know each other better. Lots of streets are already playing out in this area – what about yours?

is spreading through the city and to towns and cities across the UK. Gaby explains what happens on a typical session. "Streets come to life on playing out days when children can use the space in their own way and choose their games and activities. We don't provide toys or play equipment other than chalks and a skipping rope so children can get really creative and will often bring out the things that they want to share with each other."

There is so much active play, races, hopscotch, skipping, scooting and many improvised games. Parents are responsible for their children just like on any other day but have a chance to chat to their neighbours, both young and old. People often say this makes their street feel safer and friendlier in the long term."

There is loads of information on the Playing Out website www.playingout.net and Gaby would be delighted to meet up for an informal chat about how to help you get things started on your street. Please get in touch at gabyisplayingout@gmail.com.

We look forward to hearing from you soon!



Gaby Solly is Playing Out's new local area activator for Bishopston, St Werburgh's and Montpelier and is on hand to support residents with advice, encouragement and free materials. Gaby can help guide you through the process from initial discussion with neighbours, to applying for permission from Bristol City Council to close your street temporarily to traffic, and planning your initial playing out session.

Nearly 100 Bristol streets have organised playing out sessions since 2011, when the council put in place the Temporary Play Street Order – a policy that allows residents to apply to use their streets regularly for play. Children in 'playing out' streets are enjoying the chance to play safely and freely, to make new friends and get to know their neighbourhood better. And adults are benefiting from the chance to meet their neighbours and build a stronger sense of community on the street. Neighbours volunteer to act as stewards during each playing out session to ensure children stay in the closure area and to divert through traffic.

With enthusiastic backing from the council and police, playing out is a great Bristol initiative that

Are you interested in becoming a Primary School Governor?

Bishop Road School is seeking to recruit two governors from outside the immediate Bishop Road School community.

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www.bishoproad.bristol.sch.uk

(About Us, Governors, Governor Vacancies).



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Bishopston Matters is once again pleased to be sponsoring the Horsey Hoppers. Enjoy the fun of the races!

Saturday 12 September 2015 will be the ninth Party in the Park event at Golden Hill Sports and Social Club in Henleaze. After a record-breaking attendance last year with local resident celebrity Amy Willerton opening the day, the aim is that this year's event will be even bigger and better!

The day kicks off at 12 noon with something for everyone and runs on into the early evening. There will be over 30 stalls, an inflatable village, young children's rides, face painting, BBQ and fresh locally cooked curry, live music, an open mic area, brass band, displays from local dance and sports groups, a raffle, tea and cakes, licenced bar and this year there will be tethered hot air balloon rides! (restrictions apply). It is a fun day of family entertainment with something for everyone, no matter what age you are.

Party in the Park is a charity with a sound business plan whose aim is to raise money to cover not only the day-to-day running costs, but also money that is re-invested in order to improve the services that it provides the local community.

Since starting, there has been investment in new netting, new covers for one of the squares, a new tractor and also investment in sports coaches to make sure they are qualified to the necessary standards.

Cricket at Golden Hill Sports continues to expand and there are five senior cricket

teams, five junior cricket teams, kwik cricket for younger children as well as a successful women's and girls' cricket team (a massive achievement).

Football at Golden Hill has really developed well over the years with three adult sides as well as the Golden Hill Sonics for the youth section from U6s through to U15s.

Golden Hill Sports and Social Ground is a venue that serves the whole community, not only for sports but by bringing the community together socially. During the summer, community BBQs are held every month on a Friday (see website) with the last one of the year being Friday 4 September from 5 p.m. A relaxed event where parents and their children can relax and catch up. It is also available for hire for birthday parties and other social events.

Party in the Park is the charity's biggest source of income and it is a success through the continued support of the local community and local businesses. It is only through them that the charity was able to purchase the ground and ensure its longevity as a sports and community centre.

For up-to-date information for Party in the Park, go to the Party in the Park Facebook page or visit the website www.goldenhillsports.com. Entrance to the event will be via Wimbledon Road and Ridgehill/Henleaze Park Drive. Please avoid parking on these roads as they are not suitable for large numbers of cars.



Organiser Chris Drew with Amy Willerton



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Bristol's Number 1 Parenting Community Hub

KudaClub is expanding! – KudaClub continues to grow from strength to strength, this September will see their After-school club opening its doors to Brunel Field for the first time. The addition of Brunel Field comes in response of demand from local parents and the school itself, which owner Pegah has been pleased to work closely with.

There is still time to register with the excellent, Ofsted approved KudaClub. The local venue provides a friendly, safe, fun environment for children, run by qualified child care professionals.

The Breakfast and After-school club is available to children in reception to Year 6. KudaClub run a pick up service from Ashley Down (Downend Road site), Bishop Road and Brunel Field. Get in touch if you would like to receive a family information pack.

More Fantastical Birthday parties –

KudaCan is proud to partner with the best kid's entertainers in Bristol, to offer a unique birthday party experience. A further five new packages are now on offer! Jungle Explorer, Dinosaur, Princess, Under the Sea and Disco Dotty! There truly is something to delight everyone! Visit their website to find out more about these fabulous, stress free, party packages that both kids and parents adore.

KudaTan is the latest edition to the Therapy Room upstairs. Pegah has been overwhelmed with the popularity of this professional spray tan service with local mums.

Reader Offer – mention Bishopston Matters and receive your first all over spray tan for just £10!

Coming up! TITCH –

Travelling Interactive Theatre for Children classes will be starting in October with a FREE taster being offered on 30th September. KudaCan is proud sponsor of BabyBankNetwork.com and will be hosting fundraisers throughout the year. Watch this space and check out the website to keep up to date with event dates, along with new October courses.

Tel: 0117 9422877 visit www.kudacan.co.uk or pop into KudaCan, 7 Dongola Ave, BS7 9HG. Open 7 days: Mon–Sat 9.30–5 pm & Sun 10–4 pm.



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Ashley Down School Federation enjoyed a marvellous day for their summer fair.

The sun shone while people feasted on pulled pork, cakes and ice creams! Families were entertained with bouncy castles, face painting, live band, choir, lucky lollies, lucky ducks, bric-a-brac and lots of other fun activities. The Teddy Bear Zip wire was a particular hit! A police van and old fire-fighting truck made the day complete.

The atmosphere was fantastic and the fair raised around £4000! The PSA are currently raising funds for an extension of the existing playgrounds on both sites. They look forward to welcoming you to further community events next year – watch this space for more details!



The Bristol Giant finds a home with the Ashley Down Infants

I always look forward to the Ashley Down Infants' Year 2 end-of-term play, and this year did not disappoint! We were treated to the creative writing of the pupils, whose wonderful imaginations combined to create the tale – 'The Bristol Giant Needs a Home'.

As the big, friendly giant takes a tour around our city, we were treated to scenes from Bristol Rovers, The Balloon Fiesta, SS Great Britain, St Paul's Carnival and Ashley Down School. The story was led by reporters from the Points West news team.

We started our journey at the Memorial Ground; Bristol Rovers players entered to the crowd chanting their club song 'Good night Irene'. When the actions of the giant meant there was doubt that we would be able to play at their home venue, it was suggested they visit Ashton Gate, which was met with a roaring "No Way!".

We were next transported to Ashton Court for the balloon fiesta. I loved the colourful, home-made balloon head dresses and paper woven baskets – a beautiful display. The local weather forecast suggested there was not enough wind for the ascent but thanks to the strong breath of the giant, the balloons were able to launch. We were treated to some fun dancing to '99 Red Balloons'!

I very much enjoyed Isambard Brunel talking about his beloved ship, the SS Great Britain, which was due to set sail for the first time in 40 years! This was, however, to be delayed as the giant had filled the ship with bubbles to take a bath in it! A procession of lively dancers adorned in feathers and masks pranced to the stage to the music, 'Feeling, hot, hot, hot!' The dancing was brought to a close by a giant sneeze that blew everybody over!

Finally, we arrived at Ashley Down School, where the giant re-appeared to tell of his travels. He told us the only place he would like to live in Bristol was their school, as he had never met such lovely children. Who could blame him, it is an extremely special place indeed. Congratulations to the pupils that will be starting this term as Year 3 – you did a great job.



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Friends of Horfield Common - News & Events!

The FOHC summer AGM kicked off with chair Sam Thomson recapping on the fantastic progress the group has made in recent months thanks to the support of the surrounding community.

- Re-marking of the football pitches on Wellington Hill Playing Fields, an important resource for young, local teams.
 - After a mammoth sponsorship campaign, the planting of 57 new standard trees and 554 Tree pips, which will have a massive, positive impact for local wildlife.
 - Funds secured to create a new pond-dipping platform, to make the Common's pond more accessible to individuals and educational groups.
 - Launch of the Edible Garden project in association with Incredible Edible in some of the Ardagh's gardens. Enabling the common to take part in the 'Get Growing Trail' for the first time this year.
 - A successful History of Horfield Common event, which saw past residents travel from far and wide to contribute their interesting stories. A website featuring some of these videoed interviews will be launched soon, and you will also be able to read some accounts in forthcoming Bishopston Matters.
 - Launch of 1-5 K running routes encompassing the whole of the common. Maps will soon be published and marker posts installed.
 - Horfield Common Running Club now meets on Tuesdays, 6.45 p.m., outside the Ardagh.
- All are welcome to join in this free activity – just turn up.
- Taking part in Britain in Bloom, 'It's Your Neighbourhood' project for the first time and enjoying an informative visit from a RHS judge to the Ardagh.
 - Hosting magical 'Sparkles the Unicorn' as part of the Bristol-wide Shaun and the Sheep Trail this summer.
 - Launch of the much-anticipated Cafe on the Common! This wonderful facility has been much-appreciated by local people over the summer months. The cafe is a social enterprise with all profits going back into improving the common for us all – brilliant!
 - The installation of new bins!
 - Significant steps forward with Project Ardagh – further details below.
 - Partnership with Avon Wildlife Trust as part of their My Wild City Project – further details below.
 - Successful community events, picnics, BBQs and Beach parties enjoyed by all. The next to look forward to is the Festival of Nature Event on Saturday 12 September 2015, filled with fun for all of the family.
- www.friendsofhorfieldcommon.com

Chair Sam emphasised all of these achievements had only been made possible thanks to the passion and hard work of local individuals and groups. She thanks all of you that have helped make a difference, it is wonderful to see this local green space beginning to thrive. Sadly, some of the key committee members are stepping down this year due to relocation, so in order to maintain this positive momentum, the FOHC would love to hear from further local people that may like to get involved in this friendly group in whatever way they can. Please e-mail

friendsofhorfieldcommon1@gmail.com for more information or visit their website.

Partnership with Avon Wildlife Trust

It was great to welcome Matt Collins from Avon Wildlife Trust (AWT) to the AGM. He captivated us when introducing the 'My Wild City' project and describing how Horfield Common is going to be a demonstration site as 'My Wild Park'.

AWT is working with communities across Bristol to make more space for wildlife and link our green spaces to create a network of wildlife corridors. The

idea is that together we can create a nature-rich city that puts wildlife right on our doorsteps, giving everyone the opportunity to experience the joy of wildlife every day. Mark explained that AWT will support the FOHC with advice and sessions on how to provide a greater number of habitats for wildlife, as well as opportunities for local people to learn more about nature; the common has much potential. Many enthused people signed up to be part of this working group at the AGM. If you would like to register an interest to be part of this fantastic project on our doorstep, there is still time. Please e-mail friendsofhorfieldcommon1@gmail.com or visit www.avonwildlifetrust.org.uk/mywildcity.

Project Ardagh

The FOHC, in collaboration with the Ardagh Bowling Club and Ardagh Toddlers, are moving closer to applying for a Community Asset Transfer, which, if successful, would see these groups, along with the support of local councillors and people, running and positively developing the Ardagh building. It is their dream to restore the Ardagh to the thriving Sports Club it once was. The Ardagh bowlers are still extremely active but sadly due to the degeneration of the courts, there is no longer a Tennis Club in situ. As well as Bowls and Tennis, the group are committed to improving the facility for greater use for the whole community. Much work has been put in



by the FOHC and councillor Tim Malnick but at the meeting it was empathised they are still at the very early stages of the process. Soon the team will put in an 'Expression of interest' to Bristol City Council. This application will be circulated through each of the council's departments; the council should come back to the group a month after submission of their proposals. If they are successful, the project will run so that any profits made will be put back into the community building. We wish the hardworking team all the very best with their application and hope to bring you further positive news over the coming months.

friendsofhorfieldcommon.com.



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Textures in the Garden

Mixing up different finishes, styles, textures and colours in the garden can add interest and keep the eye moving around your outdoor space.

Reclaimed sleepers are a fantastic way to add a bit of rustic charm, they are also very versatile as they can be used not only for building raised planters and retaining walls, but also tables and seating in the garden.

Or for a more contemporary look why not have raised beds built, with seats incorporated into them, in a contrasting material - so that when the walls of the beds are painted they will look sleek and modern, and if you use a bright coloured paint you will have instant colour all year around.

