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including Ashley Down, Horfield & St. Andrews

Matters

issue 83, Feb 2015







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Dear Readers...

Welcome to the February issue of Bishopston Matters; I have a lot of love for our community and the people that make it special. To celebrate Valentine's Day, pupils of Ashley Down Infants have shared their thoughts and illustrations on what local things they love, on the centre pages.

Plans for my annual MS fundraiser are well underway. To celebrate our 5th year, we are trying something a little different! It will be a lot of fun and you are all invited. Please mark the evening of Saturday 14 March in your diaries - read more on page 5.

Another community event not to be missed is Window Wanderland on Saturday 7 February, 5 - 8 pm. Find out more about this fabulous creative trail on page 7.

This month it was great to visit the Old North Bristol pool site and view the progress of the new Bishopston Medical Centre and library; see the report on page 21.

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



Bishopston Matters, along with other fellow local traders, is delighted to have sponsored a tree on Horfield Common. Read more about this and all the wonderful projects that are taking place at our local green space on pages 16 and 27.

It is always fun to take part in the Horfield Organic Wassail, toasting the local orchard for a fruitful harvest; see page 55.

The Bishopston, Horfield & Ashley Down History Group has kindly shared in some of their local research on page 37.

It was good to learn that many Gloucester Road traders are offering discount to carers in our community; find out more on page 48.

Don't miss the fab reader competition to win a copy of Bristol Giants children's book by local author Ollie Rigby on page 18.

Love to you all,

Kerry X

Email: kerry@bishopstonmatters.co.uk Visit: www.bishopstonmatters.co.uk Bishopston Matters, PO Box 337, Bristol, BS9 4WT Tel: 07881 924 059 / 0117 349 4483 📘 @bishmatters





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Question: What are you doing on Saturday 14 March 2015?

Answer: Taking part in a fabulous MS Charity quiz!

Many of you know that my dear, late father suffered with multiple sclerosis (MS). To celebrate his life and love of people, we organise a community fundraiser for the Bristol MS Society each year. Many of you wonderful people have previously supported the Cake Break, kindly hosted by the Horfield Baptist Church. This year, to mix things up a little, we are trying our hand at something new - a fabulous community quiz!

The event will take place at St Bart's Church Hall in St Andrews, on the evening of Saturday 14 March 2015. You are all invited to take part in this fun. friendly quiz. Tickets will be £5 per person with a maximum of six people per team. Groups should be booked in before the day please. The ticket price includes some delicious interval snacks and the opportunity to win some great prizes. There will be a cash bar to help the evening go with a swing.

Raffle tickets will be on sale; we have been blessed with some amazing prizes over recent years from local businesses that have included Meals in

Gloucester Road restaurants Cricket tickets. Haircuts and colours, Champagne and much. much more. I am confident the wonderful local traders



will once again dig deep and come up with some fabulous goodies for you lucky people to win.

This is a wonderful opportunity for the whole community to come together, have some fun, eat, drink and be merry, while raising funds for a charity close to many people's hearts.

If you would like to reserve a ticket, donate a raffle prize or get involved in any way, I would love to hear from you. Please contact Kerry on 07881 924 059 or e-mail: kerry@bishopstonmatters.co.uk

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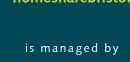
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Window Wanderland; A Walking Trail to Light up our Winter



Come on a magical evening walk and enjoy colourful displays in the windows & gardens around the Bishopston/Horfield/St Andrews area.

Over 100 venues have already signed up for this brand new event, as all kinds of delights are being created to brighten the winter night.

"We have ideas from a 'New York Surprise' on Monk Road, a 'Bagpuss' window on Filton Avenue, a 'Mini City' on Willoughby Road and a balloon maker in Oceans estate agent! Artist Sophie Cheshire will be taking over a window at Lunar Opticians' on Gloucester road and children at Brunel Fields school are making Indian Shadow puppets for their homes" says organiser Lucy Reeves, local mum of two. "We have a fun competition with local prizes and everyone can vote on the back of their maps so save the date, wrap up warm and come to the first Wanderland!"

Download the map from windowwanderland.com or collect one from: Tart, Halo, Relax Coffee, Boston Tea Party and Tinto Lounge on Gloucester Road.









Votes for the competition can be

returned to the same locations or emailed to windowwanderland@gmail.com.

You can get 10% off at Boston Tea Party, 293 Gloucester Road, between 5 pm - 8 pm on 7 February when you show your map.

See page 23 to find out how the Bishopston Dalek is getting involved in the fun!



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Healthy Henleaze School

Children at Henleaze Infants and Junior Schools have been learning how to make healthier

life choices courtesy of their very own Life Bus, stationed at the school for a week in January.

Reception to Year 5 pupils have experienced tailored sessions on a range of subjects from learning about their bodies and dealing with feelings to healthy eating, medicine safety and alcohol consumption, all in the comfort of a specially designed hi-tech mobile classroom.

Life Education Bristol, who run the scheme, visit schools across the greater Bristol area, helping to develop children's knowledge, skills and self-esteem so they are able to make positive choices about their health. The charity, which was launched in 2001 and has strong links with Henleaze, visits the schools annually so that the pupils continue to build on what they have learnt.

"Schools really value the service and think that we add value to their existing PSHE (personal social and health education) curriculum," says Pete Dommett, a former primary school teacher who manages the scheme.

"Our programmes are very memorable, fun and exciting and employ a wide variety of teaching and learning styles including film clips, discussion, circle time, drama, music and puppetry - they love meeting Harold the Giraffe. This helps children to learn in different ways and remember the key objectives from each session."

Indeed Harold the Giraffe is a key draw for many of the children at Henleaze Infants, who love the way he teaches them about healthy choices. A model of the body complete with light-up internal organs is also very popular during the sessions.

"The Life Bus is a wow experience for the children to learn more about the body," explains Georgina Case, deputy headteacher at Henleaze Infants School. "It is very interactive and as a teacher, it is lovely to see the children take their learning back into the classroom with follow-up activities for each session."

Article by Julie Ferry



Time to party at KudaCan!

More KudaClub! Back due to popular demand! Here

are some 2015 Holiday Club dates for your diary: February half term 16 – 20 February and Easter 30 March – 2 April, 8 am – 5.45 pm. Reception to Year 6, £27 per child per day. Each day is fun-packed with lots to keep the kids busy indoors and outdoors. Play dough modelling, arts & crafts, mask-making, collage making, junk modelling, role plays, parachute play, daily trips to the park, dance competitions, guizzes, nature trail, open-air games, story-telling and so much more! Get in touch with kudaclub@kudacan. co.uk for a registration form.

Amazing Birthday parties - Partnering with the best kid's entertainers in Bristol, KudaCan offers a unique birthday party experience that makes everybody happy. The children delight in the entertainment, food and play facilities and the parents can relax and enjoy the party too. If you book an event at KudaCan you can turn up, have fun and go simple, no mess, no stress! Party bags and a special cake can be provided too. Visit www.kudacan.co.uk to explore which of the nine entertainment packages you would like. There are a wealth of exciting activities involving music, circus skills, story-telling, balloon modelling, bouncy castle and of course party games!

KudaCan with NCT - As a hub of information and support for local families, KudaCan has always had close links with NCT (The UK's largest charity for parents). Look out for the following NCT sessions at KudaCan...

Birthology Mother and Baby Yoga - A friendly, nourishing class for new mothers who feel ready to begin gentle toning exercises from 8 weeks after birth.

Antenatal Refresher Course - It is easy to

forget the impact the arrival of a new baby can have on a sibling. This informative course will help you prepare well for the arrival of your second child. Baby Massage - New NCT courses will be starting in

March, get in touch with KudaCan to book in.

For more information please call 0117 9422877 visit www.kudacan.co.uk or pop into KudaCan, 7 Dongola Avenue, BS7 9HG. Open 7 days a week: Mon-Sat 9.30-5 pm and Sun 10-4 pm.



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As I write in mid-January, I'm being blown away in more ways than just this sleeting gale! Our team on the Gloucester Road were busy in 2014, but 2015 so far has surpassed expectations. The aim of using a stock clearance to make space for new frame product has certainly worked. This February you'll see new designs from Ray Ban, Oakley, Hackett and Lindberg to name a few.

Let's lead off with our February styling open day! This time last year Sara, one of the Gloucester Road team, joined the practice from a city centre optical boutique in Manchester. Sara's passion for design and knowledge from the fashion side of our industry inspired us to 'create' a role for her at Lynne Fernandes Optometrists. Fast forward one year and Sara's influence on our stock is about to show with New York design house, Moscot!



At our annual visit to the Paris optical show, Sara asked us to check out Moscot. Two hours later we'd bought into the whole concept of Moscot eye wear: their family ethos with high quality production and design, still based in their own
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practice.
Their high
street
practice is
currently run
by fourth
and fifth
generation
Moscots:
Dr Harvey





th generation Kenny (L) and Harvey (R) Moscot at 14th Street Shop

Moscot, an optometrist and Zack Moscot, a formally trained industrial designer. A family success story, we like that and their values that mirror those at Lynne Fernandes Optometrists.

Our winter Eye Style event is open to all interested in the art of fine eye wear from 9 am - 4.30 pm on Saturday 28 February. Experience an individual style consultation with free lenses!

I look forward to seeing many of you there.

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BIBLOS comes to Bishopston

This February will see popular food outlet Biblos on the Hill come to Gloucester Road. I recently had the pleasure of meeting the owners and discussing their exciting plans. This was also a great opportunity to sample some of their delicious menu - I can thoroughly recommend the halloumi wraps!

Ariel Czaczkes and William Clarke founded the wellliked fast food cafe Biblos located in St Werburghs and Stokes Croft. The hardworking team are now pleased to introduce their third venue - Biblos on the Hill, a new independent casual dining restaurant and bar at 225 Gloucester Road.

Biblos has become synonymous with their tasty wraps, fresh salads and mezze plates. With the addition of a small selection of fine wines, rum cocktails and red stripe on tap, Biblos on the Hill will still be offering the fusion of Caribbean and Middle Eastern delights but with a few small differences.