Another way to add contrast and texture is by using different materials on the floor, cobbles mixed with aggregates, not just pebbles but coloured glass or slate can really jazz up an area. Some good paving edged with sleepers, tiles or bricks will also add interest; or why not go for something completely sleek and modern like granite, which will sparkle in the sun!

Alternatively you could have an attractive stone circle in your garden, it can be used as a quiet space to relax and escape. There are some really interesting sets available new, but you could also use reclaimed bricks or tiles,



which look fantastic and will be more unique, as well as being a great way to recycle!

Water when used in the garden will always add a different element; as well as stimulating the senses it will also encourage wildlife. Instead of just a pond or bubbling water feature, why not consider a modern letterbox feature pouring into a channel made out of sleepers? It will create a soothing noise, and with planting placed either in or around the edges it will add a whole new dimension, which can lighten up and enhance a tired area.

So why not have a look at what you have in your garden and contact us to see how we can help you improve it.

Ali

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Green Flag Success

We are delighted to announce that Clifton High School has been awarded the Keep Britain Tidy, Eco Schools Green Flag Award. They are the first all-through school in Bristol to receive the award and only the 8th School in the local area.

The award builds on the Silver status that the school was awarded last year and is due to the hard work and commitment of the boys and girls of Clifton High School especially those on the Eco-Committee in Eco Club and their Eco Warriors. The boys and girls were guided and supported in this initiative by Mrs Laura Giles, Head of Geography and Mr Tom Walmsley the school's Environmental Lead.



This is the highest award given by Keep Britain Tidy which assesses schools for their environmental credentials. The assessor was impressed by both the quality and quantity of environmental work undertaken at Clifton High and by the fact that children and pupils from the Nursery

School to the Sixth Form benefited from its keen environmental focus.

The Green Flag status is a huge achievement for Clifton High and demonstrates a true commitment to environmental issues.

To find out more about Clifton High School please contact Mrs Melanie Johnson, Admissions Registrar on 0117 933 9087 or email admissions@cliftonhigh.bristol.sch.uk. You can also find further information their website www.cliftonhigh.bristol.sch.uk.



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Clifton High School is the only school in the South West that operates the successful Diamond Edge Model of Education. Boys and girls are taught together until Year 6; they are then taught separately for core subjects from Years 7 – 9. In Year 10 they return to mixed classes.

The Diamond Model provides the best of both worlds, single sex teaching when it is most beneficial, with opportunities to interact socially at all stages of their education and development.

Senior School Open Evening:
Thursday 17th September

Whole School Open Morning:
Saturday 10th October

Sixth Form Open Evening:
Tuesday 10th November

Clifton High School
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www.cliftonhigh.bristol.sch.uk



Clifton High School
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nursery school to sixth form

Cycle of Faith



Bristol has long been a city of cyclists but with its Green Capital status, and the honour of being the UK's first Cycling City – more people than ever are saddling up.

Although cycle paths are popping up around the city there are still areas where cyclists share the highways with other vehicles. Unfortunately the increasing number of cyclists has also led to an increase in cycling accidents and incidents.

Cyclists are clearly more vulnerable on the road and, whilst riders have the same rights and responsibilities as other road users, additional care is required. Drivers can help prevent accidents by adopting some sensible precautions while driving:

- + carefully check mirrors and blind spots
- + check before opening the door of a parked vehicle
- + ensure there is enough space for cyclists to pass safely.

Of course it's equally important that cyclists take responsibility for safeguarding their own well-being. The Highway Code states that cyclists should avoid unnecessary risk and ensure they remain visible to road users, whilst making their intentions clear. It also says that cyclists should not do such things as:

- + Cycle on pavements in towns and cities. Those that do risk an on the spot fine.

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We all have responsibility for making sure the shared spaces we travel in remain safe, however we choose to commute.

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- + Ride more than two abreast on narrow and/or busy roads or when travelling around a bend stay single file.
- + Cycle through red lights or cycle the wrong way up a one-way street, unless there is a dedicated cycle lane.

We all have responsibility for making sure the shared spaces we travel in remain safe, however we choose to commute. So, whether you are a driver, cyclist or pedestrian it pays to be bike aware!

If you have been injured as a result of the cycle accident Barcan+Kirby can offer assistance and support in helping you get the right treatment and compensation.

Professional advice, simply stated.

Barcan+Kirby

Fresh Arts Festival

Artists, musicians, dancers and choirs will join patients, staff and visitors at Southmead Hospital Bristol during the 2-day Fresh Arts Festival that will take place on the 18th and 19th September 2015 to celebrate the role that creativity and the arts play in supporting health and wellbeing.

Local artists and art students from the University of West of England will be joined by artists and art students visiting from University of Tsukuba in Japan during this exciting programme of free arts activities for patients, staff, visitors, families and local residents.

The Fresh Arts Festival will include foot-tapping live music for patients on wards and pop-up choirs in public areas; patients and visitors are invited to drop into inspiring origami, calligraphy, printmaking and woodworking workshops; the mesmerizing Concorde Wheelchair Dancers will perform in the hospital atrium; a giant knitted installation created by dozens of local knitters will be unveiled; a Japanese 'washi tape' installation will cover the walls with pictures and patterns; performances from 'Bristol Art Library' will intrigue and delight; and there will be a chance to tour the new hospital to find out more about Fresh Arts, the hospital's ongoing arts programme.

The first Fresh Arts Festival took place last year to celebrate the opening of the Brunel building and was a huge success. North Bristol NHS Trust Director of Nursing, Sue Jones described the impact of last year's Festival: "I thought it was a fantastic event; so inspiring. The festival brought a real sense of community to the hospital and was so beneficial for patients. It was like breathing soul into the building."

The Fresh Arts Festival 2015 will take place on Friday 18th and Saturday 19th September. All events and activities are free, and open to patients, staff, visitors, families and local residents. There is no need to book, just turn up and take part.

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Community Fair

Saturday 19 September
12.30 - 4.30 pm

The Bishopston Cotham and Redland Neighbourhood Partnership is hosting this event on Saturday 19th September from 12.30 – 4.30 pm at the church of St Michael and All Angels, Pigsty Hill, Gloucester Road BS7 8NT.

The event will include an opportunity to apply for and vote for funding for projects in our area, for more details see www.bcrnp.org.uk.

There will also be skills exchange workshops, opportunities to meet our MP, Thangam Debbonaire, and to try your hand at the Community Speedwatch speed gun! You will be able to talk to the NP working groups about what they are doing to get improvements in our neighbourhood, and find out how you can join them, or bring your ideas for other projects that you think would make our area a better place in which to live. You will also be able to get your bike mended for free, and enjoy fun activities for children and adults.

The full list of activities is still being confirmed so follow see twitter @bcr_np, Facebook 'bcrnp' or check the website to find out what else is going on.

Little Grants for Big Ideas: Interested in kick-starting a project to improve our area? Does your class, club or community group need some cash to organise a special event, buy some useful kit or run a class project? Do you need to hire a meeting room and provide refreshments to get people together? Or need to print leaflets, posters or cards to promote a new group? What about some paint to decorate your community hall? Or some plants to brighten the garden of sheltered accommodation? Or hire transport for a group outing?

Whatever your community project, you can bid for up to £250 to give it a boost at the Community Fair.

Anyone of any age can put in a bid – you don't have to be a member of an existing group. All you have to do is to submit your idea, setting out your aims and briefly be able to describe how you will spend the money. All those attending the Community Fair will be given a vote to decide if you get the cash, so you need to convince them that it is in a good cause! If your project is supported by people attending the fair, you will get the money, all that is asked is that you take some photos showing that you have spent it as proposed.

You will be expected to attend the fair. You will have a stall, but can promote your bid in any way you choose. This may be by poster, running a stall about your big idea, acting it out, singing about it. You choose. This is your chance to shine!



**Fairfield
High School**
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Autumn Open Events

Open Evening: Thursday 24th September 2015
6:00-9:00pm

Open Mornings: Thursday 1st, Friday 2nd,
Tuesday 6th & Wednesday 7th October 2015
9:15-10:30am



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Fairfield High School's double film contest success!



Two teams of students from Fairfield High School have created prize-winning short films aimed at raising awareness of modern day slavery.

One group worked with acclaimed city charity Unseen to investigate how people become drawn into the sex trade, while the other looked at modern day slavery in the production of consumer electronics.

Their films were chosen as two of the three winning entries in the Sharp Shotz short film competition and were premiered at Watershed in July. The third winning entry was by a team from John Cabot Academy.

The charity, Ideal, which organises the contest, was so impressed with the Fairfield High School Year 8 students that it has asked the school to become its Sharp Shotz partner for the next three years, promoting the competition to other schools.

Sharp Shotz, founded in 2007, gives young people the chance to highlight social issues, working with charities and other partners including the BBC, UWE Bristol and Aardman by creating films that are a mixture of documentary and animation.

Fairfield's 'Anybody, Anywhere' film, can be seen at www.sharp-shotz.com under the 'Winning Films' tab.

Over the coming year, the students will work with Unseen to lead a campaign about the issues around people trafficking uncovered in their films.

David Otlet, head of arts at Fairfield High School, said: "This is a unique project, which our students are very much looking forward to. We are also delighted to be chosen as the school partner for Sharp Shotz. The competition is a great way to link English, arts, humanities and personal, health, social and emotional education in a way that really means something to students."

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An update from the Principal at Fairfield High School:

The 2014-15 academic year was a huge year for FHS, with many amazing achievements and events being celebrated.

The school has hit the headlines for the numerous achievements of staff and students and this has culminated with FHS being part of a Sky1 debating series 'Kings and Queens of Speech' - I am so proud of the students who took part in this.

We were delighted to have our work in developing the whole student recognised by being awarded the Employability Chartermark in addition to our accolades from the Princes Trust and the National Education Trust.

The school opened its doors over the summer holidays to hold the usual Year 6 Summer School; one parent has commented that 'Fairfield does by far the best Summer School'.

Thank you for all your support as supporters of FHS over the past year; I look forward to another fantastic year in 2015-2016 and we hope to welcome many of you to our autumn open events.

Ms Catriona Mangham, Principal

Autumn Open Events

Open Evening: Thursday 24 September 2015
6.00 - 9.00 pm

Open Mornings: Thursday 1, Friday 2,
Tuesday 6 and Wednesday 7 October 2015
9.15 - 10.30 am

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Local History Matters – Russell's Field of Cottages

BHA local history research - text by Denis Wright ©

In 1827, Edward Russell bought sub-leases on four fields belonging to Horfield Great Farm with the idea of building houses on two of them, Bynland and Horse Hill (tithe nos. 279 & 281).

Russell understood that there would be no difficulty in renewing his lease should the need arise, but by 1841 priorities had changed. Bishop Monk was now keen to sell the freehold of the entire Great Farm (including Russell's leases) in order to fund a bishop's palace for the newly formed diocese of Bristol and Gloucester.

Anthony Storey, lessee of the Great Farm, was keen to buy the entire freehold (including Russell's leases), partly out of sentiment, because it would allow him to "bring together again the recently scattered portions of an old estate", and partly because he reckoned that Horfield was just farmland and 'had no buildable land on it'. The only loser would be Edward Russell who had already 'laid out, from time to time, in building of hamlets and cottages, a considerable sum of money', and who now found that his lease would not be renewed.

The Horfield tithe survey was taking place at the



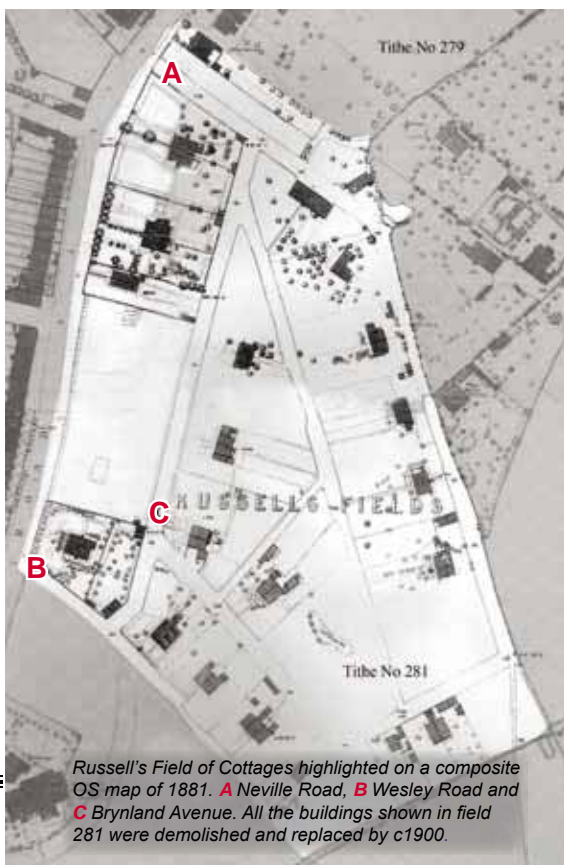
Wade's Cottages stood on Gloucester Road just below the junction with Dongola Avenue.

same time and suddenly there were disagreements about who should be responsible for surveying the plan of Russell's Fields and how these fields should be valued. Russell was unwilling to lay out more money in a lost cause and Tucker was unwilling to carry out work that should have been done by Russell. There were even differences about the exact number of buildings. Russell estimated 'about forty little hamlets' while Tucker counted twenty-six houses 'of an inferior description' on Bynland, and thirty-six houses 'mostly of an inferior description' on Horse Hill. Neither field got surveyed properly in 1841.

Of the two fields, Horse Hill was the more developed. There was a broad strip of ground intended for villas, which fronted the highway and access at each end (now Nevil Road and Wesley Road) to the field behind. In the census of 1841, this field was called 'Russell's Field of Cottages', as though everybody recognised its distinctive layout, different from the usual houses all in a row. Russell himself talked about 'hamlets and cottages' as though the houses differed deliberately in size and design. Using Tucker's figures from 1841 and the known size of the field (almost 14 acres), we can see that each house had on average almost half an acre of ground. There were some obvious gaps still waiting to be filled but they had been waiting for some time.

The plan as we see it was made by the Ordnance Survey in 1881 but it reflects a state of development probably achieved forty years earlier. Sometime between OS1881 and OS1905, the field was redeveloped at a much greater density. We also know what these vanished houses looked like. A late-nineteenth century photograph of Wade's Cottages (occupied by a family called Wade in 1881) shows a house dating from the late-1820s, which once stood on the site of No. 309 Gloucester Road.

The featured pictures are copyright of the Bishopston, Horfield and Ashley Down LHS.



Russell's Field of Cottages highlighted on a composite OS map of 1881. A Neville Road, B Wesley Road and C Brynland Avenue. All the buildings shown in field 281 were demolished and replaced by c1900.



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Pain Relief is at hand for Mums-to-be!

Pregnancy is a wonderful thing. It does however put a whole new set of strains on the mother's body, often resulting in some level of pain.

As pregnancy goes on, your body can be carrying an extra 2 stone of weight, putting a considerable amount of strain on your spine. During pregnancy a hormone called relaxin is dispersed to soften the ligaments, to enable separation of the pelvic bones. A necessary procedure to prepare the body for birth but at the same time it can cause other ligaments of the spine and pelvis to weaken. All of these changes on the body and your posture can cause varying degrees of pain from a dull ache to severe pain. Pubic Symphysis Dysfunction is another painful problem that is common during pregnancy.

Do not suffer in silence! Osteomyologist Dawn Clode is well equipped to address problems both during and after pregnancy for mother and baby. Dawn will adapt her treatments to be mindful of mother-to-be's needs.

Child birth is one of life's miracles that enables new life to come into the world. It is a time of extreme joy for new parents, but labour can also be a traumatic experience for both the Mother and baby's body. It may take some time to get back to your normal self. This is nothing to worry about but you will benefit from a session or two with Dawn, to re-balance your body, and set you on the right way to a speedy recovery.

For babies, the journey through their mother's pelvis when they are born is arduous. Many babies will benefit hugely from receiving Cranial Sacral Therapy. One session can put right any problems young ones are experiencing when trying to latch onto the breast to feed.

Cranial Sacral Therapy is excellent for treating new born babies and children; until they are 3 the bones of the child's skull (the cranium) are not fully hardened making it easier to move the joints and bones of the cranium. It is an exceptionally gentle yet powerful healing practice which can influence the deeply held patterns of both physical and psychological disease.

Dawn is pleased to offer a free Cranial Sacral Therapy treatment to the babies of parents who are already her existing clients.

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Be Happy!

You're probably already aware that on certain days you can experience the same situation in a much easier, happier way than at other times. Many of us experience that "Friday feeling" at work before a weekend, or a happy sense of anticipation before

a holiday that changes the way we experience everyday events. Two people can experience the same situation in vastly different ways, and significantly, one person can do the same.

BEING HAPPIER FEELS GOOD, some other benefits of being happier are

- *Enjoying greater control over habits, whether that's eating, drinking or biting your nails!*
- *Feeling more relaxed around people and more at ease with yourself.*
- *Better relationships.*
- *Noticing a greater focus on priorities & getting things done.*
- *Being more creative.*
- *Enjoying better health & vitality.*
- *Making others happier – happiness is infectious!*

In short, we can be happier, and **The Happiness Course at the Family Practice** helps you to learn how. Find out more at www.gettingclear.co.uk



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5 week introductory course coming soon on Tuesday evenings in Bristol. Register your interest or find out more, here: www.bristolcounselling.co.uk

Please contact Shelley Treacher for more info –

Tel: 0117 909 8559 or 07702 188 676.

Email: shelleytreacher@hotmail.com



News from the family practice

It was great to spend some time at the Family Practice this month, catching up on all their exciting news.

The local, holistic venue was created by five family members but the feeling of family extends to all the many practitioners and people that work within this special clinic.

The group has grown significantly over recent months, as the Gloucester Road venue has given a home to the therapists that previously worked at The Bristol Relaxation Centre. The Family Practice is now open seven days a week with their 'Weekend Massage Hub'.

The team were excited to tell me about the recent marriage of two of their Osteopaths – Dougal Cram and Tania Russell (pictured right). A wonderful day was enjoyed by all.

Many people have noticed that Osteopath Nick Hounsfield, has not been seen at the practice as much lately. This is due to the extensive work he is putting into the ground breaking The Wave: Bristol project, that has even received attention from the likes of Coldplay! The Wave: Bristol will be a place that will bring surfing and its many benefits to people of all ages, backgrounds and abilities with the creation of a surfing lake powered by the latest wave-making technology. Work will soon begin at a 40 acre site in North Bristol on a site called Washing Pool Farm. For more information visit www.the-wave.co.uk/Bristol.

Nick is still involved with the Family Practice but Osteopath Juliana Hounsfield is now managing the business; with three boys, this married couple certainly lead busy lives - but they wouldn't have it any other way!

The Family Practice are proud to take a two-prong approach to the treatment of their clients. They offer pain relief with Osteopaths, Acupuncture, Homeopathy and Counselling, which are perfectly complimented by preventative treatments such as Pilates, Massage, Alexandra Technique, Nutritionists... an all over holistic approach. The practice looks forward to hosting, 'The Happiness Course' in coming weeks (more details right).

The Family Practice also run 'Bristol Children's Clinic' every Thursday. Their Paediatric Osteopaths are the most experienced practitioners in Bristol. Get in touch to find out more.

www.thefamilyppractice.tv



Dougal and Tania tie the knot!



A family of foxes made their home at the Family Practice this Spring!



The Family Practice's Nick Hounsfield at work on his – The Wave: Bristol project.

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WHAT'S NEW FOR AUTUMN 2015?

Adults coaching course for beginners and improvers starts 7pm Thursday 17th September. Only £90 for 10 group lessons and 6 months membership. Contact Peter: 07857 803188 P.Dunton@virginmedia.com

Junior pay-and-play sessions 10.30 – 11.30 am Saturdays, £2.50. Junior member squads each evening after school. Contact Keris: 07917 855357 keris.weatherley@btinternet.com

We have four floodlit tennis courts, a clubhouse and bar. As well as booking a court and playing with friends, we offer: club play, league teams, monthly and annual tournaments, facilities for players with disabilities, junior squads, coaching from an experienced team for all ages, racket re-stringing, Wimbledon ticket draw and other social events. Floodlights and balls are provided free.

The Happiness Course

**Part 1 (4 weeks)
Begins Wed Oct 14th
Part 2 (4 weeks)
Begins Wed Nov 11th
7. for 7.15 – 9.30pm
Part 1 & 2 can be
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Join the Bristol Storm Netball Team

Bristol Storm netball club is affiliated to the Bristol Storm group of sports teams. We're a friendly and inclusive club that

are currently recruiting for additional players and a coach to support our 4 existing teams.

Training takes place on Monday evenings at our new venue, Fairfield School. We like to keep our training sessions varied, so each week has a different focus from netball skills to general fitness.

In addition to netball training and competitive matches, we also have an active social calendar. Events over the past year have included the annual Christmas party, charity pub quizzes, trips to see Team Bath play in the netball Superleague, and a weekend away at a netball tournament in Minehead.

Team trials are taking place in July, so if you're interested in trying us then we'd love to see you! Please email our club account or visit our website and Facebook page for more information.

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News from Icon Beauty

2015 has been an amazing year so far for the Gloucester Road Salon. The new extension has proved to be a huge success this summer, the addition of 3 new treatments rooms has enabled the team at Icon to fit in many more happy customers for their holiday treatments.

New extension – The reaction from their clients has been extremely positive. People can't believe the transformation, they love the new spacious treatment rooms, the extended venue works amazingly well. Owner Lucy Bamber told me, "We wanted to create more of a spa like feel, with the addition of the relaxation areas we feel we have achieved that".

Therapist returns – The girls at Icon Beauty have been delighted to welcome back popular therapist Becky Summers, from her travels around Australia and Asia, "We really missed her, there is a real buzz in the salon now she has returned! Becky has been with Icon since the beginning, so it was great for her to come back to us. She was amazed, to see all the fabulous changes and is enjoying working in the gorgeous new treatment rooms".

New OPI & Shellac colours – Icon always keep up to date with the latest collections. Check out the new autumn colour ranges, OPI Venice and Shellac Aurora collections in the salon now!



Dermalogica Offers – Icon are giving away FREE special Dermalogica mini skin kits with all Dermalogica facials and back massages as well as facial treatments. Different kits for all skin types are available while stocks last, so book in soon so you don't miss out!

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News from... the green room



Welcoming junior stylist Jess –

The Green Room are pleased to introduce junior stylist – Jess, as the newest member of their talented team.

Jess is available for appointments now and looks forward to meeting local customers soon.

September break for Jo – The local salon has enjoyed a busy summer, and would like to thank all their customers for their ongoing support. Jo will be taking a well deserved break, taking September off, she looks forward to returning with re-charged batteries in October.

Kevin Murphy Products –

The Green Room is delighted to now be carrying the new Kevin Murphy colour range. These luxury products are ammonia, paraben and ppd free, as well as being endorsed by PETA (People for the Ethical Treatment of Animals). Celebrities such as Kylie Minogue enjoy these sumptuousness products. Ask in salon for more details.

The Green Room continues to be committed to providing a less toxic alternative to conventional colouring systems, only using products that are less abrasive to the hair and skin. As well as Kevin Murphy, fantastic lines available include; OCS, Macadamia and tangle tweezers.

Stay in touch! – Keep up to date with the latest news and offers via the Green Room's Facebook page, do take a look and give them a like.

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Time for change at tigerlily

Tigerlily owner Marj Cook, told me this month that it has become necessary to close her Gloucester Road venue. She would however like to re-assure the fabulous people of Bishopston, who have been so supportive, that this is not the end of Tigerlily but the start of a new beginning!



You will still be able to get hold of all the gorgeous garments and accessories from their website www.tigerlilyshop.co.uk. Marj also has great plans for taking part in Bristol pop-up shops and a presence at Bath market in the lead up to Christmas.

Marj has enjoyed her time on the Gloucester Road, meeting numerous lovely people. She has not ruled out seeking an alternative retail space on our favourite High Street.

To keep up to date with all the latest Tigerlily news and pop-up venues please follow Tigerlilyshops on Facebook and Twitter, or join their mailing list.

The last day of trading at Tigerlily, 67A Gloucester Road is Tuesday 1st September, so you may still be able to pick up some bargains if you are quick!

www.tigerlilyshop.co.uk



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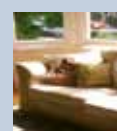
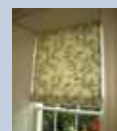
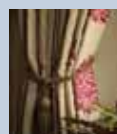
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Local support needed for Bishopston's Window Wanderland 2016

Many North Bristol residents will remember the wonderful Window Wanderland that brightened up a dark and chilly February evening in Bishopston earlier this year. Over 200 residents decorated their front windows and invited neighbours and friends to stroll the trail and enjoy some legitimate nosing.

Organiser Lucy Reeves, a local mum of two, came up with the idea to raise spirits in the darkest part of the winter, now needs support to make the event happen again in 2016. She says, "Local feedback for the event was so positive that we've earmarked 30-31 January 2016 for another Window Wanderland but we need help to make it happen. There are loads of ways local people and businesses can get involved, from covering costs, lending expertise or offering to spare some time to help administer the event."

Lucy and her team will be contacting Bristol businesses over the coming weeks encouraging them to support next year's event but if you have an idea or could offer your support, do get in touch. Local Bishopston traders may also consider



remaining open late on Saturday 30 January to take advantage of the evening's wanderers. Gloucester Road's Boston Tea Party enjoyed one of its busiest evenings last year and people were queuing down the road outside the popular Bishopston Fish Bar!

Lucy continues, "I would love this to become a regular fixture in the North Bristol calendar, it is a joyful event, full of fun and wonder that all generations can participate in and enjoy. I am looking forward to speaking to people over the coming weeks to secure support and to make next year's event happen!"