As a Bishopston resident, Will Clarke is delighted to be opening a restaurant on his local high street, he told me, "Biblos on The hill will not be fast food like our other cafes, the new site will allow us to push all our delicious offerings up to the next level. Bread fresh out of the oven, delicious marinated meats straight off the grill and a nice glass of wine to go with it. If you enjoyed our wraps before, and you have time to sit and join us for a meal, we think you will like what we have to offer on the Hill'.

Biblos on the Hill is taking over the venue, which was previously the site of Zazu's Kitchen. The team at Zazu's have now moved down a couple of doors to a larger site, still serving great food and tasty breakfasts that they are well known for but also offering a private dining function room with beautiful period features for the local community.

Will told me the team are enjoying adding interior details that reflect Biblos's individual, creative character. "We are currently in the process of putting our own stamp on the old Zazu's space, working with a local upholsterer and designer to make a few small changes to the current site. We are very fortunate that very little has to be done to the interior as Zazu's had already carried out works to a very high standard. Ariel and I are very keen on up-cycling and using recycled materials as much as we can, and happily we have very talented friends working in this area who we have roped in to help us with the project."



are surely to follow.

Ariel explained, "Our signature wraps are wellknown, fresh flat bread filled with Caribbean and Middle eastern fillings - like Jerk chicken or falafel with fresh salad, homemade sauces and pickles not found anywhere else. The flavours are all there, it's now about refining the process and stages of cooking so our chefs can replicate it perfectly each time".

Will went on to sav. "It's not just the wraps we are working on. Having three children with very different palates I can appreciate the challenges parents have when eating out. We will be incorporating the little Biblers children's menu so expect mini mezzes and Halloumi pizza, all fresh, healthy and most importantly kid-friendly".

Ariel added, "We are also working on much less kid-friendly things as well – our house cocktails. Rum based (of course), we are mixing up a couple of classic cocktails with a few modern twists, and so far enjoying the results!".

Biblos on the Hill opens its doors in February 2015 and I am sure it is going to be a welcome addition to our special High Street.

For more information, please contact Ariel or Will.

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Welcoming tigerlily to Gloucester Road

Bishopston Matters is pleased to welcome the stylish 'Tigerlily' to Gloucester Road. Carrying sought-after brands in women's clothing and accessories, I am sure this little gem will soon be a firm favourite with the locals.

Owner Marj Cook is delighted to be a part of this vibrant community. She told me that both local traders and customers have been amazingly supportive and receptive to her products.

Although new to Gloucester Road, Mari has great experience in retail, already owning a successful sister shop in Ludlow for the past 10 years.

Marj has worked hard to source products not sold anywhere else locally, or even Bristol-wide! Brands include Desigual along with ethically made Skunfunk and Komodo.

All the fabulous products on display reflect Marj's strong, colourful style. This is a business born out of passion for beautiful

items and her love of travel.

As a perfect complement to the garment collections, you will find accessories that are both gorgeous and guirky. Bags from vegan brand Matt & Nat, along with fake fur and leather bags from Urban Code.

You are spoilt for choice with carefully selected sterling silver and gemstone jewellery, sourced from Bali, Thailand and India.

Marj looks forward to meeting more lovely customers.

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During National Tree Week in December 2014, an amazing 457 new trees were planted on Horfield Common! Bishopston Matters was delighted to be a part of this wonderful event that saw local people, businesses and primary school children come together and get digging!

Thanks to an outstanding fundraising campaign led by the dedicated Friends of Horfield Common, funds for 58 new standard trees was raised. Each tree is 3–4 m tall and was sponsored by local residents and businesses, funded through the Neighbourhood Partnerships, or dedicated as memorial trees for local people's loved ones.

FOHC Chair Sam Thomson told me,

"This is the first large project that we have been able to co-ordinate across all three Neighbourhood Partnership areas, and it is brilliant to see the common beginning to be seen increasingly administratively as one large green space, rather than a series of adjacent small spaces. Hopefully this will mean that any future threats to nibble away parts of it with speculative planning and/or development projects on 'bits' of the common will become less frequent."

I was pleased to plant the Bishopston Matters tree with the help of fellow local traders and tree sponsors Joe's Bakery, Room 212 and Glos Rd Central. Other local businesses that kindly supported the campaign were Animal Health Centre, Gloucestershire County Cricket Club, Horders Electrical, Rob Needs Roofing and The Way Design.

It was a wonderful bright winter's morning, with everybody in fine spirits enjoying the fresh air. Planting a tree for future generations to enjoy on the common was a good feeling indeed.

You will find the Bishopston Matters and Joe's
Bakery Field Maples just outside the new play area.
Room 212 and Glos Rd Central's trees are Alders
along the bottom pathway. Other species
planted on the Common include Sycamore,

Silver Birch, Walnut, Wild Crab Apple, Will Cherry, Chanticleer Pear and Common Oak.

Four hundred of the new trees were planted as 'whips' to form new hedging in Wellington Hill Playing Field. I had the pleasure of joining the Ashley Down Infant Eco Group, who planted over 50 young trees in just 45 minutes! They were one of many local schools that took part in the planting event.

The children listened to instructions and then set about planting the native hedging with some gusto. It was lovely to witness their enthusiasm. As they dug, planted, staked, rabbit guarded and mulched.

I heard comments such as, "I am excited to be able to watch this tree grow from my house".

"I am going to come and visit this tree when I am a Granddad".

The children took great pride in their work. At the end, they named three of the trees Bluey, Greeny and Pinky and recorded where they were planted so they could visit them over the coming years.

Practical work parties to clear scrub on Wellington Hill Playing field have taken place throughout January. The hard work kindly undertaken by local volunteers will enable Treepips to plant the final 200 tree whips by the end of March. The FOHC would like to thank all those who have supported the green project. There is an open invitation for any other local residents who would like to get involved in working with the community group to get in touch via their website.

The FOHC are still working away on their walking and running routes project and making good progress with improvements to the pond. They are currently waiting for the outcomes of a Bishopston, Cotham and Redland Neighbourhood Partnership funding application. They hope to be in a position to say more about this in the next issue.

A partnership project with English Heritage is underway. Graduate Esme, who is working with the friends, is making good progress, putting together content for a heritage schools week at Horfield C of E School, which will take place at the end of February. Following that, she will be out and about in the area talking to long-standing residents about their memories of Horfield common as a child, and changes that they have experienced in the area. If you have a story to share please get in touch via the FOHC website or call Kerry on 0117 349 4483.

The Ardagh Edible Garden project in association with 'Incredible Edible' has got off to a fabulous start, see page 27 for full details.

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This month it was wonderful to catch up with Bishopston resident Oliver Rigby, to learn more about his huge book - Goram and **Ghyston the Bristol Giants!**

How long have you lived in Bishopston?

We moved into Bishopston just over 2 years ago. I went to university in Bristol and am pleased to have returned here. I knew nothing of the local area before moving here. I love it now!

Is this your first book? - Yes. First and probably last! I think I underestimated the effort that would go into it! Although, Goram and his pet dragon Digby's story is yet to be fully told, so the adventures are likely to continue.

What gave you the idea to write about the Bristol Giants? - I was visiting the suspension bridge one day and saw the sign for the Giant's cave. The name piqued my interest and later that day a simple internet search led me to the original myth. This is a story that every child would have grown up being told at bedtime 200 years ago. Now it has largely been forgotten, which seemed a shame. Visits to Goram's chair at Blaise Castle quickly followed and not long after, I wrote the first draft of the book. The enthusiasm from my 3 year old son soon made me realise that this was a great story that could connect people to some beautiful parts of Bristol.

Can you tell us a bit about the story? - This is the tale of two brothers called Goram and Ghyston. They were no ordinary brothers - they were Giants! Long ago they ruled the lands around Bristol until one day they met and fell in love with the beautiful Princess Avona. Princess Avona set them a task to see which of them would win her hand in marriage. It was a task that only one of them could win and would result in landscape around Bristol being changed forever. The story is aimed at 2 - 6 year olds.

18



How did you choose the brilliant illustrator? Tom Bonson has a studio

at Hamilton House on Stokes Croft. I found him through their website. There is no doubt that he has an incredible career ahead of him!

Where can people get hold of a copy of Goram and Ghyston the Bristol Giants? - The book will be stocked in Romantica. Room 212 and Playfull Toyshop on Gloucester Road. It will also be available from the Bristol Museum, M Shed, Blaise Castle, the Suspension Bridge visitor centre, SS Great Britain, Foyles and hopefully Waterstones! If none of those work you can always order it from the website at www.bristolgiants.co.uk Make sure you visit the website in any event to download a mask of vour favourite character!

Reader Competition!

Bishopston Matters is delighted to have some copies of this wonderful book up for grabs! To be in with a chance of winning simply answer the following question -

What is the name of Goram's pet dragon?



Credit where credit's due

When thinking about whether they would be accepted for a mortgage on their dream property, most people focus on whether they meet lenders affordability criteria based on their earnings. While this is important, what many people forget to look after is their credit score, if it is poor you could miss out.

With this in mind, here are some top tips to ensure you stand the best chance of being approved for a 'decision in principle', which is the point at which a lender credit scores vou.

Get closure: never close down a direct debit until you are sure the provider has closed the account at their end. This is commonplace with mobile phone bills and can have dire effects on your credit file.

Roll with it: get on the voters roll, you can do this easily via the Bristol City Council website 'register to vote' page.

Don't miss out: set up a direct debit for the minimum payment on all credit or store cards so no late payments are registered.

Be prepared: if you think you may go over your current credit limit call the provider and increase it.

Keep tabs: be sure to keep a note of your address history for the past three years and dates you moved.

Shut it down: call providers and close down unused credit cards, having large amounts of unused credit on your file is a concern as it means you could stack up debt.

Less is more:

where possible. keep the amount of credit searches performed on you to a minimum.



MORTGAGE BROKERS

When shopping around for things like credit card deals, do not authorise anyone to credit check you without your express permission. Multiple credit searches will reduce vour credit score.

Beware compare: read the small print on price comparison sites. If you have entered personal details such as full names, date of birth and address history they may be performing credit searches.

Knowledge is power: download your credit file if you suspect there might be an issue you don't know about. Credit reference agency Experian is a good place to start, CallCredit also produce a free credit file called Noddle.

Be responsible: remember that any credit held in joint names is still your responsibility. If the other person decides not to pay, you will be liable for it.