If you would like to contribute to Window Wanderland 2016, please contact Lucy Reeves at windowwanderland@gmail.com.

niche

As always Niche are responding to customer demand and investing in the very latest technology to produce quality prints. This time it is to produce our treasured photographs!

Amazing quality photographs at your finger tips –

When I visited the friendly team at Niche recently, I went armed with a USB stick containing my recent holiday photos, to try out their new, state of the art Epson Surelab D7. Niche are proud to have the only one of these new machines in the Southwest.

Your images can be printed directly from your mobile, memory Cards and social Media!

The printer is attached to an accessible touch screen. I found the process simple to follow (although staff are on hand to help if needed), similar to selecting and swiping on smart phones or tablets. Although the process is straightforward, the technology enables you to flick between different sizes (including panoramic), zoom in and out of images, change the resolution and brightness, convert to black and white or classic and even type in text. You can of course just simply click through and print your photos exactly as they are.

Quality prints produced from self-

service machine – I was extremely impressed with the machine and delighted with the results. Not surprisingly, Niche have installed a machine with the



same quality printers that produce their art pieces, it is just on a smaller scale. The quality of the image is far superior to your standard self service printer whilst the prices are competitive.

Mounted Frames to fit your photos - perfect gifts!

To compliment the instant prints, Niche have produced a set of ready made frames to home your precious images. There are different sized individual frames and some multiple frames all with cut out mounts. You can create a thoughtful gift from start to finish under one roof. You can even create and print your own greetings cards. That's many a birthday and Christmas present wrapped up for me!



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Benedict Cumberbatch and Apollo Astronauts...in a Bishopston Shed!

Benedict Cumberbatch, Chris Hadfield and Fred Haise are not the first names you associate with a shed in Bishopston, but they are all part of a new project created in a garden on Egerton Road.

Bishopston residents Andrew Glester and Ben Cowburn have created a podcast called 'The Cosmic Shed', which explores the point where science and storytelling meet.

"We moved to Bishopston last year and there was a crumbling shed at the bottom of the garden. It was completely overrun with weeds so I had to do something with it", said Andrew Glester.

Rather than knock it down, Andrew and Ben fixed up the shed, painted the interior black, fitted a Japanese star projector and invited Laura Duncan, a biologist, along to record a pilot episode, which explored the science that inspired Christopher Nolan's film Interstellar. Laura recorded an interview with UWE's Dr Erik Stengler for this first instalment, looking at the wormholes, time dilation and the fifth dimension of space-time.

The second episode includes an interview with Benedict Cumberbatch as they consider Alan Turing's work and the Imitation Game film.

"Benedict's passion for science really comes across. That was quite a coup for our second episode and then the opportunity to meet Fred Haise came along. Apollo 13 is a wonderful film and an amazing true story. To be able to sit and chat with an Apollo astronaut is a real honour", said Andrew.

Theoretical physicists who work on the Large Hadron Collider, NASA space scientists, authors and musicians have followed in recent episodes, but it's a forthcoming one which caused the most excitement on Egerton Road,

"Andy Day came to the shed this week. My daughter, Lyra (3), was beside herself with excitement. Andy's 'Dinosaur Adventures' is a favourite programme of ours so it was quite something to have a time traveller in our house...and shed."

Andrew, Laura and Ben have plans to produce shows for as long as the shed stays in one piece and have had to make running repairs following the recent winds! They cover films, books, TV shows,



Laura, Andrew & Ben in the shed!



Andy Day in the Cosmic Shed!

"Particle physics seems no more difficult and no less beautiful than Shakespeare to me."

Andrew Glester

music and talk to amazing people about the science and science fiction that inspires them.

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- 6 Madlib – Shades Of Blue
- 7 King Crimson – In The Court Of The Crimson King
- 8 Can – Ege Bamyasi
- 9 Gil Scott-Heron – Pieces Of A Man
- 10 Donald Byrd – A New Perspective

Reader Competition – £20 voucher!

Q: Name the guitarist singer-songwriter that's waiting for the 73 bus?

Replies by email to centreforbettergrooves@gmail.com. The first correct respondent will receive a £20 voucher to spend in-store!

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A triumphant Bishopston United!

Bishopston United had a fantastic end to their season winning the majority of their matches to finish four points clear at the top of the Bristol Under 13s' Saturday youth league! They unfortunately missed out in the cup competition, losing to Ingleside, but it has been a very successful season for Bishopston United as the under 14s also won the league.

In June, the group arranged a presentation picnic on the Downs, with individual trophies given to each player together with a league trophy. The league shield was presented to their team captain Sonny O'Sullivan.

Next season they have entered the under 15s' league, which will be extremely challenging as they will be playing mainly teams comprising players that are a year older than their players! This will include matches against the previous Bishopston Under 14 league winners who will now be Bishopston U15s. Training will continue at Fairfield school on Thursday evenings and matches every Saturday morning 10:30 a.m., with home matches at Eastville park. Full details are available on the Bristol Saturday League web site. Bishopston Matters wishes the team a huge congratulations – enjoy your glory!

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MOCKINGBIRD PRESS

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Sue Pickering of Creative Bristol investigates artwork reproduction with Horfield based small family business Mockingbird Press.

I love the artistic culture of Bristol and can often be found at exhibitions and art trails around the city. If my budget was bigger I'd be buying lots of original artwork. Instead, I usually go for the more affordable option of a reproduction of the original, such as an unframed Giclée print or a greetings card.

Bristol-based Mockingbird Press specialise in the production of high quality reproductions of artwork. I spoke to owners, Bob and Sharon Antell about the processes involved - and asked: what exactly is a 'Giclée print'?

I found out that Bob and Sharon are both artists and Bob worked as a graphic designer for many years. Researching to find a reliable printing process for his own work led Bob to set up Mockingbird Press a decade ago.

The first part of the reproduction process involves the digital capture of the artwork.

Smaller two-dimensional pieces can be scanned, but larger three-dimensional pieces are photographed. Mockingbird Press have a range of tried and tested methods for doing this very successfully. Bob can either come to an artist's studio (especially if work is big or difficult to move) or the work can be brought to the Mockingbird Press studio. Then the images are edited to look as close to the original as possible.

Instead of charging for the initial set-up of artwork images separately, Mockingbird Press only charges a unit price for items produced from this initial set-up (such as Giclée Prints, greetings cards and high-resolution digital images).

And what exactly is a Giclée print? The word giclée was adopted in 1991 by Jack Duganne,

a printmaker who wanted a name for the new type of prints being

produced on a new industrial inkjet printer adapted for fine-art printing. The word 'Giclée' is based on the French word gicleur, which means nozzle. So, Giclée prints are a very specific form of digital ink-jet print. The ink is extremely light-fast and a special kind of printer is used.

Brand New A2 Giclée Printer



Mockingbird Press offer a range of different papers for Giclée printing and the results are very impressive. The prices, which are highly competitive, are on their website. If you require more than 5 prints, there is a 15% discount. Having recently relocated to a new studio in Horfield,

they have just acquired an A2 Giclée printer, increasing the range of print sizes available.

Mockingbird Press also supply greetings cards of different sizes and paper qualities. Each card comes ready packaged with an envelope in a cello bag and prices start from 85 pence per card (minimum order of 250 mixed cards).

Mockingbird Press pride themselves on their bespoke service and have a significant customer base in Bristol and beyond. To discuss your fine art reproduction needs contact them on 0798 245 8847 or mockingbirdpress@hotmail.co.uk or through their website www.mockingbirdpressbristol.co.uk

*Written by Sue Pickering, Creative Bristol
www.creativebristol.org*

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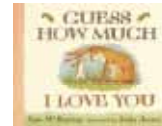
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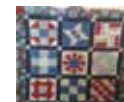
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Treasures on Concorde way cycle track



Tiny toy cinema on Durdham Park



A happy launch day! Clockwise from right, Biggles from Bristol Pedal Revolution, children – Jake, Beau and Anna, James Evans, Cllr Antony Negus, organiser Chrissie Decker, Cllr Martin Fodor & Dr Bike.



Fun and games on Overton Road with 'Train tracks and traffic jams'

Bishopston, Cotham & Redland Green Treasure Hunt

It was fantastic to take part in this inspired trail around our neighbourhood, as part of the Bristol 2015 Neighbourhood Arts Programme.

Bishopston resident Chrissie Decker thought up and organised the local treasure hunt. Chrissie explained what had been her inspiration, "I wanted to encourage residents to explore their local 'green treasures'. To inspire people to try active travel and discover the most pleasant routes to get around. I am hoping that people have discovered something that can become part of their future daily life."

I can confirm James, myself and Monty dog have discovered some lovely local routes that we will certainly be making part of our daily walks. It was an opportunity to look at our neighbourhood and the treasures it holds with a fresh pair of eyes.

I asked Chrissie what kind of response she had received from people taking part? "The installations have certainly raised eyebrows, I like watching people smile as they walk past."

Like myself, many people are pleasantly surprised by the quiet route via the Concorde way from Bishopston to St Werburghs, Susan Millington said "I didn't even know that was there, it was a really enjoyable cycle".

If you have not yet taken part there is still time! The trail is open until Sunday 13 September 2015. www.greentreasure.net.

Congratulations to all those involved in creating this fun, inspiring, free event that numerous local families have enjoyed.



Lorna Rankin from Bishopston Gardening club, who kindly did all the planting.



'Food for Thought' street pocket near the entrance of Horfield Organic Community Orchard



St Andrews Park



Horfield Common



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Myopia Control – at Lynne Fernandes

Myopia: What is it?

Myopia or short-sightedness, is the eye condition where near objects are clear, but objects farther away are blurred. It is caused by the eye ball being slightly too long.

Myopia: an epidemic?

The percentage of people who develop myopia is increasing sharply, to the extent where it is now considered an epidemic. Myopia is getting worse around the world: in some parts of Asia, eighty percent of the girls in high school are myopic, in the United States, over forty percent of people aged 12-54 are myopic and here in UK research has shown that over fifty percent of 1st year undergraduates are myopic.

Myopia: traditional thinking

Current research indicates that traditional opticians may be making the problem worse with glasses and standard contact lenses.

Here are some myopia facts to get you thinking:

- *Myopic parents are more likely to have myopic children than non-myopic parents. ie genetics plays a part*
- *People in urban environments have more myopia than rural societies.*
- *The amount of reading or near work a person does is not predictive of whether they will become myopic.*
- *Studies of Native Inuit populations show low levels of myopia pre-education and that they developed higher rates of myopia when education was introduced to the population.*
- *People who spend more time outdoors, even if they have myopic parents and even if they read a lot, are less likely to become myopic.*

New Myopia Control Clinic

The Myopia Control Programme

If your child has myopia you might be wondering if there is a cure or if something can be done to slow its development. Recent research suggests it may now be possible to slow the rate of progression of myopia. We've spent 18 months putting together a myopia control programme based on the best available current research.

If you want to know more, call us for an information leaflet, or book with your child into our new Myopia Control Clinic at Lynne Fernandes Optometrists.

Gerard Fernandes

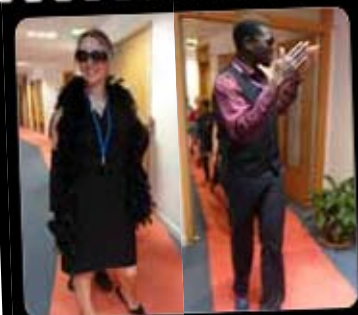
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LynneFernandes
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Films, Fair and Lord Mayor Visit - Plenty of glamour at St Bon's!



The summer term topic at St Bon's was Science Focus. It was launched to the whole school when they all took a trip to Bristol Zoo.

To record their learning, every year group has made a film in response to their science enquiry. For example, Year 2 worked to the subject title 'What is a Lifecycle?'. The year observed the lifecycles of tadpoles to frogs and caterpillars to butterflies in their classrooms. Outside in the school garden they planted seeds and have grown plants to watch their lifecycles.

To prepare for their films, the children created storyboards and scripts. The films have been possible thanks to the generosity of local parent Stephen Dunleavy of Humble Bee Films, who came into the school with cameramen to film the children's creations. The process took a few weeks and a good deal of patience, especially Year 1's subject of 'How to look after pets' that involved working with children and live animals!

I had the honour of joining the paparazzi on their red carpet and attending their film premier! Cannes Film Festival eat your heart out! It was a treat to see the classes with their

teachers looking glamorous as they strolled down the red carpet into their school hall.

The film was introduced by Stephen Dunleavy, to whom the school are so sincerely grateful for his efforts in making this fantastic project possible.

As the film began, the whole school gasped as Sir David Attenborough appeared on the screen! He congratulated St Bon's on the great work they had been doing and told them, "I hope you continue to enjoy life on our planet".

All the films presented were very different but equally as stylishly presented. The level of learning and depth of their scientific exploration increased as we travelled through the year groups. I particularly enjoyed some of the home videos of Year 5; I think we have some documentary presenters of the future within the school! All of the pupils were bursting with enthusiasm on the screen and it was clear they were engaged with the learning.