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ALL GARDENS

News on the new Bishopston Library & Medical Centre

It was of great interest to meet with Chatsworth Homes' Kevin Batt, to have a tour around the Old North Bristol pool site this month, along with the new library and apartments. I am pleased to be able to share the progress of this muchanticipated local project with you.

There is good momentum on the site. Starting in the Old baths - the hydrotherapy pool's balance tank (that keeps the water levels of the pool consistent as people enter and leave the pool) is now fully waterproof. Drainage has been installed and the pool floor concreted. Kevin and I both agreed the day the pool is filled with water will be one to celebrate!

Moving to the new build next door. The weatherdamaged fabric, from the recent shutdown of the project, has now been largely replaced. The facade and cladding work outside is being finished off. Kevin explained that working on a grade 2 listed building alongside a new build, that is to reflect the old baths. was not without its challenges! However, this was what made this project so interesting. When I visited the site, work was well underway with the circular stair tower (see images below) - a complicated construction built out of specially made curved bricks. Set amongst the layers of bricks is beautiful bath stone, as used in the original baths building. The



walls of the new building have been carefully constructed to ensure the lines of bath stone perfectly match across the whole of the frontage. Kevin told me that in order to resolve some building challenges of the new building, the team had been pleased to embrace some of the traditional building techniques and materials, used 100 years ago, before so much high technology was employed.

The impressive feature staircase in the new Bishopston library has been installed. This spirals round a central metal tree that grows into a sun tube in the centre of the space. This tube will increase the natural light in the community venue. While I was there, the lid to the sun tube was been lifted to the top of the building and prepared to be installed exciting stuff! The sun tube has been created with 16 panels of 6 mm mirror acrylic. Kevin told me that this material was perfect for the job - the same end-result was created as with a glass mirror, at a quarter of the weight.

With the roof weatherproof and windows now installed, the flats above the library are being completed. The start of February will see the kitchens fitted. I had the privilege of stepping out onto one of the new apartment's balcony

to take in an impressive view of the much-loved Gloucester Road.

The new Bishopston Medical Centre, library and apartments are on target for completion this Spring.





Fabulous view from the new apartment balcor







Fences/stone walls
 Tree pruning

• New Lawns

Ponds

Clifton High School Ski Team Success

Clifton High School skiers have recently returned from the Independent School's Ski and Snowboard Championships in Les Deux Alpes, France. Five pupils aged between eleven and sixteen participated in the competition between 12th and 17th December 2014. Over 180 competitors from eleven other schools took part in the inter-schools competition with one of Clifton High's Year 11 pupils finishing in the Top Twenty.

The ski team's success is significant for Clifton High School as its ski club was only established in February 2014. Skiers attend weekly training sessions at the Mendip Outdoor Centre in Churchill and many took part in the School's ski trip to Prato Norvoso, Italy in 2013.

The team's rise to success is remarkable but is typical of the Clifton High School approach. Dr Alison Neill, Head of School says. "We are a dynamic organisation, always looking for new opportunities to enhance the skills and experiences of our young people. The ski club was developed following feedback from our pupils and has been a huge success".

Reinforcing the School's commitment to developing its ski talent it will be taking around seventy pupils on a ski trip to Sunday River, Maine, USA in 2016.



The performance of the skiers only adds to the school's reputation as having an excellent sporting provision. The school's sports

department has changed markedly in recent years with the recruitment of a talented team of sports teachers who each bring with them a fresh approach and individual sporting success. The school has also been keen to introduce a broad range of sporting clubs including archery, taekwondo, trampolining, gymnastics and waterpolo.

To find out more about Clifton High School visit the website www.cliftonhigh.bristol.sch.uk, look at the facebook page or contact admissions registrar Mrs Melanie Johnson on 0117 933 9087 or email admissions@cliftonhigh.bristol.sch.uk

Dale the Dalek's Deckchair Challenge!



Walking up Thornleigh Road on the way to Horfield Common always puts a smile on my face - Dale the Dalek that resides in the front garden of number 48 never disappoints.

This month, it was great to hear from Keith, who created our much loved Dalek out of a compost bin!

Keith has been creating displays in his front garden for the past four years, "Just trying to make people smile in the winter". Past exhibits include Anything Grows on Trees, where people were asked to bring anything of no value to hang on trees and Bristol City Council, pictured below.

This winter, Keith has excelled himself with a fabulous beach scene. He told me. "Dale has lived with my wife Carol and myself for 10 years now and I thought it was about time he enjoyed a summer holiday!"

Dale is asking local people to come along. immerse themselves in the beach scene, don their beachwear and have their photo taken in the deck chair. People are encouraged to give a donation to Children's Hospice South West.

Keith told me, "My nephew died about 10 years ago at Children's Hospice South West so we are keen to raise some funds for them. My nephew loved the Daleks so this is our version of the ice bucket challenge."

Dale is taking part in Window Wanderland on Saturday 7 February, 5 - 8 pm (for full details on this local, creative tour see page 7). If you can't make that evening, the display will be there until the beginning of March (when the vegetables go in); you can contact Keith or Carol on 0117 907 8448.

Follow @dalethedalek on Twitter.



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- Outstanding support and guidance for university selection and applications

- 6 Excellent sports facilities including an indoor heated pool on-site
- Spacious grounds in a sunny aspect to play, socialise and learn
- 8 Nursery school with fully-qualified and trained teaching staff
- Outstanding teacher-pupil relationships based on trust and respect
- Forward looking, embracing change and providing an education relevant for the 21st Century

Nursery School and Reception Open Morning: Thursday 23rd April

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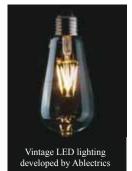




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Ablectrics is now pleased to be able to offer their customers a light fitting repair service, from £12+ VAT. Simply bring in your lamp and they will have it fixed in 7 days by a qualified electrician.

Restoration of Vintage Lights

The local business has also started restoring old vintage lights; this popular trend in lighting at the moment has meant they have had to take a more hands on approach. Calling on their

vast contacts in the world of lighting, they buy in old factory lights, streetlights, shades and ship lights. They then set about stripping them down and rewiring them to modern standards, using new vintage cable, decorative lamp holders and antique light bulbs.

Ablectrics has a new area of their showroom dedicated to displaying their vintage lighting with different items arriving every week. You can also view this collection online.

Decorative Vintage Lamps – New and Old

Used to compliment vintage-style lighting, the antique squirrel cage filament lamp has become extremely popular. Its decorative filament and 2200k amber warm white colour temperature make it an ideal lamp for these vintage light fittings. These original lamps only last 2,000 hours at best and burn 60 watts. Not satisfied with this output or use of energy, Ablectrics has worked hard to develor a new LED lamp. When creating this new lamp, they went to great lengths during the development stage, to ensure the colour of the LED is right, that it dims and that there is no heat sink. What seemed like an impossible challenge, and after several failed attempts, this fantastic new product finally became a reality in October 2014. Ablectrics is proud to bring you vintage LED lighting that burns only 4 watts and has a life expectancy of 25,000 hours! Both a squirrel cage LED and a LED globe are now available from them; prices start at £26.99 inc. VAT. You are invited to visit the shop to view them and find out more.

Clearance Sale for New Shop Fitting!

We are having a new shop fit this May and need to clear stocks and displays. This means customers can take advantage of huge discounts! You can get 20% off in January, 30% off in February, 40% off in March and 50% off in April! If you buy any light fitting in the sale you also get 10% off your LED lamps.











Detail Matters to Interior worker - Steve Miller

It is always great to meet individuals who are passionate about their work, and Ashley Down resident Steve Miller is certainly one of those people. He is never happier than when delivering an interior project to customers.

Steve thrives when working out how to accomplish a project that will work best for both the client's needs and desires, whilst being sympathetic to the style of building he is working in. He told me, "As soon as I walk into any room my mind immediately starts processing what will work best for this particular space. Customer satisfaction is essential for me: taking into consideration the client's personality when designing a space is crucial".

Steve specialises in hand-made kitchens, bedrooms and bathrooms but with 30 years of experience, can turn his hand to any interior project. He has worked abroad on interior jobs that have included bespoke fittings for aeroplanes, boats and formula 1 buses! He is now happy to be based in one place and enjoys working with local people.

Steve can manage a project from start to finish. He has links with excellent electricians and plumbers. if the job requires, whom he will organise and oversee, to make life as simple as possible for you. "I take great pride in my work and will only deliver a quality finish."





Not surprisingly, Steve

receives a good deal of repeat business with delighted customers. He told me, "I fitted three kitchens in separate properties for one client; she asked me to do a fourth when she moved to Jamaica - I was happy to go but couldn't get my tools there!"

As well as designing, fitting and building breathtaking rooms, he can create unusual pieces of furniture or transform an unused space into something useful.

Steve choses not have a showroom in order to keep costs down for customers but he can create any style that you wish, with additional bespoke details.

If you would like to arrange a visit, or discuss your interior project, please call Steve on -

07474 490 3913







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Everybody is invited to join in the **Edible Landscapes Project on Horfield Common**

The Friend's of Horfield Common are excited to have been awarded funding of £250 from the Naturesave Trust to support their Edible Landscapes Project, which was launched by Edible Bristol's co-founder Sara Venn.

There was a good crowd at the Ardagh Pavillion on Horfield Common to listen to the informative, exciting presentation from Sara. Over the last couple of years, Sara has led a programme of community-based edible growing projects across the city – transforming gardens, disused roadside areas and parts of parks and green spaces into food growing areas: the work that she and others have achieved is inspiring. The FOHC are hoping to learn from this and will be working in partnership with this city-wide project as they embark on their own 'incredible edible' space!

A good number of local people have already shown their enthusiasm and taken part in the first two working parties. The first in mid-December, involved clearing a decent sized bed, situated around the Ardagh Bowling Green, digging it over and replenishing the ground with some well-rotted manure, in preparation for the planting of vegetables.

The second, mid January, had the volunteers digging in the last of the mulch on the two beds, planting some Honey Berry and Blackberry fruit bushes from Edible Futures, as well as vegetables from Feed Bristol. The work was made easier thanks to the lovely folk at Golden Hill Community Garden, kindly providing some forks, trowels and spades.