After the premier, followed the school Oscars! Each

year group was presented with a large gold star certificate. As each teacher gave their acceptance speech, they expressed how impressed they had been with all of the pupils throughout the project and the quality of their learning. Creating the films had clearing been hugely motivating to their work.

After thanking his mother, father and pet Gerbil Bertie! Mr Davies told us he didn't believe there was anywhere else in the country that a primary school had created a film of such quality. Filming with Stephen Dunleavy had been an incredible opportunity that, in years to come, the pupils will look back on with pride. He described the film as a legacy for the school, and I couldn't agree more.

The show biz didn't stop there! Later that day they enjoyed a visit from the Lord Mayor! The visit was to mark the school's reading celebration, to congratulate the children on all their hard work this year, and to thank their reading volunteers for all their help. The Lord Mayor came to present certificates and then read with two children as part of Save the Children's 'Read On. Get On' campaign,

which is aiming for all children to be good readers by the age of 11.

I had a great deal of fun attending St Bon's Summer Fete, especially visiting the cake stand, which boasted exception baking talent!

A huge thank you goes to local parent, Beatriz Mendez, along with fellow fair organisers and all those that attended. Beatriz kindly ran a fun photo stall with numerous props for people to pose in. Sincere thanks to all those that had their photo taken and gave a donation to the MS Society; your generosity is much appreciated.

In the autumn, St Bon's new topic will be Celebration of Community. The learning will start with the children investigating the journeys of their parents and grandparents.

There will be a big celebration of food and dance for everybody to come together and enjoy. Bishopston Matters looks forward to bringing you more information on this soon.



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There is no charge for local collection.

It is important to give yourself time to grieve. Take time to talk to your friends and family, you should never feel self conscious about your grief. Many people experience feelings of guilt "Did I do the right thing, what could I have done to prevent it?" This is normal and will subside with time. Remember the word euthanasia comes from the Greek for 'a gentle death'. It is a great gift to be able to prevent unnecessary pain and suffering.



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Autumn news from **Roxford's Pet Shop**

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New Easy-Tie lead attachment

Roxford's are now stocking a handy little attachment that clips on to your dog lead, and enables you to effectively and easily secure your much loved pooch to car head rests, café tables, bench legs, school railings etc. The easy-tie neatly fits on the dog lead handle, when for example, you wish to sit outside on the Gloucester Road and enjoy a coffee, the attachment can be clipped directly around the



table leg with no removal or tying of the lead involved – quick and simple!

The attachment is made from strong Polypropylene webbing, with a super strong Acetyl central buckle.



It comes in two sizes – Small/Medium, supports dogs of up to 17kg and Large, dogs over 28kg.

Ask in store for more details.

Thank you from Sally & Guide Dog Julie

From the start of this year, local resident Sally and her beautiful guide dog Julie, have been fundraising for the Guide Dogs for The Blind Association, outside Roxford's.

You will often find the pair enjoying meeting local people on the Gloucester Road on a Saturday. Golden Retriever cross Alsatian, Julie, loves people saying hello and making a fuss of her. Since she and her owner Sally have been visiting Roxford's this year, they have raised over £1,000! Sally would like to take this opportunity to say a huge thank you to all those that have donated. Highly trained dogs such as Julie, transform the lives of those they assist.

Roxford's owners, Sarah and Michael told me, "We are delighted to support Julie and her companion Sally!". Do look out for the duo and give generously.



Gorgeous Guide Dog Julie

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Take the Plunge for your local MS Therapy Centre

Be thrilled by the sight of canine lifesavers in action at Portishead Quay Marina on Saturday 12 September, as a group of Newfoundland dogs jump into the Marina to put their famous life-saving skills to the test, and you could get involved.

The MS Therapy Centre (based in Bradley Stoke) has teamed up with Newfound Friends to offer you the unique fundraising experience of a lifetime!

If you take part, you will be whisked away from the Portishead Marina by boat and then jump into the water ready for your life-saving experience. A Newfoundland dog will then be released to rescue you holding onto your life jacket and swimming you back to safety.

With a typical bodyweight of around 75–90 kg, a double waterproof coat and a full set of webbed feet, these gentle giants are as much at home in the water as they are on dry land and their life-saving skills have been commended by The Royal Life Saving Society.

The local charity is looking for 30 adventurous people to be rescued from the Marina by the canine lifeguards, while raising vital funds for our



West of England MS Therapy centre. There is a £10 registration fee and they ask that you raise a minimum of £150 in sponsorship.

For those who don't fancy getting wet, there will still be plenty to do with activities for the children and local stalls. Dog lovers will also be in for a treat, as, for the first time, they will be hosting a fun dog show and agility display that your four-legged friends can get involved in.

Please join in this fantastic family day out at the Portishead Quay Marina and help raise vital funds for the charity that is close to my heart. If you're interested in getting involved in this event, please **call Emma Sansom on 01454 628725 or e-mail: fundraising@mstherapybristol.org.uk**.



The 3rd Bristol Scout Group was set up in 2014 in response to the large number of local children who wanted to join the movement.

Currently one Beavers pack meets at Cairns Road Baptist Church on Wednesday evenings and a Cub pack on Friday evenings, at the Church of the Good Shepherd in Bishopston.

The group has been met with great enthusiasm by the young people who attend the weekly sessions. They enjoy a fantastic range of activities both inside and out – the picture above was taken on a recent trip to Longleat Safari, for St George's Day. The 30 cubs that attended had an amazing time!

Harry (age 8), told me the best thing about cubs is, "Making new friends and having lots of fun, trying different activities such as clay modelling, learning road safety and even yoga!"

Cubs and Beavers are run by a dedicated team of volunteers. The group have a Cub and Beavers Leader, who also have Assistant Leaders to help them with the running of the weekly meetings. Behind the scenes is the Executive Committee, which is largely made up of parents who meet six times a year: they control the group finances and manage the fundraising among other tasks.

The leadership team told me they love volunteering because as well as gaining externally recognised skills and having a brilliant time, Scouting also offers the chance to build on personal skills, like teamwork, confidence and leadership.

Could you be a volunteer leader?

3rd Bristol are currently without a Group Scout Leader: this is a volunteer manager who provides leadership and support to the adults and young people involved in the group. If you have experience of working with people, achieving results and enabling change, then the group would love to hear

from you! The role is flexible and the post-holder can manage their own time in order to fit it around the rest of their activities.

3rd Bristol Scouts have made a great start but are keen to develop even further and give our young people more wonderful opportunities. A new Group Scout Leader would provide the guidance and direction needed to achieve this.

If this person could be you, please contact the Group Secretary, Sally Pheasant, e-mail: sallypheasant@gmail.com, for further info.

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Environmental Control of Pesky Parasites!

As much as we love our pets, we do not like it when they bring home little visitors. Fleas love warm weather and are also able to thrive in winter months in our homes due to central heating. We all know that fleas are pesky and really difficult to get under control, but do we fully understand the implications to our pets and their health?

So how do we get control of an outbreak of fleas? If we can clear our homes of fleas at the end of the season, we should be able to remain flea-free for the winter months, so now is the time to act.

Flea Facts – The first thing you need to know is that only 5% of fleas can actually be found on your pet; the other 95% are lurking as eggs, larvae and pupae living in your home. They live in carpets, cracks of wooden floors, cars, cat carriers and anywhere outdoors.

They are super breeders! One flea is able to become 1,000 fleas in 21 days! That's a lot of fleas to deal with.

Eggs can lay dormant in your home for up to a year waiting to develop. They are stimulated to hatch by vibrations of pets and humans walking around. Mixed with warmth from summer, or central heating in the winter, which provides the right environment to breed.

Clinical Signs and Effects – Fleas can cause intense itching and scratching on your pet. Many dogs and cats are allergic to flea saliva and have an intense skin reaction to even only a single flea.

A large number of blood sucking fleas can cause anaemia, especially on puppies and kittens.

Tapeworm larvae can be carried by fleas and once ingested your pet can become infected.

A lot of people are also allergic to fleabites. You may notice small red itchy bites around the ankle area. They are generally harmless but if over itched may get infected.

It is easy to tell if your cat or dog has fleas by looking for the tell-tale red/brown specks of flea dirt in the coat and often you can spot a flea, particularly in the groin area.

Treatment – As well as treating the fleas on your pet, you need to treat the environment! Remember to include everywhere that your pet goes, for

example, carpets, wooden floors, soft furnishings, car boots and carry baskets.

Use a licensed product to ensure the problem is dealt with quickly. These come in spray form and usually give protection of the environment for up to 12 months. Effective household sprays can be purchased from veterinary practices.

Regular vacuuming and washing bedding can also help to reduce outbreaks.

Treat your pet with an effective prescription flea treatment from your vet and ensure that the flea treatment is applied at correct intervals. Gaps in treatments can lead to flea outbreaks.

If you are having problems with flea control, do ask your vet team who can help you identify where you may be struggling. Please do call us at Animal Health Centre for more advice: 0117 9247832.

Sam Harris

RVN Head Nurse



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Fun with the 40th Bristol Brownies!



The 40th Bristol Brownies were busy bees, sowing seeds outside their home at Horfield Baptist Church at the start of the summer. The local group took part in Grow Wild, planting several seed packets supplied by the project. The group hope that along with attracting wildlife, passers-by on Gloucester Road have enjoyed the lovely splash of floral colour.

As well as digging and planting outside the church's Freshly Ground Cafe, the Brownies had fun working on some allotments at the back of Bishop Road. They look forward to returning soon to see how all their plants are growing.

The 40th Bristol Brownies meet on a Friday night from 6-7.30 pm, at Horfield Baptist Church. They are a happy, active group that enjoy taking part in a range of activities.

Get involved! They are currently looking to recruit some new leaders or people willing to help as assistant leaders. Brown Owl – Dianne Bromley, told me it would be nice to have someone else to help with planning, as well as sharing in the fun of the evenings. If you would like to get involved or find out more, please contact Dianne, e-mail dianne.bromley@hotmail.co.uk.



New Hut 6388 is on its way!

After years of hard work and prolific fundraising, it is wonderful to see the new build of Hut 6388 is now well on its way, and set to re-open at the end of October!

The building project is being undertaken by South West Contractors (working with Emmett Russell architects) and Director Jon Ticehurst told me all is going well with the build. It took around 3 days to remove the asbestos from the old hut, 2 days to physically demolish it and a further few days to recycle all the various different materials. One of the biggest problems so far was uprooting the giant Sycamore stump! The scouts have kept sections of the tree to create seats, and several wood burners in Bishopston will be well fed over the winter months with the rest of the wood! Any trees that it was necessary to remove to enable the build will be replaced with new ones.

When digging into the ground to lay the new foundations, the builders came across what they believe to be the remains of air raid shelters.

It was quite a thrill to watch the crane lowering the prefabricated wall panels into the hut framework. Jon said, with the weather on their side, the roof should be on by the end of August.

Scout leader Mike Evans is delighted with the progress so far and told me the hundreds of young people that use the facility weekly, can't wait to get into their new hut! Thankfully all sessions have been successfully re-homed, largely at St Bart's Church Hall for the interim.

The new building will see all the meetings room moved to the front with the kitchen and toilets, with a large hall space at the back. Some welcome further storage is being created on a second level. The improved hut will have 3 roof lights and large windows running down one side of the building, creating a lovely, light space.

On completion, it is hoped neighbouring Sefton Park school will be able to make greater use of the venue during the day, along with local clubs and societies. For enquiries re the hall or Scouting sessions please contact Mike - mikeevans3@virginmedia.com.

The scouts are still looking to raise final funds for the build. It is not too late to buy a brick to build the new hut and help secure the future of local Scouting and Guiding.



About £40,000 is needed to avoid using loans that have been pledged. **Please consider making a donation. Visit www.hut6388.org.**



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GLOS RD CENTRAL

Crocs & Sheep on Glos Rd Central!

Glos Rd Central is happy to play host to Katcha Bilek's recycled Crocodile and chair, made from tyres donated by Life Cycle. The croc is ideally placed, both as part of the Green Treasure Hunt (see page 41) and also as a friend to resident Shaun the Sheep. The Shaun, outside Boston Tea Party, was designed by Tom Hovey, illustrator for the Great British Bake Off (read an interview with Tom on page 5). You can view many of Tom's prints at Room 212.

Green Capital funded project One Day : Day One – One Day : Day One, set up their biogestic dome besides the crocodile on Saturday 1 August. Funded by the Green Capital, One day: Day One – Resilience is a participatory artwork connecting resilient-thinking, globally. Because we better bounce back together!

Passersby on the Gloucester Road were invited to go inside the dome to record their ideas about how we can plan for a better world in the future.

These videos will be tagged and shared online every week, and also presented monthly in four prominent public gallery exhibitions around Bristol, including the Big Screen in Millennium Square and the Bristol 2015 Lab. These videos will create a feedback loop of hopes, reflections and strategies so that other cities around the world can learn from Bristol's resilient thinking.