This project is open to the whole community to get involved with, to spend as much or as little time as they wish. It is a fantastic opportunity for people to learn how to grow vegetables or share their gardening experience with others. The food grown will be for members of the public to share; some of the vegetables may be used to create food for people to enjoy at events on the common or donated to Bristol causes decided on by the team.

During February half term Young Bristol will be visiting the Ardagh to help with the garden. Everybody is invited to get involved with this project - from individuals to school classes. FOHC volunteer Anna-May is leading the project and will be very happy to hear from you if you would like further information.

Please contact:

friendsofhorfieldcommon1@gmail.com

Visit: www.ediblebristol.org.uk



Can you donate some tools, topsoil or manure?

This new community project would love to hear from you if you have any un-wanted tools you are able to donate. They are also looking to source cheap or free topsoil and manure; please do get in touch if you can help this rewarding scheme.



T: 0773 447 6145

E: enquiries@bristollandscapingservices.co.uk www.bristollandscapingservices.co.uk





Spring Open Events

Open Evening: Wednesday 18th March 7:00-8:30pm

Open Mornings: Tuesday 17th, Thursday 19th, Tuesday 24th & Thursday 26th March 9:15-10:30am





Something rather special is emerging on Allfoxton Road - Prospective parent



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It's been a busy start to the year at FHS, firstly celebrating that we are in the top 15% nationally for Value Added meaning our students are among the best in the country for exceeding their GCSE expectations.

One of our Year 7 students, James Renni, is running for a place on the Bristol City Youth Council. Twentyeight young people will be voted into the Council for a 2 year term of office and will represent young people's views to adult decision makers such as the Mayor, Councillors, Council Officers, Members of Parliament, and also influence policy decisions they make. FHS will also host a polling station for the event. Good luck James! You have our vote.

Students at FHS have collected a phenomenal amount of food for the North Bristol Food Bank, a charity dedicated to providing 'emergency food for local people in crisis' and in preparation for further education interviews, our students were given mock interviews to help them prepare for the process. It seems they made quite an impression on the external agencies brought in to conduct them, with comments including "Renewed my faith in the young people of today" and "they were all a credit to the school - confident, well mannered, presentable". The agencies involved were St Brendan's Sixth Form College, Airbus, KTS Training, BAE Operations and Inspiring the Future.

Singing chords are being warmed up as students prepare to take part in Voice in a Million at Wembley



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in March, and Year 8 students have reached the finals of the Sharp-Shotz animation competition. There may also be some exciting news about an exclusive partnership with Sharp-Shotz and the NSPCC so watch this space!

After success at Teentech last year, a Dyson workshop is on the cards. Students are extremely excited and can't wait to find out what they'll be up to when the British technology company visits FHS

We are running spring open events and warmly invite interested parties to attend:

Open Evening: Wednesday 18 March 7 – 8.30 pm Open Mornings: Tuesday 17, Thursday 19, Tuesday 24 and Thursday 26 March 9.15 - 10.30 am

We hope to see lots of you there.



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We welcome interest from people from all walks of life, with experience of children and space in your home.

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If you would like to talk to one of our current carers, please call Andy Hider 07989 067609

www.amicusfostercare.com







Many of you may remember, from our article in 2014, the successful fundraiser that was held to raise funds for the Neonatal

Intensive Care Unit (NICU) at Southmead hospital. organised by the Ashley Down-based McGuinness family. They were keen to support the unit in way of thanks for the life-saving treatment their young daughter Isla received during the first 10 weeks of her life. Isla has an undiagnosed genetic disorder.

Their Autumn Fair raised over £10,000! Part of this money was raised by a raffle. Mulberry kindly donated a fabulous handbag, which enabled £10 raffle tickets to be sold to be in with a chance of winning this designer item.

The McGuinness family were deeply touched when the local lady that won the bag returned it to Isla as a Christmas present saying: "Dearest Isla, this bag only ever belonged to you". With very strict instructions that any money raised from the bag was to be spent on her.

The family have been humbled by this generosity and vowed to put the funds raised to good use to improve Isla's quality of life. The plan is to create a safe sensory garden for her, with funds raised by raffle tickets for the Mulberry bag.

Tickets are on sale at Sweet Pea in Westbury-on-Trym and at The Eastfield Inn, Henleaze Road. People can also e-mail - isla.fundraising@gmail. com if they would like to get hold of a ticket.

The grand draw will take place on Saturday 4 April at The Eastfield Inn. Get your tickets now!

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rachaelwilliams@ talktalk.net

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Family Mediation Service in St Andrews

In the past the first port of call for couples who were separating or divorcing was probably a solicitor. Increasingly now couples are being encouraged to try Family Mediation first.

Family mediation helps divorcing and separating couples find solutions to disagreements over dividing their money and the arrangements for their children. Progressive Mediation is able to accept clients who are eligible for legal aid for mediation.

Progressive Mediation 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 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 specialised in working with families and children.

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 1/2 hour

Mediation session.

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Mediation offers competitive prices and appointments in the evening and at weekends.

Frances cites Progressive Mediation's very good success rate: "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."

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



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Share Some Local Love



It's February, the month of luuuuuurve. Valentine's is around the corner and vou're feeling the pressure of needing to nail the perfect Valentine gift.

What do you get that special someone? You want to impress, you want to win another date... The pressure's on. Well, don't buy an oversized teddy bear, a box of same old same old choccies or a pair of fancy pants... Do something original and spread the love around... Give a YourStreet Gift Card.

The YourStreet Gift Card is a preloaded gift card, which can be redeemed at independent shops, cafes, salons and more - supporting small business and sharing the love of shopping local.

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So what are you waiting for? To give a truly unique local loving gift this Valentine's Day, give them a YourStreet Gift Card.

You can buy them over the counter across Bristol in these shops: Grape and Grind, Oddsox Shoes, Brewers Droop, Melanie's Kitchen, The Tobacco Factory, Romantica and Make & Do.

Or ... Buy the card online from the comfort of your sofa, visit www.yourstreetgiftcards.com and we'll pop one out to you or your person of choice, sharpish and all ready for the big romantic day!

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Local family launch new furniture business in Bishopston!

Bishopston Matters is pleased to welcome Arbre Living into our community. It is a new stylish furniture and homeware shop on Kellaway Avenue. They hope to increase the popularity of British designed and manufactured products, stocking their own range of innovative made-tomeasure furniture along with carefully selected lighting and accessories.

The brand has been launched by local residents Tom Walker and Heather Sands, a couple who started their company shortly after the birth of their first child. The business has been steadily growing since 2009, and they now feel that the time is right to venture their project onto the high street. "We began as a solely online retailer, selling our products through third-party websites, so it's really exciting to be launching our own website, and opening up our own shop," says Tom. "We really hope that people will love seeing the quality of our range first hand, and that we can change the way people shop for furniture.

We want to show that traditionally made furniture doesn't have to be boring, and a bespoke piece of furniture doesn't have to cost thousands of pounds. People shouldn't feel that they need to settle for a mass-produced product made overseas just to meet their budget – all of our furniture is made locally, from sustainably sourced materials, and we offer every customer the opportunity to choose their own Farrow and Ball colours, the sizes, even what type of wood we use to make it. Every piece is individually handcrafted with the customer in mind, and all for a sensible price, comparable to most large retailers."







The couple are hoping that, with the economy recovering, small businesses will once again be able to compete with larger brands. "When the recession was at its height, it was too much of a risk to try and launch by ourselves, and showcase what we had to offer. Even much larger companies were going under, so we felt it was more prudent to keep selling our products on other people's websites, where we had fewer overheads. But hopefully people will appreciate the advantages of shopping locally, and see that some smaller retailers can actually offer a much better service in terms of quality and value.

"Our style ranges from Scandinavian to country farmhouse to vintage industrial, so we like to think we can cater to most tastes - we've created a nice mixture of modern, retro and classic styles in our shop, which we hope will give people some inspiration for their homes. We've done the same thing in choosing our range of accessories everything we stock is design-led but versatile, and most importantly, really high quality."

The shop is open Tuesday to Saturday, 9 am to 5.30 pm, and their website can be found at -

www.arbreliving.com

Arbre Living Ltd, 8 Kellaway Avenue, BS6 7XR

Tel: 0117 989 2640

Email: enquiries@arbreliving.com

Local History Matters - Horfield resident Mary Hughes



Rose Cottage, otherwise known as late-Hughes's, one of 18 copyhold estates in Horfield

The house now called 'Rose Cottage', standing near the top of Wellington Hill West, was once part of a farmstead belonging to Horfield manor. The present house probably dates from the late-17th/early-18th centuries but the site is medieval.

Like other properties in Horfield, 'Rose Cottage' was also known, according to custom, by the name of its current tenant, hence 'Hughes's' for Richard Hughes (1658-93). Widows were entitled by custom to shelter and a means of livelihood ('free bench') so long as they did not remarry. Mary Hughes lived on at Hughes's until her own death in 1700; but her name did not die with her. A new tenant usually meant a new farm name, but if the new tenant already owned property in Horfield, then the old name lived on, with one small change. Hughes's became late-Hughes's and remained so until enfranchisement in 1852. 'Meanwhile, the combined total of 60 acres, was run jointly from a property called 'The Quab' = marshy ground, reflecting its site below the source of Horfield brook.

Widows were not expected to take an active part in manorial business but Mary Hughes evidently did not know her place. At the Michaelmas court in 1693 she reminded the steward,

That no Tenant of this Manor having a wife living can surrender his Copyhold Tenament into the Lords hands for to defraud his wife of her widows estate therein without the consent of his wife.

Mary was willing 'to make Oath' that she had witnessed the consent of a wife to such a surrender in open court during the time of the steward's father. And yet, in spite of this precedent, Martha Wade of Filton was being deprived of her estate without her consent. Her husband, John Wade the elder, was not in court but John Wade junior, the beneficiary, was present. We know how the matter was dealt with only because the draft account of proceedings (written in English) somehow survived. The official

record (in Latin) simply omitted all reference to the case.

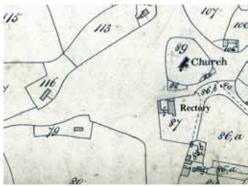
BHA local history research — text by Denis Wright, images by Andy Buchan

Mary Hughes widow did not find it necessary to hire an under-tenant to labour on her behalf. One year later, the jury recorded another of her interventions. It seemed that -

Cother Beasts of James Alleyns being impounded in the common pound by Mary Hughes widow for trespassing in her ground the said James Alleyn did break the pound and took out his beasts without the consent of the sd Mary Hughes and wee do fine him for the offence 3s.4d

The 'Beasts' were bulls or oxen and 'cother' meant that they were suffering from anthrax.