Food For Thought – Glos Rd Central resident and Room 212 owner, Sarah Thorp, was pleased to take part in the Green Treasure Hunt. She has created a wonderful installation near the top entrance of Horfield Organic Community Orchard and allotments. She told me, "The Food For Thought concept sprang from my desire to



Tom Hovey with his 'Star Bake'



Katcha Bilek's recycled Crocodile



demonstrate the benefits of 'Growing Your Own', 'Shopping Local' and thinking about the food we put into our bodies, the importance of pollinators such as the bees and how to deal with pests in a friendly way. I therefore planted veggies in a shopping trolley, table and chairs and compost bin and asked Room 212 artists to provide pictures to illustrate these points."

The wheelbarrow Sarah planted with veggies will be outside Room 212, to go alongside the planters that already have tomatoes, mint and bee friendly wildflowers. Room 212's exhibition for early September will be Food For Thought and will have the illustrations used for the Street Pocket.

To mark the launch of The Green Treasure Trail, Room 212 invited local bee expert Nigel from Hives and Herbs to return to the pavement outside with a slice of his hive. Families were fascinated to watch the live bees, look for the queen and ask Nigel lots of questions His lovely bee related products are for sale in the shop

Xpress Computers Reader Competition!

The Glos Rd Central business is pleased to offer readers the opportunity to enter a competition to win a free PC Health Check (worth £65!). Simply email your details to xpresscomputers176@gmail.com to be entered into the free draw. If your PC is running slowly or you have any other computers problems, please visit Xpress Computers at 176 Gloucester Road, Tel: 0117 908 0290 (see advert on page 3).

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Chimpanzees in Dungarees!

Popular artist and Bishopston resident Rosie Webb (pictured right) is about to release a children's counting book 'Chimpanzees in Dungarees' - a colour and counting book with a difference!



Many of you will be familiar with Rosie's lovely prints and cards on sale at Room 212. Herself and mother Rosie Webb will both be taking part in the North Bristol Art Trail this November.

When asked what prompted her to produce the book Rosie said, "When doing Art Markets and trade events I constantly get asked 'Are you going to create a children's book'. it has also always been a personal dream of mine to write and illustrate my own picture book."



Bears in Pink Flares

Rosie fine tuned her painting skills whilst working as an illustrator in London for almost a decade. Her loose and expressive paintings of food have been commissioned both here and abroad by Jamie Oliver, The Times, The Guardian, the Telegraph and several others.

The book is suitable for any child learning to count and designed to be read with an adult. "I was lucky enough to have been read to a lot as a child and now I am lucky enough to have my own child to read to". Some of the colours are easy to find but some are harder so it should also stimulate older children who can already count. Rosie is hoping there is enough humour in there for the adults and it should be great fun spotting accessories that we all know.

"I like pushing the boundaries a little and using a very loose style so the children's imaginations can fill in any gaps. I am constantly astounded by how much little minds can grasp visually and feel blessed to be able to connect to them through my work. I hope readers will recognise that each page is literally a work of art."

The book will launch on Thursday 17 September and will be available at Room 212, along with a new range of childrens birthday cards and fine art prints.

News from our Bishopston & Redland Councillors



Last few days to hunt the Green Treasure – ends 15 September!

Take the Green treasure hunt and find the 5 themed pocket plazas around the neighbourhood plus the extra hidden treasures around our area. There's an interactive map, geocaching, and leaflet available

in some local shops and cafes. These have been created by artist Chrissie Decker with a Green capital neighbourhood arts grant. Details are on www.greentreasure.net. See page 41.

Bristol North Baths / Bishopston Library

At the end of July scaffolding finally came down on the site as it nears completion (we hope). Thanks to the developer being able to access some fresh funding, this project was at the time of writing due to be completed by the end of August. We are keeping an overview of the progress.

Following the consultation on the future of our libraries, the proposals are now to keep all libraries open (apart from a proposal to relocate library facilities from Eastville into Lockleaze). At the time of writing, we are unsure of the proposed opening hours reduction for all of Bristol's libraries. Once this is clarified we look forward to discussions with groups in the area about how additional hours and services can be created to extend the core service well above 20 hours, and to diversify uses and activities in the new space in time for April, when the funding changes come into force. Please do get in touch with your Councillors if you have ideas for services and users who may want to make use of the facilities and space on a regular or occasional basis.

The Memorial Stadium

Bristol Rovers are continuing their appeal through the courts to get compensation for Sainsbury's not buying the Memorial ground. They lost their first high court battle but are proceeding further.

We are very aware that the future of the ground remains uncertain and is a cause

of concern for some local residents. We will be meeting resident groups in early September and are keen to hear your views generally. Obviously there are some hard financial pressures driving Rovers' decisions regarding the future of the site, but we are trying to make the argument for creative community input into whatever happens next.

Tim and Daniella have spoken to the Mayor, putting forward our views. The Mayor's office is setting up a meeting for us to meet the club, with the Mayor. We will report back on that in due course.

Micro Pub application – 447 Gloucester Rd

At the time of writing we are anticipating an application any day for an independent micro pub at the North end of Gloucester Road. Gloucester Road falls within a 'cumulative impact area' – which means that typically we do not support applications for more pubs or extensions to drinking hours.

However the ethos, principles and intention of this application seem quite in keeping with Gloucester Road, and therefore we particularly welcome your views and comments on this application.

Please look out for local planning notices from late August, and also visit the council's online planning portal to find out more and express your view:

www.bristol.gov.uk/page/planning-and-building-regulations/planning-applications-online.

Parks

Plans are now firming up around the long awaited build out on Effingham Road by the gates of St Andrews Park. Long ago concerns were raised by a number of park users around the safety of the crossing and funded was found via the Neighbourhood Partnership for this. There are a few concerns from local residents around details to be ironed out, but we should see some building work soon. If you have any ideas for improving the streets near you then let Martin or Fi know and take a look at the Council website www.trafficchoices.co.uk.

On another park related note, you may recall some consultation late last year around changes to parks maintenance in Bristol. The results have been published and it rather looks as though the net result is that some areas of grass may be left long to encourage wildlife and potentially grass may be cut on a more regular basis. Martin and Fi have been in touch with Parks to confirm that this means that our heroic park keeper Mickey will therefore be with us for the foreseeable future in St Andrew's Park.

Speedwatch

If you're worried about speeding in your road, or the local area, the police do run community speedwatch

sessions, please contact David Said (david.said@avonandsomerset.police.uk) for details. You can learn how to check vehicle speeds with a pocket radar device which is valuable evidence for traffic calming. It can also lead to warning letters and checks on speeding vehicles. After receiving basic training you can then organise your own community speedwatch sessions, and the data you gather can be useful for the highways officers to identify potential trouble spots.

A couple of recent speedwatches have taken place on Ashley Down Road both during the day and in the evening. There have been two serious collisions on the road recently and although we have a 20 mph activation sign we are looking to do more speedwatches and talking with highways officers about how we can make it safer.

Arches toilets

The appearance of these has once again deteriorated to an unacceptable degree, and Council officers have served a notice on the owners to get rid of the tagging which should hopefully improve matters. You may have noticed that they are currently for sale, so let's hope that they are bought by someone prepared to cherish them.

Residents parking

As we write there is still no news on the outcome of the 6 month review of the Redland parking scheme. Whilst this particular consultation is closed, Martin and Fi are still eager to hear your opinions on the current scheme or your thoughts on any future ones wanted (or not) in other streets in Redland as this will help inform any future plans after the next Mayoral elections.

As the scheme takes effect in Redland and Montpelier we are interested in how you feel parking affects you in Bishopston/St Andrews. If you would like a residents parking zone for your street please e-mail respark@bristol.gov.uk as the council is gathering evidence on people's opinions.

Student Charity Scheme

British Heart Foundation collection points. You may have seen the big red BHF bins dotted around the streets of Bishopston and Redland. This was the second year they were installed in an attempt to encourage departing students to donate their unwanted items rather than leave them behind as refuse. Last year this project raised over £220,000 which is fantastic - however this year their use was so enthusiastic that there were some overfilled bins. Martin and Fi asked the organisers to ensure that they are emptied more frequently and we'll let you

know how much they raise this year. To put all the possessions to use again there will be a massive charity shop (in Bristol Student Union) at the start of the new term to sell it all. Martin visited this last year and says it was very impressive - you could furnish and fill a house room by room from what was on offer!

New Energy Saving Group and Heatview project

Following the Green Capital local grant given to Bristol Friends of the Earth to create an infra red (heat) mapping tool for the neighbourhood, there was lots of progress while it was cold enough outside to take the images. This will resume in autumn.

www.heatview.co.uk is the new website which combines heat loss images of local streets across the neighbourhood, overlaid on traditional streetview images of homes from Google. It also signposts help and resources to save energy at home. The website currently shows streets already covered by thermal imaging.

We also welcome the new BCR Energy Group which is now building on this project and developing its work for residents through a new community-led energy group.

The next BCR energy group meeting will be at 8 pm on Tuesday 8 September at Horfield Friends Meeting House, 300 Gloucester Road.

There will be talks including the new local advice website from the founder of Bristol Green Doors and an energy saving jigsaw puzzle activity. Please contact info.bcrenergy@gmail.com to give an idea of numbers and to get further information about the meeting.

Get in touch

Bishopston Ward

Cllr Daniella Radice - Green Party

Tel: 07769131097 / Tel: 0117 353 2034

Daniella.radice@bristol.gov.uk

Cllr Tim Malnick - Green Party

Tel: 07884 736103 / Tim.Malnick@bristol.gov.uk

Redland Ward

Cllr Fi Hance - Tel: 0117 3534720

Fi.hance@bristol.gov.uk

Cllr Martin Fodor - Green Party

Tel: 07884736101 / Martin.Fodor@bristol.gov.uk

Secondary Schools Strategy for the Area – an update

Ian Bell, Bristol Council's placement planning manager, attended a recent Bishopston Forum, which focused on an important topic for local parents – provision of secondary school places.

Here is a summary:

What are the current pressures on school places?

About 7 years ago there was a big rise in the birth rate in Bristol leading to growth in school place requirement. The council initially tackled the gap in primary places, adding 12,000 places across the city. Those children are now moving towards secondary school, which is the new focus for the council.

As well as the increased birth rate, Bristol schools are improving – 84% of secondary schools are now rated 'Good' or 'Excellent'. This means more children stay in Bristol for secondary schools – which is good news, but adds more pressure on places.

When will pressures start to affect secondary places?

On current estimates, there would be a shortage of Year 7 places across Bristol by September 2017. The council is creating a new strategy to cover this. Details will be published in the autumn and go to the cabinet for approval.

Why wasn't something done sooner?

Although the timing seems tight, councils can't secure funds to create new places until shortly before a gap is due to have an effect. They cannot build new classrooms and leave them empty waiting for pupils to fill them.

The key aim of the schools strategy is to ensure a sufficient supply of school places in each area. The strategy will try to ensure that the most popular schools can cover demand – though this cannot be guaranteed. The school team also works to raise standards of less popular local schools – to make them a more attractive option.

How will this affect Bishopston?

In this area the officers anticipate covering the increased need through expanding the capacities of existing secondary schools. They do not currently anticipate building new schools. This may be different in other areas of the city where existing provision cannot be expanded.

A complication and potential opportunity is the growth of Free Schools. These make it harder for the council to plan a city- or area-wide placement strategy – since councils no longer control where new schools are created. Increasingly



A brand new baby bank has launched in Bristol to help redistribute good quality baby goods to families in need. Established just weeks ago when local mums Eva Fernandes and Becky Gilbert joined forces thanks to a Twitter conversation, the charitable organisation has just delivered its first package to a new mum.

The hunt is now on to find bigger premises as the Big Yellow Storage unit in St Philips, which has been donated to the group is full up with donations, thanks to the generosity of members of the public. "We've had to put a halt on donations for now as we've received so much from people in Bristol," said Dr Gilbert who is currently on maternity leave from her job at Bristol University. "It is great, but as we've only been going a few weeks it's coming in quicker than it's going out."

Families in need must be referred to the Bristol Baby Bank by a health visitor or midwife; the team of volunteers will then source the necessary items from the store and deliver them to the family.

If you can help with a bigger space or donate time/money to the project, please contact babybanknetwork@gmail.com.

KudaCan are proud to be local sponsors of this charity. They will be hosting donation days at their venue at 7 Dongola Avenue, BS7 9HG. Visit www.KudaCan.co.uk to keep up to date.

councils are coordinators rather than providers of schools. A group of parents could potentially set up a new school in the area and the council would work with them on that.

How can I find out what catchment area my child will be in?

You can access information on this year's placement and catchment distances on the council website. This is no guarantee of course for what happens the following year, but catchments don't typically move hugely.

How can I stay up to date with the council's secondary school strategy?

Your local councillors will publicise the new strategy when it goes out for consultation – and we encourage local parents to respond to the consultation and express your views. You can also visit the council website – www.bristol.gov.uk/page/children-and-young-people/secondary-school-admissions.

Tim Malnick
Councillor for Bishopston



This month it was great to be invited back to Manor Farm Boys' Club, situated on the junction of Wellington Hill and Kellaway Avenue.

It was good to catch up with club leader Rob Webber, who attended the club when he was 12 and has since had an association with it for 38 years! Rob had asked me back as the last feature we ran in BM led to several new members joining – it is always lovely to hear that the community magazine is serving local people as it should.

As Rob and I chatted, it was wonderful to see so many young people enjoying each other's company and taking part in activities. There were games of table tennis, pool, snooker and football all going on. The activity lined up later in the evening was Sumo Wrestling – an absolute favourite with the boys!

When they were all called in for a group meeting, I had the opportunity to get a photo; the happy bunch gathered with their beaming, rosy faces after all their running around!

The Club was founded in 1958 and is a registered charity. It is a self-help organisation run purely by volunteers. It is financed entirely through fundraising. The group works with young people, principally boys and young men, aged 8 to 16 years.

A big Thank You for local donations!

The club had recently all come together for a huge fundraising drive and were delighted to have raised £7,300! Everybody would like to thank the generosity of local people whose donations will ensure this fantastic facility will run for another year.

The large hall and impressive equipment cupboard enables the group to play Football, Dodgeball, Hockey, Basketball, Badminton, Tennis and Archery!

There was also a room with an up-to-date game console and a well-equipped gym with impressive and well used machines.

As well as the numerous activities that take place within the building, several outdoor trips take place. Rob's years of experience as an outdoor pursuits instructor is a massive benefit to the club. These trips are easily made possible by the club having its own minibus that they fundraised to buy. It was fantastic to learn that the club also owns a



residential Cottage 'Tal-y-Sarn' on the edge of the Brecon Beacons where members can enjoy a broad range of team building challenges, night walks, climbing and caving.

It is an extremely positive environment to be in at the Club. The young people are well mannered, happy and focused on their activities.

The varied programme of activities during the year is complemented by both formal and informally organised sessions, discussions and debates on issues relevant to young people including violence and bullying, drugs awareness, health and safety, Deaf awareness, disabilities and additional needs, race and culture. All this is in addition to the regular ongoing focus on respect, attitudes and behaviour, team work and participation, which all build towards the development of young people's characters.

The Club's aim is to give its members further opportunities to develop their potential through the effective use of their recreation and leisure time. They seek to develop the social skills and confidence of young people through a range of extracurricular activities and youth-led projects. They successfully use sport as the principal medium of engaging young people. The club reaches young people that are potentially at risk of becoming involved in antisocial behaviour. Manor Farm Boys' Club is there to help them make informed choices and mature decisions and to understand how their actions affect their community.

Would you like to join this active Boys' Club?

The Club welcomes new members, there are currently two sessions running each week –

Tuesday, Colts over 8s & Under 10s, 6.30–8.30 pm.
Wednesday, Juniors, Inters & Seniors Over 10s, 6.30–9 pm (Ages are as 1 September).

Nightly subscriptions, £1.20. Annual fee £8. Please get in touch with Rob to arrange an induction evening for the club or details on hiring any of its facilities when they are not in use by the club.

Tel: 0117 924 0560

E-mail: manorfarm@youngbristol.com
www.manorfarmboysclub.org.uk



News from Golden Hill Community Garden

Hi everyone,

The polytunnels are bursting with tomatoes, cucumbers, aubergines and melons, the raised beds are full of potatoes, beans, beetroot and sweetcorn and our sunflowers are towering high. So it must be nearly time for... our **Harvest Fair! Saturday 19 September 1pm-4pm!** Come along! It's £1 for adults and free for kids and we'll have loads of free kids activities - pond dipping and facepainting and funniest vegetable creature competition, apple bobbing, cake as well as pizza and soup from the garden and loads more. If you'd like to lend a hand on the day then please let me know!

It's also a new term for our lovely toddler group **The Golden Buds, who meet every Tuesday 10-11.30 am, 1.30-3 pm**, starting 8 September, £5 a session, booking essential. Aimed at 18 month to 4 year olds, this lovely group gets the little ones digging, making swamps, singing, harvesting, making, munching, and nature spotting. And there's hot drinks for the grown-ups! Our beautiful Bale House means it is cosy whatever the weather.

By the time this goes to press we'll have started our **Growing for Golden pilot programme**. Providing day care to adults with learning difficulties and running a range of activities including cooking pizza and jam making, harvesting, simple green woodwork, crafts and flower arranging. Supported by the Cotham, Redland and Bishopston Neighbourhood Well Being Fund, there may still be places available for just £10 a day. It's running on Thursdays get in touch to find out more.

As always the garden is open to everyone Wednesdays, 10-4, come along and get your hands dirty or just come and say hello.

See you in the garden,

Lucy Mitchell

Community Project Worker

For more info - 07506 905 394

www.thegoldenhillcommunitygarden.com



Local garden writer **Lia Leendertz** has just had her latest book published, aimed at gardeners with very little space. **'My Tiny Veg Plot'** features tiny edible patches around the country and the world.



"It was wonderful visiting these gardeners and seeing just what can be done in a small space," says Lia. "I was consistently impressed by the imagination and resourcefulness I

saw. It seems that gardeners without acres at their disposal concentrate on the most delicious and the most beautiful crops: a pretty fine solution."

The book features an allotment on a roof top in Hong Kong, a garden in the back of a truck in New York, and a keyhole garden in Lesotho, but there are also a couple from closer to hand, including a garden of herbs on steps in Redland, a beautiful edible balcony complete with mural in Montpellier, and Lia's own leafy veranda in Horfield (all pictured above). "There are a few practical spreads on tasks to help readers make the most of space, but mostly this is a book that shows, rather than tells."

www.amazon.co.uk/My-Tiny-Veg-Plot-Surprisingly/dp/1910496057





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Martha Gavin Gardening

As autumn arrives we spend less time in our gardens. It's quite common for us to forget all about them, especially if they were not the green havens we all covet during the summer. If this sounds familiar and next year you would like it to be different, then don't turn your back on it just yet.

Now is the perfect time to start redesigning your garden. Whether it's something you intend to undertake yourself or you're planning a full scale design and build project now is the time to get out there and start thinking!

While summer-time memories are still fresh in your mind make notes of the things that work and those that don't. Nowhere to sit and eat outside? Ugly views you would like to disguise? Areas for play or relaxation? Vegetable patch? Outdoor studio? Garden structures? Year round planting? the list of possibilities is endless.

As a designer these and many more are the things I consider for every client. We will discuss in detail what is really wanted from the garden, I can make suggestions of things that they perhaps hadn't considered. I take note of their taste, the style of their home and what surrounds them, bringing everything together in the form of a plan and

supporting sketches which really help my clients to visualise the finished garden.

One of the major advantages of planning in advance is you can book the landscapers before they get too busy and ensure your beautiful new garden is completed before summer. Understandably many people don't think about it until they venture out again in spring... by then it can be too late, especially if it is a large or complex job.

So, take a look at your garden now, imagine how it could be and start putting some ideas together to help create a garden you'll really love next summer.

If you would like to find out how I may be able to help you realise the potential of your outside space then do just get in touch.

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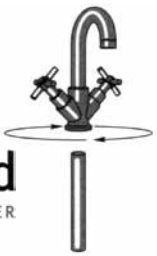
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Community Noticeboard

For free listings contact
kerry@bishopstonmatters.co.uk

For the new online
'What's on' diary of events visit
www.bishopstonmatters.co.uk

Call 07881 924059

Bishopston, Horfield and Ashley Down Local History Society

All meetings are on Tuesday and start at 7.30pm
at the Friends Meeting House, Gloucester Road.

15 September

Bristol in World War 1 - Eugene Byrne
(with specific reference to BHAD)

20 October

A Second Horfield Miscellany - Denis Wright
bishopstonhistorysociety.wordpress.com

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preserves, cakes, pastries cheese, veggie bakes and more
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cushions, babyknits, jewellery, plants plus more
Pub open for teas/coffees

More Reading Buddies Wanted this September!

Would you enjoy offering reading
and language support to children
for whom English is a second language?

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ability, benefiting both them as individuals
and the wider class?

Can you commit to giving one hour of
reading time a week in term-time?

We are working with twelve schools in the
Southmead, Brentry and Horfield areas. Training
is offered, and your enhanced DBS check is paid
for by Bristol City Council. You would read with
the same children each week and be part of a
growing group of well over 100 volunteers.

For more information please contact
Paul Harrod – paul.harrod@gmail.com.



Bishopston, Colston and Redland
Neighbourhood Partnership

COMMUNITY FAIR

12.30–4.30

Saturday 19th September

St Michael's and All Angels Church, Gloucester Road

With Thangam Debbanai MP

View the full programme at:

www.bcrnp.org.uk

Making a difference together



The Bartholomites

Yes, it's that time of year again. The Bartholomites
are now planning next February's pantomime.
What will it be this year? You'll have to wait and
see. I can tell you, though, that if you are interested
in taking part in the production they will soon be
starting rehearsals.

If you are secondary school age or over and would
like to read for a part, please come along to St
Bartholomew's Church Hall, Sommerville Road, on
Monday 7 September at 7.30 pm.

For those a little younger, singing and dancing
rehearsals will begin on Sunday 27 September at 2
pm. in the same place. They welcome all ages (from
3 to 100!) and all musical abilities – their aim is to
have fun and produce the best show they can.

The group are also currently looking for some
'behind the scenes' support; in particular a pianist,
a drummer and lighting technicians. If you, or
someone you know, might be interested in finding
out more, then please ring, they will be delighted
to talk to you.

If you would like any further information,
please contact Wendy (07746 972574) or
Mary (07731 784135).



Meetings take place at
YHA conference room,
14 Narrow Quay,
BS1 4QA

SEPTEMBER MEETING Tues 22nd, 7.30pm YHA

Looking after your soil: (Green) Manures & Mulches
by Tim Foster, local author & lecturer. Find out how
to improve your soil for the next growing season.
First meeting after the summer: meet friends, new
& old and compare gardening notes – triumphs &
disasters (we all have them). Get advice & inspiration!

OCTOBER MEETING Mon 26th, 7.30pm YHA

Looking after your soil: biochar and soil improvers
by Mike Feingold, permaculture expert. More tips for
improving your soil. Harvest Supper & Social Bring
some organic food to share, home grown/home-
made if you can. Seed order forms & catalogues
available for collection.

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

email: secretaryaog@gmail.com
www.groworganicbristol.org

Sing! with Out There Music's North Bristol Community Choir

Free taster session Thursday 10 September, 7.45–
9.45 pm, Westbury Park School Hall, BS6 7NU.

Enjoy a glass of wine, meet new friends and be part
of it. Just come along, no auditions, electric repertoire
and no previous experience required. **Contact Holly:**
07866 587424 / admin@outtheremusicbristol.co.uk
co.ukwww.outtheremusicbristol.co.uk

A Time to Remember those we love who have died

We never forget those we love who have died.

On 1st November there will be a special
opportunity to create some time and space to
remember them and give thanks for their lives.
All are welcome, of any faith or none, to share
the peacefulness and draw comfort from the
message of hope. There will be prayers, music
and a chance to light a candle for each loved one.

This special time will begin with afternoon tea
4 – 4.45pm. Please let us know if you plan to
come for this. (0117 3291525/jamesadmin@
bishopstonandstandrews.org.uk)

Or simply come for 5pm. No need to book.
Church of the Good Shepherd, Bishop Road,
BS7 8NA. (Car park off Kings Road.)



Third Cycle Sunday Big Family Cycle

On The Downs, 20 September, 9 am - 12 pm.

Enjoy the third of three Cycle Sundays for 2015, organised this time by Life Cycle
UK – the Bristol-based cycling charity. **Please sign up at www.lifecycle.org/cycle-sunday; more details @cyclesunday.**

Go along and enjoy a rare opportunity to enjoy a car free bike ride around Bristol
Downs! Celebrate Bristol's position as European Green Capital and encourage the
next generation to keep healthy and embrace sustainable travel.

Can you help local Child Contact Centre?

At Bristol Child Contact Centre in Henleaze,
children of all ages spend time with the parent
they no longer live with, in a session supported by
volunteers. The volunteer team prepares the hall
and toys, serves refreshments, welcomes parents
and children, listens non-judgmentally when
needed, and keeps everyone safe and happy.

If this appeals to you, and you'd be free to join our
Saturday volunteer rota every 4–6 weeks, do get in
touch for further details. You will get an enhanced
DBS check, training, and support, plus the
satisfaction of maintaining a much-valued service,
which helps families stay in touch after separation.

**Please call Helen or Anna on 07511 290505
to discuss the role further.**
www.bristolchildcontactcentre.org.uk.



Community Matters cont...



Local Dance Team Host Beginners Evenings.

Pigsty Morris are a mixed gender dance side based in Bristol. They perform traditional and contemporary Cotswold Morris dances from a number of different village traditions. The side practices weekly on a Friday evening throughout the winter months, and dances out from spring

through the summer and into the autumn. This year they have enjoyed a busy summer, dancing at local pubs, fairs, schools, the Bristol Harbour Festival, and travelling further afield to Wimborne Festival.