Richard Hughes first appeared in court records as an under-tenant. By the time of his will in March 1693 he was 'of Horfield Yeoman'. He and his wife were amongst the few copyhold tenants who actually lived in Horfield and both of them were buried in Horfield churchyard. Their marriage seems to have been childless. At least, no children were mentioned in Richard's will, whereas he gave 'to every of ye Children of my Cozen Evans twelve pound a piece'. Everything else, 'my goods Chetls and personall estate', went to his 'well beloved wife Mary'. She would not have expected her name to be remembered so long.



Extract from the Horfield parish tithe map (1841) showing Hughes's house standing in five-eighths of an acre of garden (79)

If you would like to find out more about local history you are welcome to join the Bishopston, Horfield and Ashley Down Local History Society at their monthly meetings. The next one takes place on Tuesday 17 February, 7.30 pm, at the Friends Meeting House, Gloucester Road. The talk given will be 'The defence of Bristol in the Revolutionary and Napoleonic Wars of 1793 to 1815' by John Penny.

bishopstonhistorysociety.wordpress.com





by Ghislaine Swinburn

The latest buzz word in the field of nutrition and dietetics is the Low FODMAP Diet. It is causing great excitement for those in the know, as for the first time it offers a really effective dietary treatment for the 15–20% of us who suffer with Irritable Bowel Syndrome.

Symptoms – IBS is a very common condition which will affect approximately 30% of us at some time in our lives. Symptoms vary from person to person in type and severity and include: Diarrhoea and/or constipation, abdominal pain and discomfort, bloating, belching and flatulence, urgency to open bowels, feeling that bowels have not completely emptied, stomach gurgling, mucus, reflux, nausea and fatique.

Symptoms may come and go over time and are often related to stress. It is very important not to self-diagnose, as these symptoms can be caused by more serious conditions that should be ruled out by your GP.

What is FODMAP? – FODMAP is an acronym for Fermentable, Oligosaccharides, Disaccharides, Monosaccharides and Polyols. Research carried out in 2009 by a research team at the Monash University, Australia, identified carbohydrates (starches and sugars), which are fermented by our gut bacteria and can cause symptoms in those patients suffering from Irritable Bowel Syndrome (IBS). Following a diet which excluded carbohydrates high in FODMAP's provided symptom relief for 79% of study participants. This is by far the best result when compared to current treatments which include; drug therapy, healthy eating, fibre modification and stress reduction.

How do you implement the FODMAP Diet?

The *low* FODMAP diet process involves a 2-8 week exclusion diet which avoids foods known to be high in FODMAP's followed by a reintroduction programme. For many people symptoms can





resolve within 10 days and the whole process takes approximately 3 months. The diet itself is complex and should only be undertaken with the guidance of a suitably qualified dietitian. I have over 20 years experience as a gastroenterology dietitian and for the last 2 years I worked for the NHS in Bristol.

About me – In my experience, the Low FODMAP diet has been so effective, in many cases life changing, I decided to leave the NHS and set up my own company *The Healthy Gut Clinic*. Many of the patients I have treated had suffered for years from the debilitating symptoms of IBS. As most GP's are unaware of the low FODMAP diet many of these patients are only referred to the Dietitian after being seen by the consultant gastroenterologist. This may mean that a year has passed since the first GP visit until the dietetic appointment.

The Healthy Gut Clinic — At The Healthy Gut Clinic patients can be seen within a week, an initial phone consult ensures that any diagnostic tests can be arranged before the diet commences. During the initial hour long consultation the patient is advised on all aspects of the low FODMAP diet, taught how to modify food at home to ensure it is suitable and consider the practical aspect of how they will manage over the trial period. During the FODMAP exclusion, phone and email support are offered as required. A second hour long consult after the exclusion period will ensure that the patient feels confident to reintroduce foods to tolerance. If required a third appointment can be arranged to ensure nutritional adequacy of the diet.

While the Low FODMAP diet research focused on IBS it is increasingly also being used for patients with Crohn's Disease, Ulcerative Colitis and Coeliac Disease.

Get in touch –The Healthy Gut Clinic operates from 2 clinics, The Berkeley Centre Clifton and the Harbourside Practice in central Bristol.

To have an informal chat or book an appointment please call Ghislaine on

07414143424 or email -

ghislaine@thehealthygutclinic.com

News from... the green room

Vouchers for Valentine's - With Valentine's Day fast approaching, vouchers for the Green Room would make an ideal gift for her or him. Pop in today and pick yours up!

Karen is back! Karen is pleased to return to the Green Room after maternity leave. She is available for bookings on Wednesdays, Thursdays and Saturdays.

Congratulations to newly qualified staff - The Green Room is delighted that all three of their hardworking students have now fully completed their training and have qualified as

excellent full time stylists. Congratulations to Chloe, Jemma and Antonio on their achievements. You can book in with any of these stylists now.

The team continues to grow! The salon are pleased to welcome two new apprentices, Sam and Jenny; look out for their smiley faces when you visit the Green Room next time. Whilst having my hair cut with Jo recently, it was fantastic to learn that their team has more than doubled in size since they opened nearly seven years ago! They look forward to celebrating their birthday this April.

Fantastic organic products - The Green Room is committed to providing a less toxic alternative to conventional colouring systems, only using products that are less abrasive to the hair and skin. Fantastic lines available include OCS. Kevin Murphy. Macadamia and tangle tweezers.

Donations for the Dogs Home welcome - Jo continues to volunteer at the Bristol Cats & Dogs Home, and invites you to drop off donations of food and blankets at the Green Room, which she will be happy to pass on.

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Can't get to sleep? Can't stay asleep? Waking too early? Sleep therapy may help. But what does it involve?

I am a psychologist working in the Bristol area, providing therapy for sleep problems. These can cause daytime fatigue, irritability and problems with attention and memory, which can affect your performance at work, your quality of life and your relationships. Associations have been found between sleep quality and diabetes, obesity, heart disease, cancer, dementia and several mental health problems.

Sleep therapy uses a combination of cognitive and behavioural techniques together with motivational interviewing. Cognitive Behavioural Therapy (CBT) has been shown in numerous clinical trials to help overcome insomnia and sleep problems in the long term, whereas evidence indicates the effects of sleeping pills are mostly short-term. Because of this, advisory bodies such as the National Institute of Clinical Excellence (NICE) recommend CBT as the preferred treatment for persistent sleep problems. Studies show that on average 70% of people with even long-term sleep problems obtain lasting benefit from the treatment.

Cognitive techniques address the mental factors that contribute to insomnia such as unhelpful thoughts and inaccurate beliefs about sleep and a racing mind. Behavioural techniques aim to re-establish lost connections between the bedroom and sleep, and to help individuals to establish a healthy sleep routine. In this way sleep becomes a more automatic process and a more reliable sleep pattern is established.

Motivational interviewing focuses on the motivational processes within an individual that bring about change. This technique aims to explore and resolve ambivalence to change in order to strengthen motivation for change. In this way change is supported in a manner consistent with the individual's values

Simple Pain Relief -The Bowen Technique!

Jane Hird BA (Hons) ECBS, BTPA, CNHC. The Bristol Natural Health Service

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The therapy works on layers of fascia throughout the body. Recent advances in the research and understanding of fascia means there is increasing science behind the way Bowen Therapy affects the body in the way it does. Fascia can become fixed and congested under stress – both physical and emotional, which denies the body the flexibility it needs for effective function and which can ultimately cause pain.

Through gentle touch and short pauses in treatment, Bowen has a profound impact on the fascia and also on the autonomic nervous system inducing a deep sense of calm. The result - tissue tension is released at a deep level encouraging the body to address imbalance, reduce pain and return to function.

If you would like to try the Bowen Technique and would like to know more about how Bowen can help you - please call 07999 711 846, email: jane.hird@ blueyonder.co.uk • www.bishopstonbowen.com



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The pupils of Ashley Down Infant School have Kindly shared some of the things they love about our great community...





It's a Win - Win thanks to the **Gloucester Road BID**

During the run up to Christmas, Gloucester Road customers were invited to donate a little money to charity and have their name entered into a draw to 'win Christmas'! Local traders all donated something - from crackers to turkey, champagne to sweets.

The chosen charity was the Julian Trust (Night Shelter) and I am delighted to report that during the competition period £358.85 was raised for the local cause

The winner of the fabulous prize draw was Mrs Catherine Sadler - a local Mum from Bristol who is a regular shopper on Gloucester Road, and who is also a mature student at UWE. Mrs Sadler kindly donated the meat prizes (5kg turkey, side of gammon, pigs in blankets and stuffing) to Julian Trust.

The prize was presented on Friday 19 December at Beslev Hill Estate Agents. Director Darren Head took on the role as Santa for the day, as the local estate agents was also running a Christmas fundraiser for Macmillan. Guests were offered a range of seasonal refreshments, and for every donation received, visitors were entered into a raffle. with prizes donated by the Bishopston office. The team raised a fantastic £274.69 for the charity!

I look forward to reporting on further Gloucester Road events throughout 2015!



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The Besley Hill team celebrate 7 years on the Gloucester Road!

Beslev Hill **Bishopston** team are delighted to be celebrating 7 years on the Gloucester Road, Over

the past twelve months they have significantly expanded and strengthened their dedicated team. They are inviting local people to join in the celebrations with their fantastic New Year promotion!

Office manager Laura Savage explained, Beslev Hill Bishopston wanted to mark their 7th Anniversary in style and what better way than to offer new clients fees of an amazing 0.8% + vat! Please see full details below.

It has been a great year all round with the arrival of Lucy Copleston and Jessica Thompson. The talented pair have brought great energy and focus to Besley Hill's thriving lettings market. They are both dedicated to the local area and doing their

best for their clients. In just a few months, strong customer relationships have been formed.

The local office has traditional values and the staff enjoy talking with people face to face. They offer an honest and up-front service, are transparent with their workings and regularly keep clients up to date.

Besley Hill is always looking to take further houses to market. Laura told me the work does not stop when an offer has been accepted, they work quickly to qualify the proof of deposit, mortgage agreement in principle and proof of ID of the purchasers to avoid any unnecessary hold-ups.

During December 2014 the team held a successful fundraiser for Macmillan, raising a fantastic £274.69! Local clients and fellow traders welcomed the invitation to socialise, enjoy some food and drink whilst raising funds for a worthy cause.

If you would like further information on buying. selling or letting a property please feel free to pop into the office. Alternatively you can call or e-mail Besley Hill Bishopston for an informal chat about the housing market; they are ready to work hard for you.

Besley Hill, 66 Gloucester Road, BS7 8BH T: 0117 9244008 • E: bishopston@besleyhill.co.uk www.besleyhill.co.uk • Like us on Facebook

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Who vets your vet??



Have you ever wondered how your vet stays up to date and who oversees the profession to ensure that standards are upheld?

The Royal College of Veterinary Surgeons (RCVS) is the professional body that keeps an eye on all vets. We all need to be registered with RCVS before we are allowed to practice and that requires a recognisable veterinary degree. Similarly Veterinary Nurses are registered with RCVS once they have passed their nursing exams and qualified to allow them to carry out certain procedures within their job.

RCVS runs the 'Practice Standards Scheme' (PSS) to encourage good standards amongst vet practices. It is a voluntary initiative to accredit veterinary practices across the UK and it sets high standards for the practices to achieve. Regular inspections enforce the scheme and it aims to promote and maintain the highest standards of veterinary care as well as employee conditions and health and safety considerations. There are various levels of accreditation depending on the status of the practice for example small animal general practices and hospitals have different requirements.

RCVS also requires vets and nurses to keep up to date by 'Continuing Professional Development' (CPD), this involves a minimum number of hours each year spent on courses, in meetings and lectures, and personal reading and research. We are lucky in Bristol to be in a hub with plenty of vet and nurse meetings and with the university to hand there is no shortage of opportunities for further

professional development. It also provides a great opportunity to meet our neighbouring colleagues and compare notes. We have weekly journals aplenty to keep us informed of what is happening in the wider veterinary world.

There are also further qualifications that vets and nurses can acquire to follow up specialist interests or develop skills for teaching students within the practice.

It is easy to check if your practice is a member of the PSS by looking for the logo within the practice or visiting the RCVS website, that will give you confidence that you are using a practice that has minimum standards and is up to date. You can also check if the staff within a practice are qualified and registered with the RCVS by looking at the practice website.

So rest assured, vets are themselves vetted as thoroughly as we vet your pets!

Nicky Bromhall









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When it comes to the food itself, there is a huge variety for you to select from – suet pellets, fatballs (£1.75 for a pack

of 6), high energy suet blocks, wild bird high energy nut cake, packets and tubs of mealworm, suet Balls (sold singularly up to boxes of 50 for £9.99) as well as various sized bags of peanuts, wild bird seed. Robin and Songbird mix and sunflower hearts. Roxford's would like to remind their customers that free local delivery can be arranged for sacks of bird feed, please just ask.



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Hi everyone, it's February, so it's our birthday! The community garden is 3 years old this month and we're feeling very proud of ourselves.

We've had 3

great years of weeding and watering, mulching and munching, digging and daydreaming. Last year we achieved so much - not least building a beautiful strawbale building, welcoming over 1500 people to the garden and growing masses of delicious veg. If vou haven't visited vet, come down for look around and cup of tea at our -

Birthday Bonfire on Saturday 7 February, 11 am - 2 pm. There will be cake of course!

Last year we also started The Golden Buds toddler group which has been so popular I'm happy to announce....we're starting another one! On Tuesday 24 February, we'll launch our afternoon group for 18 months to 4 year olds from 1.30 - 3 pm. The cost is £5 a session, £2.50 for extra siblings and under 12 month babies come for free. We take bookings by the term and booking is essential. Get in touch if you know a small person who likes digging, playing,

singing, watering, crafting, eating, looking for newts and it is up for some adventures in the garden.

So here's to another year in the garden working with local community groups, growing heaps of tasty veg and masses of beautiful flowers and creating a safe and supportive space for anyone to come and get involved. We're open every Wednesday 10 am - 4 pm and our site is accessible, including the loo. Check the website for more opening times and info about our Social Saturdays 11 - 3 pm.

See you in the garden!

Lucy Mitchell

Community Project Worker

07506 905 394 www.thegoldenhillcommunitygarden.com



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Local talent on the telly!

GLOS RD CENTRAL Last summer the **Broadchurch Production** Team were racing up and down Gloucester Road looking

for props for the filming of the new series of Broadchurch, which is now on our screens.

They bought furniture from Glos Rd Central's two furniture shops - Second Time Around and the Restoration yard, and then popped into Room 212 as they were looking for an artist to create a specific painting for the plot. The Broadchurch team were delighted when Room 212 owner Sarah Thorp put them in touch with the very popular and successful artist Huw Richards Evans, who paints spectacular seascapes in oils. At the time of press, the script for the second series is still under a cloak of secrecy but we can reveal that Huw's commissioned painting has been seen several times in Hardy's (David Tennant) beach hut, and we're hoping that it will become part of the story as the drama unfolds.

The Broadchurch production team paid three visits to Room 212, buying about a dozen paintings and prints, all by local artists. So far we have spotted an 'Owl and the Pussycat' print by Laura Robertson. but with a few more episodes to go, there is a chance that work by Hannah Broadway (Mocking birds), Pip Gillman (Views of Gloucester Road), Susie Ramsey (Bristol Harbourside) and Linda Thomas (Purple Iris) will appear on walls on the set. Sarah Thorp's painting is hanging in the Latimer's house and appeared behind Charlotte Rampling in the first episode.

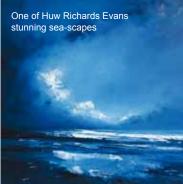
Sarah said "I have never painted before but Broadchurch needed an image of a certain colour and size. As we had nothing to fit the remit, I decided to throw paint onto paper and Beachdrift was the end result. Interestingly, the original sold the next day as a customer's 40th birthday present to her husband. Prints and canvases are available though!"

Most excitingly, the Producers commissioned Huw Richards Evans to create a specific painting. The artwork has already been seen in every episode in David Tennant's beach house. As this was a special commission, we are hoping that the painting will be used as part of the plot!

To celebrate the Broadchurch connection there will be a special exhibition at Room 212 to tie in with Mother's Day in March with Huw's painting as the star of the show.

You may be aware of the enormous success of 'Gorom & Ghyston the Bristol Giants' by Bishopston resident, Ollie Rigby (1,750 sold in just 8 weeks and Foyle's best seller for December). Room 212 sold out of all 50 books in stock and many customers

asked if there were prints of the lovely illustrations by Tom Bonson. Now that the Christmas dust has settled and the new 212 **Productions** printer is in full-swing, there are now prints available. The cheerful illustration of giants hidden among the landscape surrounding the Clifton Suspension bridge has been reproduced in two sizes and can be bought either as an individual print or in a frame (See page 18 to find out how you can win a copy of this wonderful book).







World Book Day takes place on Thursday 5 March this year and Ollie Rigby will be reading from his story and signing books from 3.30 -4.30 pm at Room 212. He will bring along a couple of giants for children to pose by and Room 212 will have a window display to celebrate World Book Day, which is an annual event in the school calendar.

Traders are looking forward to taking part in Window Wanderland on Saturday 7 February **2015**, look out for some fabulous shop window displays (read more on page 7). Plans are also forming for Mayfest, to be held on Saturday 2 May 2015. Last year's event was spectacular and culminated in the arrival of Jack in the Green and his merry band of dancers. If anyone would like to get involved, please send a message to the Glos Rd Central Facebook page. Remember to like the Facebook page or follow GlosRdCentral on Twitter for the latest events and news in the area.

Gloucester Road **Traders Care**

Several shops and cafes on Gloucester Road have linked up with local charity, Carers Support Centre, to offer discounts to carers. The chances are, we all know a carer. Carers look

We offer card discounts www.carerssupportcentre.org.uk

after a family member or friend with an illness or disability, and all the care they give is unpaid.

Traders joining the scheme want to say thank you and give something back to carers who are often the unsung heroes in our community.

My mother lovingly cared for my father, who suffered with MS, for over thirty years. I therefore know first-hand what an amazing job carers do and what special people they are. I was pleased to meet up with Marianna Pafiti-Georgiou, mother of three young children, who also takes great care of her disabled mother who suffers with a mental illness. She is a regular shopper on Gloucester Road and told me what the discount scheme meant to her, "It is great that local traders have come together to offer some support to people such as myself. I look forward to using the card where I see the participating sticker in the window".

The scheme is simple. Carers simply show their Carers Emergency Card to claim their discounts, which range from 5% to 20% off. Look out for window stickers (as above) that show which outlets have joined the discount scheme.

When I asked trader Tom Murray why he got involved with the scheme, he told me, "Supporting the people who care helps to make a difference in a community where carers play such a vital role in supporting the needs of the community".

For a full list of participating traders to the discount scheme, visit the Carers Support Centre's website - www.carerssupportcentre.org.uk/our-services/ carers-emergency-card/card-benefit-scheme/

The Carers Emergency Card is a free service that can provide up to 72 hours of emergency support to the person cared for in the event of their carer having an accident or emergency. For carers who carry the card, it gives great peace of mind. For more information about the card, go to -

www.carerssupportcentre.org.uk/our-services/ carers-emergency-card/.

Marianna Pafiti-Georgiou delighted to be receiving

10% discount at Murray's Butchers & Deli.

Participating shops on Gloucester Road

Ablectrics - 10% Lighting specialist. 10% discount in shop 10% discount on website orders using code CEC10 131 Gloucester Rd, BS7 8AX

Art at Bristol - 20% discount (minimum) on all items - prior to other discounts. 44 Gloucester Rd, BS7 8AR

Born - 10% discount on all shop & online items (excluding sale items). 10% discount on website orders using code CEC10 64 Gloucester Rd, BS7 8BH

Follicles (at Head to Toe) - 10% off haircuts & all hair treatments. For carer only. 133 Gloucester Rd, BS7 8AX

Harvest Natural Food -10% off all shop items 11 Gloucester Rd, BS7 8AA

I love my PC - 10% discount on services 207 Gloucester Rd BS7 8NN

La Ruca - 10% off all shop items & in café 89 Gloucester Rd. BS7 8AS

Make - 5% discount on all shop items 57 Gloucester Rd. BS7 8AD

Planet Pizza - 10% off a meal for 2, 187 Gloucester Rd, BS7 8BG

Playfull Toyshop - 10% off all store items.