Their name comes from an area of Gloucester Road in Bishopston known as Pigsty Hill, but they have members from a wide area around Bristol. They are an enthusiastic and energetic group with a wide age range from 16 upwards. Pigsty Morris believes dancing is a great way to keep fit and active. They are holding two beginners' sessions this autumn where anyone interested will be welcome to come and give Morris dancing a try.

These will be on Friday evenings, September 25 and October 2 from 8–9:30 pm at the Kelvin Players hall on Wesley Road, just off Gloucester Road in Bishopston BS7 8NY. For further information, see: www.pigstymorris.org.uk or call John on 0117 9424957

When Death Comes. Ashley Down resident Philippa Bayley is organising an exhibition called – When death comes: creative conversations about dying and living. The event will take place at The Island Gallery, Bristol, BS1 2LE from 16 September - 11 October 2015. She told me, *"We don't have enough spaces to talk about death and the profound effects it has on our lives. And we don't have many spaces where we can share our creative responses to those experiences – producing work that can help us in our own lives as well as inspire and connect with others. When death comes is an art space and series of events where people can think about, talk about and create work about dying and living. We want to celebrate life, while acknowledging the role death plays in shaping it."*

Philippa's mother, Sabine, died from Motor Neurone Disease in 2013. Sabine was a ceramic artist and poet and her work will feature in the exhibition, alongside work that Philippa has created since she died.

Anyone is welcome to contribute and the exhibition will evolve over its lifetime as new work is incorporated.

There will be opportunities to create work in the art space itself, or at the workshops that accompany the series, including writing (27 September), felt-making (3 October) and photography (10 and 21 September). People can also get in touch directly through the When death comes website.

Philippa says, *"We hope there will be something for everyone in this series – whether you are creative, philosophical or just curious. Death doesn't have to be scary or morbid; it can be a really important and even positive part of life. Let's bring death into the light."* Email: piabayley@gmail.com, Web: <http://whendeathcomes.uk>.

Thanks from Horfield Baptist Church. Collectors from Horfield Baptist Church (HBC) send their thanks to all who contributed to their Christian Aid collection. The house-to-house charity collection in local streets took place in May and raised £859.37.

Christian Aid will be using the money to help people in the Third World, of any faith or none, escape poverty by providing sustainable ways for them to improve their economic, health or educational situations. The charity also responds to emergencies and has most recently been working in this way in the aftermath of the Nepal earthquakes. Members of HBC are also grateful to all those who have donated used postage stamps following a previous appeal in Bishopston Matters.

The stamps are used to raise money for charity and are still needed by the church. They can be dropped off at the church's Fresh Ground Cafe on Gloucester Road between 10 am and 2 pm every weekday. Just a reminder - if you do save stamps, please make sure they have at least 5 mm or quarter of an inch of paper all around them. More information at www.horfieldbaptist.net.

Local charity, St Vincent's is a local addiction recovery project providing abstinence based supported housing to vulnerable individuals who are in recovery from alcohol and/or drug misuse, but



Lightning tree by Philippa Bayley



who want to change. For more info on St Vincent's, please visit www.stvincents.uk.com. They would love to have good local support for their **Colour Fun Run** – to be held at Oldbury Court Estate on Sunday 27 September. This 5 km run is open to all ages and is not timed, so the emphasis is on having fun with family and friends. At every 1 km, participants are splashed with coloured powder paint (completely safe!) and so by the end of the run everyone is covered in vibrant colour! This fun, different and exciting event will be the first Colour Fun Run for both St Vincent's and Julian House, and aims to raise awareness and build St Vincent's profile across a broad and diverse audience, by gaining involvement from the local community as both participants and supporters. Find out more at www.thecolourfunrun.co.uk. *The fab picture above comes from Zzone Photography, 23 Zetland Road who are kindly supporting the charity.*

Land's End to John O'Groats walk for the Bishopston Moggery! Congratulations to local resident Stuart Harris who started his impressive walk from Lands End on 12 April 2015 and arrived in John O'Groats on 3 July 2015. It took him 82 days, and he lost 2 stone in the process! He is grateful for all the support during the tiring 11 weeks and 5 days, during which he covered a staggering 1200 miles!

At time of writing he has raised £793, which is fantastic! However he would like to raise more! Please visit <https://mydonate.bt.com/fundraisers/stuartharris> and give what you can to support this hard working local charity.

Lockleaze & Horfield Strollers. This local group walk fortnightly on a Tuesday morning with numbers of around fifteen. New members are welcome, in order to join a walk all that is required is for strollers to complete a short health questionnaire. Once this is done you can join any of the walking groups across Bristol. The groups are extremely flexible, you can join in whenever it suits you. Most walks are free but you may have to pay a bus fare and for refreshments. The walks are designed to cater for everybody, the emphasis is on short walks on a regular basis. If you would like more information on this or any of the Bristol Walking for Health groups or to complete the short health questionnaire please contact - Nic Ferris

(BCC Health Improvement) 0117 352 1283 / 07810 506 738, nicola.ferris@bristol.gov.uk. Next meetings – **Tuesday 15th September – Portishead Battery Point walk**, meet at Bristol Bus station 10.00, Bus X2 Walk to Battery Point and Severn Estuary. Take the woodland path, see the new Lifeboat Station, then coffee stop before returning by bus. Leaders Joan, Stuart. **Tuesday 29th September – Bramble Amble** – meet at Cameron Centre, Lockleaze 10.00. A walk through Stoke Park and enjoy city views, chance to pick blackberries for tea. (Please bring bag). Walk down for coffee stop by Eastville Park and bus back. Leaders Jane, Stuart.

Things are Hotting up for Guide Dogs! This September, Guide Dogs are holding their first Fire Walk in Bristol, to raise money and awareness of this amazing charity. The event is set to take place on 3 September at Millennium Square and they hope to raise £5,000 for the charity. This is enough to breed and train a new puppy, that will one day go on to support someone who is blind or partially sighted.

Guide Dogs are currently on the lookout for any thrill seekers who would like to take on the challenge of a fire walk. Signing up is easy, you can purchase your ticket at www.firewalkforguidedogs.eventbrite.co.uk. You will then be contacted by Sarah with more information, and a free fundraising pack. There is a £40 registration fee, and they hope you will be able to raise £150 in sponsorship.

If this event is not for you, then why not show your support for the brave fire walkers and sponsor them at www.justgiving.com/GuideDogsFireWalkBristol. For more information contact Sarah on 07785 433266 or email sarah.knox@guidedogs.org.uk.



Index of Local Advertisers

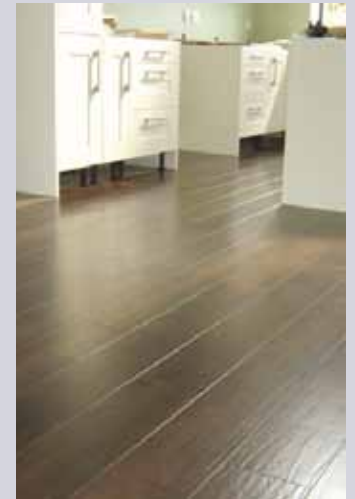
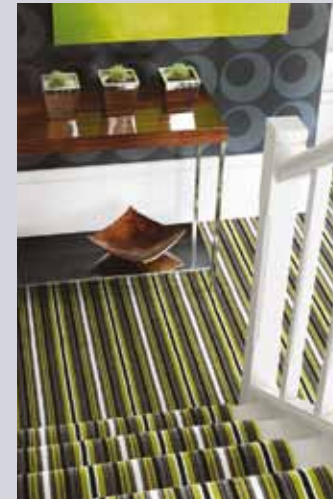
Accountants		Secret Garden	10	Tom & Mike	61
Aero Accountancy Services	50	Wild About Gardens	69	South Gloss Decorating	72
Aerials		Glazing & Doors		Pets	
Dan Grace Aerials	73	1st Aztec Ltd	72	Animal Health Centre	49
MD Aerials	69	Bright Conservatories	66	Companion's Haven Ltd	46
Architectural Services/Planning		Price Glass	62	Roxford's Pet Shop	47
RL Architecture	71	SOLart Stained Glass	70	Physiotherapy	
Robin Architectural Services	73	Graphic Design - Graphics Garden	19	Peak Physio & Pilates	24
Bakery - Joe's Bakery	4	Hair, Beauty, Fashion		Pilates	
Buddhist Centre		Icon Beauty	1,31	Peak Physio & Pilates	24
Sakya Buddhist Centre	29	The Green Room - Hair	32	Plasterer	
Building Maintenance/Construction		The Hair Force (head lice care)	8	A&P Plastering	64
Bristol Building Company	66	Tigerlily - Clothing shop/website	33	All Angles Covered	69
Bristol Carpentry Company	65	Health, Diet & Fitness		John Drake	66
Denise Howard Brickwork	63	Bowen - <i>Jane Hird</i>	24	McCall Plastering	64
Expand Building	65	Bristol Central Tennis Club	26	Plumber	
Halldor	72	BS7 Gym	2	Appliance Services	68
Homefix	68	Clifton College Sports Centre	28	Assist - Plumbing & Heating	61
Pear Tree	73	Mindfulness & Movement -		JPK Plumbing	72
Prime Properties	63	<i>Mediation & Qi Gong/Tai Chi</i>	31	Matt Pederick	70
Renovate	71	Nordic Walking	53	Richards Plumbing Services	67
Carpentry		Osteomyologist - <i>Dawn Clode</i>	25	Roost Plumbing & Heating	73
Bristol Alcove Company	64	Storm Netball Team	29	Watertite Plumbing	64
Bristol Carpentry Company	66	The Family Practice	27	Photography	
Gareth Jones - <i>traditional fitted furniture</i>	68	The Happiness Course	26	Siography	33
Carpets/Flooring		Understanding your eating sessions	26	Printing Services/Ink	
Lee's Carpets	79	Yoga West	1	Mockingbird Press	38
Natural Born Flooring	67	Heating - Gas/Elec		Niche	35
Cars		All Works Plumbing & Heating	65	Xpress Printing	3
Brookfield Garage	10	Appliance Services - Heating Engineer	68	Property Services	
Children's Activities / Entertainment		Assist - Plumbing & Heating	61	DC Property Maintenance	66
Go Wild Forest School	40	Eco Gas Plumbing & Heating	72	Homefix	68
KudaCan - Play, Learn, Eat	11	Heating Engineer - <i>John Presland</i>	71	Jamie Eriksson	73
Complementary/Holistic/Counselling		Roost Plumbing & Heating	73	Paull Property Services	61
Bowen - <i>Jane Hird</i>	24	Home Care		TLC	72
Osteomyologist - <i>Dawn Clode</i>	25	Care 1st Homecare	23	Recruitment	
The Family Practice	27	Home Interior Shops/Services		Education People Ltd	6
The Happiness Course	26	Bathroom Installation - <i>All Works</i>	65	Renewable Energy	
Computers/Mobile Phones		Kindle Stoves	59	Bob Mole	68
I love my PC	34	Marble Supreme - <i>Kitchen worktops</i>	15	Restaurants/Cafes/Pubs/Takeaways	
Ship Shape PC Repair	12	Marialina Fabric & Soft Furnishings	33	The Bishopston Fish Bar	4
Smartfix Technology	36	Hypnotherapy		Roofing	
Xpress Computers	3	Jo Gray	29	McCall Roofing	64
Editorial Services		Michael Hughes	24	The Roofing Company	70
Rebecca Ramsden	21	Jewellery/Pawn brokers		Schooling/Tuition	
Electricians/shop		Catherine Amesbury - Artemis Shop	33	Bristol Grammar School	11
Bob Mole	68	Kemps	32	Clifton High School	17
Matt Pederick	70	Music		Fairfield High School	20,21
Redland Electrical Services	67	Centre for Better Groves - <i>Vinyl shop</i>	37	Redland High School	7
Family Mediation		Graham Sothcott - <i>Guitar/Ukulele</i>	37	Skip Hire	
Progressive Mediation	6	Joe Longridge - <i>Trumpet</i>	37	Able Waste	80
Flowers - The Flower Shop	31	Wed the Strings - <i>Wedding musicians</i>	31	Solicitors - Barcan+Kirby	18
Framing - Niche	35	Optometrists		Textile Shops/Courses	
Garden Design/Maintenance		Lunar Optical	30	Poppy Patchwork	39
Alan Anstey	70	Lynne Fernandes	42,43	Voluntary Work	
All Gardens	12	Painting & Decorating		Bishop Road School Governor	8
Alpine Landscaping	50	Advanced Decorators	63	Will Writers	
Bristol Landscaping Services	58	Alan Anstey	70	Jane Holzgrawe Wills	48
Catherine Dixon (Organic)	66	Carter Decorating	68	Yoga	
Collins Tree Services	70	Inside & Out	69	Bristol City Yoga	25
Martha Gavin Garden Design	60	Professional Painting & Decorating -		Yoga West	1

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