87 Gloucester Rd, BS7 8AS

Poppers the Party Shop - 10% discount on all shop items 151 Gloucester Rd, Bristol, BS7 8BA

Room 212 - 10% discount on Bristol mugs & t shirts 212 Gloucester Rd. BS7 8NU

Scoopaway Health Foods - 5% discount on all shop items 113 Gloucester Rd. Bristol BS7 8AT

Shanti - 10% off non-discounted items 125 Gloucester Rd. BS7 8AX

Sood Chemist - 10% off all shop items (except prescriptions) Tramway House, 1b Church Road, Horfield, Bristol, BS7 8SA

T & PA Murray Ltd - 10% off all meat & deli products 153 Gloucester Rd, BS7 8BA

Tart Café - 10% discount on total bill for carer on their own or with the person they care for. 16 The Promenade, Gloucester Rd,

The Fish Shop - 10% discount on shop items 143 Gloucester Rd, BS7 8BA

Help your loved one start the New Year pain free

Treat them to some Osteomyology vouchers with expert - Dawn Clode Lic MET, Lic CR, MAO

Many of us live with pain of some sort - aching lower back, stiff shoulders, sore joints, repetitive stress injuries from hours at the computer! But few of us find the time or resources to rectify these problems, which would enable us to live a happier, healthier life! Now is the time to take action and Osteomyologist Dawn Clode is here to help!

From her Holistic Health Practice on Gloucester Road, Dawn treats people of all ages, suffering with numerous different types of physical or emotional

Dawn practices a wide range of treatment modalities to effectively address each individual's pain. These include; Acupuncture, Aromatherapy, Confidence and Self Esteem Coaching, Cranial Sacral Therapy, Manipulation (HVT), Massage, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP). Reflexology and Reki.

For some people one session is enough to rectify their pain completely; for others a few sessions are required. Dawn told me, "The ideal is to balance the patient, get them moving in tune with themselves, and then see them every few months for a check up to ensure that you are on track!".



"I am privileged to meet and treat an array of fantastic people everyday.

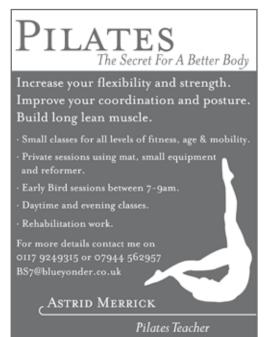
The thrill of having somebody walk in to my Holistic Health Practice with pain and leave with significantly less or none is something I will never tire of."

Help somebody you love

Why not treat somebody you love that you know is suffering in silence – or has been complaining for months but not doing anything about it! What better gift - than starting the New Year pain free.

Vouchers are available and if you mention this article you get £10 off the first appointment.

Dawn is happy for you to get in touch for further information. Please call: 0795 1099 491 Visit: www.life-and-soul-empowerment.co.uk or pop in to talk with her at Head to Toe. 133 Gloucester Road, BS7 8AX where she is based.





Focus On: St Andrew's resident Nick Hounsefield

This month I am pleased to introduce (to those who have not already met him) Nick Hounsfield. I had the pleasure of being neighbours with Nick, his wife Juliana and their three gorgeous boys for several years in St Andrews. As well as being active members of the community, they run the popular Gloucester Road Family Practice. When we met recently however, it was to discuss the amazing project The Wave Bristol that Nick is a founder of.

Can you give us a brief outline of what The Wave Bristol is?

The Wave: Bristol will be a place that will bring surfing and its many benefits to people of all ages, backgrounds and abilities. At the heart of our plans is a surfing lake powered by the latest wave-making technology. This will sit in beautiful gardens — spaces where people can relax and recoup, get back in touch with nature, play, learn and explore.

The project has surfing at its heart but is about a lot more than just that. We want this space to help educate people on a whole range of areas, from marine conservation to science and technology. We want it to inspire healthier lifestyles and to make a positive difference on the lives of those in Bristol and further afield.

Where will the project be based?

We have planning approval for a 40 acre site in North Bristol on a site called Washing Pool Farm. The best way to describe it is 3 minutes North from Cribbs Causeway near Bristol Zoo Wild Places.

What was your inspiration?

A combination of The Eden Project and the Beach! Both are places that are cross-generationally engaging, fun, educational and visually stunning.

What have been the highs and lows on this journey?

High points have been: getting planning approval in July this year and being awarded a £840,000 grant from Regional Growth funding.

Low points: The death of my Father, which I guess was the start of this new path and venture.

How have you stayed motivated throughout this long process?

Hundreds of emails a week from people telling me how awesome this is going to be! And Coffee!

What do your kids think of the project?

They cannot wait, although for kids it can never happen quick enough. It will be the

ultimate dream location for kids though. Water, waves, outdoors, activities, good food and learning about cool things.

Nick Hounsefield



By the end of 2015, we should have the lake up and running with a grand launch in March 2016.

What do the next few months bring with the project?

After a successful crowdfunding campaign in December, that raised funds for our charity: 'The Making Waves Foundation', we hope to implement some of our sustainability objectives earlier than originally we thought possible. We have raised £100,000 to date. Construction on site is soon to be underway!

How can people get involved?

People can follow our progress online. If people would like to work with us, they should drop us a line via our website.

Where can people find out more?

www.thewavebristol.com or follow: Twitter: TheWaveUK & Facebook TheWaveBristol







Getting serious about Play!

Why Play?

At first glance, amidst the many challenges Bristol faces with massive funding cuts and increased demand for services,

focusing on Play could appear trivial. But as councillors we feel that there are many public health and community issues that can be addressed by encouraging more outdoor play and activity for all generations: Many health issues including obesity which costs the NHS millions - result from our increasingly sedentary and inactive lifestyles. Finding ways to be active together can also tackle issues like social isolation, building greater trust and a sense of community. And with 25,000 more cars on the roads in Bristol than 10 years ago, reclaiming streets as places for play and activity is also an important part of rethinking urban design.

Local Forum:

We spent an hour exploring the topic at our local Neighbourhood Forum. Forums are events where the community can raise issues that matter to them, and hear news from council officers, local police and other residents. These work very well for information exchange - and now we want to develop them as places where people can connect, exchange skills and ideas, and perhaps develop shared projects (read more on page 56).

We were really pleased that on a rainy December night, about 35 people came. As well as regular attendees, there were local play specialists, forest school teachers, scout leaders, crowd funders. parents, gardeners, walkers and more. We also had contributions from representatives of local parks



groups, schools, care homes for the elderly and the cricket club all of whom have expressed interest in exploring the topic.

First we produced a shared map of the current opportunities for outdoor activity and play in Bishopston. Many were amazed at how much is already happening and there were requests to reproduce and circulate the map



widely - which we will try to do.

The mapping emphasised that play and outdoor activity is not just for children. The Bishopston walking map project and the Horfield common walking / running routes aim to encourage adults to get more active. And the Golden Hill project hosts an open session on Wednesdays for anyone wanting to work outdoors in the gardens. The value of some activities in bringing different generations together was another theme.

A key discussion theme was the role of adults in encouraging and enabling more outdoor activity whether that is parents supporting risky, unstructured play, police showing goodwill to groups of teenagers in parks, or teachers taking the curriculum out into the wild. People mentioned the need for a culture change in our collective attitudes to risk, learning and play. At the same time, the need for amenities that supported families to spend time together outdoors - toilets, cafes etc was also raised. "Danger, toilets and cake" became a strange, but evocative slogan!

Next Steps:

Many good ideas were exchanged and useful connections made.

We will now collate and circulate notes from all discussions to all those attending, together with an invitation for those who want to, to meet again in the coming months to explore potential longer term collective projects.

Anyone who would like to see the notes or come to a future event around this topic please email us.

Tim.malnick@bristol.gov.uk Daniella.radice@bristol.gov.uk

Bishopston United Matters!

Bishopston United under 13s' football team has been playing together for many years in the Bristol Saturday vouth league. The core of the team were originally the Bishop Road School team -a group of enthusiastic friends that loved playing football but always struggled in the league and cup against the other local club teams, Golden Hill

Sonics. Westbury Park Foxes and Clifton United

The boys moved on from Bishop Road and most ended up at Redland Green with a few at other local schools. They joined Bishopston United to form the 9-a-side under 12s' team. Again, the competition had the edge and Bishopston United under 12s only picked up a single point in the league and one cup win. Things had to change as many of the players were becoming a bit disillusioned and were starting to talk about moving clubs.

After a lot of hard work was put in over the summer. a sponsorship deal was reached with Ocean estate agents, a new training venue at Fairfield school was found and a new home pitch at Eastville Park was negotiated. An advert went out for new players and there was guite a lot of interest. The original team

stayed together and the new

players, facilities and kit gave the team the boost that they were looking for.

For the under 13s, the team moved on from 9-a-side to a full 11-a-side on a full-size pitch. After drawing the first match of the season with Ingleside, there was quite a lot of optimism. Successive losses to our old foe Westbury Park and Golden Hill put the team on the back foot again. However, the hard work in training was starting to pay off after we secured another draw against Felton, the belief was starting to get stronger. Since then, the team has gone from strength to strength and won every game including matches against both Westbury Park and Golden Hill. Bishopston United U13s are now top of the league - the mood in the club is fantastic but it's still only half way through the season!

Nigel Pollett, Head Coach

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Adriano's Barbering Lounge - celebrating 2 years in business!

Adriano would like to thank all of his customers for their support and making his job such a pleasure. The past 2



years have been a busy time for Adriano, with the launch of ABL and the birth of his beautiful daughter Carmela - there is a lot to celebrate!

Whilst recently visiting ABL, it was wonderful to meet Matteo, Adriano's father, who has himself been in the industry for 50 years(!), running his successful barber shop in Westbury-on-Trym for the past 25! Adriano told me he largely owes the success of ABL to the mentoring of his father. After training in London, Adriano undertook an extended apprenticeship with his father that prepared him in all aspects of running his own business that went beyond stylish haircuts.

Adriano has enjoyed the first 2 years of running ABL, telling me he hopes to be barbering on Gloucester Road forever! He offers a mixture of modern and traditional hairstyling. Visit ABL's Facebook page for more information. Students, 'like' the page and receive a 10% discount!

For more information call 07501 919 020, visit adrianosbarberinglounge.co.uk or pop in and have a chat with the man himself.



The Bishopston Neighbourhood Forum 11/12/14

It was a good turn out for a cold, wet December evening. Our local councillors, police, various groups representing local play, and interested members of the community gathered at Brunel Field Primary School.

Play in Bishopston was the main topic for the evening; a full report on the interesting, inspiring conversations that took place can be found on page 52. Below is a review of the important community updates that the meeting opened with.

Neighbourhood Festival 2015!

For the past two years, a Neighbourhood Festival has run across the Bishopston, Cotham and Redland Wards, for one week, starting on May Day. Over thirty activities open to the public span the week. Highlights last year included May Fest on Gloucester Road, Spring open day at the Golden Hill Community Garden and the Redland May Fair. As the popularity of the week grows, the Neighbourhood Forum would like to invite more volunteers to join in the organisation. If you would like to get involved, or have an idea for an event, then please get in touch with - neighbourhood. partnerships@bristol.gov.uk.

Police Update

PCSO David Said (9312) delivered some heartening figures on crime in Bishopston. Reviewing the year, he told us burglaries of homes are down 28%. There has been a steady fall over the past few years; there was a time that 10–15 per month were taking place, and now if there are five in a month that is quite high.

Burglaries on non-dwelling structures such as garages and sheds are down by 30%. Shoplifting from local businesses is down 60% with 84 fewer thefts than last year. David explained a good deal of work went into tackling this problem as there were some consistent offenders. Working closely with the businesses and targeting the area has been effective. Overall, there is a 14% drop in crime in the area.

David reminded us that with it getting darker earlier, it is more obvious to thieves when premises are empty. Timers that can be set for lights and radios to come on can assist with this problem. Local police have some of these timers available to give to residents, please contact - david.said@ avonandsomersetpolice.uk, for more information.

Libraries Consultation

You can find out more about this on page 58 but to summarise, a major review in how libraries can work best for us in the future, to represent the modern ages is now taking place. Each library will be hosting a workshop to gather information from local people. Consultation on the Bishopston Library that will be open later this year will be included. To be informed when these events are taking place in our community please e-mail - neighbourhood. partnerships@bristol.gov.uk.

Neighbourhood Arts Programme

As part of Bristol 2015 European Green Capital, unique neighbourhood arts projects will spring up across the city. They'll be driven by communities and created with professional Bristol artists and makers to inspire us to become a healthier, happy city. To find out more visit - www.bristol2015.co.uk/ nap or call 0117 379 0115.

Ward Boundary

The Local Government Boundary Commission is currently carrying out an electoral review of Bristol City Council. The aim of the review is to recommend ward boundaries that mean each city councillor represents approximately the same number of voters. They also aim to ensure that the pattern of wards reflects the interests and identities of local communities as well as promoting effective local government. In order to achieve these aims, they need to re-draw ward boundaries across Bristol City Council.

They are currently inviting local people and organisations to tell them where they think new ward boundaries should be drawn across Bristol. If you visit https://consultation.lgbce.org.uk/ node/3535 you can enter your postcode and be taken to your ward on the map, you can then view the proposed boundary changes and click on the 'Have your Say' button to leave your feedback. Consultation on the draft recommendations showing on the interactive map run until February 16 2015.

The next Bishopston Neighbourhood Forum meeting will take place on Thursday 12 February at the Main Pavilion in Gloucestershire County Cricket Club, 7 to 9 pm. Everybody is welcome.

www.bcrnp.org.uk



Lockleaze & Horfield Strollers

New Year programme

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 or Alex Wood (BCC Health Improvement) 07876 814573.

Tues 3 Feb - Eastville Park

Meet at 10.15 am, Tesco foyer at Eastgate Centre. Walk up to old swimming pool, down to the lake and back to Eastgate, or option to walk up to Colston Weir and return behind playing fields to Eastgate, Leaders John, Jane, 1-2 mile and 2-3 mile walks, with some slopes. Refreshments available.

Tues 10 Feb planning meeting

Horfield Lodge café 10.15 am. Everyone welcome.

Tues 17 Feb **Clifton Wood** Walk

Meet at 9.50 am. Horfield Leisure

Centre, Dorian Rd Bus 505 (10.00) to Pump House. Visit Brunel's other bridge and walk through Ambra Vale to Worlds End. Coffee on the Harbour side before returning to Centre for bus back. Leaders Stuart, Sheila, Joan. 1-2 mile walk with some slopes and steps.

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Tues 3 March - Downs Walk

Meet at 9.50 am, Horfield Leisure Centre, Dorian Rd Bus 505 (10.00) to Blackboy Hill. A walk across the Downs to Sea Walls, perhaps a chance to see the Goats in the gorge before returning to water tower for coffee. Leaders Jane. John. 1-2 mile walk with some slopes and uneven ground.

Tues 17 March - Gas Lamps & Cut Throats

Meet at 10.15 am, Muller Road (opp Fairfield School playing fields). A walk through Stapleton's murky past. Leaders Sheila, Joan. 1-2 mile walk, including some steps, refreshments available.



News from our Bishopston & Redland Councillors

Happy New Year from your Bishopston and Redland Councillors. We hope you all had a restful break.

Green Capital News

With the official launch of our year as European Green Capital on Friday 23 January, there's great interest in what happens in our city from local, national and international media. Local groups who want to promote events should register them on the Bristol 2015 website – see www.bristol2015.co.uk and select 'Get Involved'.

Round 2 of the 2015 Small grants are now available for projects in the following categories that received the least amount in previous funding rounds: Projects that (1) help residents reduce food waste in the home, (2) promote use of solar energy, (3) reduce wasted food, (4) increase the use of public transport, (5) help reduce litter in public places. (Amounts available £5,000 - £10,000).

Local projects (with action beyond our neighbourhood) should be entered before the 27 February deadline.

On 26 January, the local Green Capital grants will be agreed at the Neighbourhood Partnership meeting.

A new cabinet role for Daniella:

Daniella is now Assistant Mayor for Neighbourhoods following the resignation of Gus Hoyt as the Green member of the cabinet on 15 December. The neighbourhoods portfolio includes waste, libraries, public health and council housing, so she will be busy!

Planning

Lidl Muller Road

The application for a LiDL store on Muller Road is due to be heard during February. We have leafleted the nearest streets to gauge people's views. We have had more comments in favour of this development than against, and have talked to Gloucester Road Traders about the proposal. We will be looking carefully at the traffic impact assessments before submitting our consultation responses.

Gloucestershire County Cricket Club Floodlight Application:

Cllrs Malnick and Radice have submitted objections to the current plans for floodlights. The plans show that the light spill levels for houses in Kennington Avenue in particular will be substantially higher than that recommended by the English Cricket Board. We have asked for better mitigation measures

to be agreed before the planning meeting

on 4 February. We have also reflected residents' concerns that the current plans don't include detailed images of how the floodlights will affect local street views. We are not against the floodlights per se, but are pressing officers to investigate every possible measure to reduce negative impact for local people.

Wetherspoon's Application (old News and Booze Site):

This application has been withdrawn.

Parking

Pavement Parking:

There have been many complaints about blocked pavements and parking on verges. This can also include trade waste and household bins. Council officers have been asked to advise on what options there are to deal with this.

RPZ

The new Redland and Cotham North Residents' schemes have been in place since early August and a few teething issues around late permits and incorrect markings have had to be chased. We are now compiling issues that can be dealt with in the 6 monthly review so please do feed in suggestions in writing via the councillors or direct to the RPZ team with copies to us. There is a possibility of scheme extensions for some streets now affected by commuter parking around the edge of the zone if residents request this, though this would be limited to streets in the original proposed area at this stage.

This does not include streets around Claremont Avenue and Elton Road, however, as they were not in the zones approved by Cabinet previously. Residents there will therefore have to make their views know (either way) to the council by e-mail to respark@bristol.gov.uk, or the Neighbourhood Partnership and copy in local councillors if they want to make a case.

Martin has also taken up the issue of allotment holders living outside the zone where they have their plots and proposals are being drawn up for them and Jon Toy of the Council is working on this issue as the current system is not helpful for allotment holders.

Boundary Review

People in Bristol are being invited to have their say on proposed new boundaries for the city's electoral wards. The consultation, which is running till the 16 February, is designed to reconsider area boundaries of the city so that they better reflect local communities and interests.



Happy City Index

Bristol-based charity Happy City is pioneering a new way for people, communities and whole cities to understand more about how to grow wellbeing in our everyday lives.

The Happy City Index is the world's first city-wide, in-depth measure of wellbeing. It is being piloted in Bristol to uncover how our lives are going across the city, and how local decisions can be focussed on making them better.

Please take the 5-10 minute survey to support this work and explore your own happiness as you do.

To find out more go to the Happy City website. Please look out for the results and the launch of the wider project in March.

School crossings and speeding cars:

Following last summer's surface dressing programme, Redland Road should also get some speed warning signs later this year as it was always understood to be a road where the 20mph zone would need extra measures to reduce speeds effectively.

The new crossing to Bishop Road School in now in place on Berkley Road.

Residents concerned about speeding cars should contact PCSO David Said if they are interested in Community Speed Watch, which involves using a handheld radar monitor. Email him at david.said@avonandsomerset.police.uk or call 101.

Need an office or desk space away from home or your main workplace?

Buzz Enterprise Hub in North Bristol has 8 desks and 2 small offices for rent, on an ongoing basis or for shorter periods. Based on Gainsborough Square, Lockleaze, it is close to cycle paths, a short distance from UWE and Filton Abbey Wood train station, and has a bus stop outside offering direct links to the city centre and Southmead Hospital. It's fully furnished and rent includes wifi, tea/coffee and all bills (apart from phone). Advice on getting business support,

especially if you're a new business just starting out, is available from the Buzz team. For more information call Buzz on 0117 269 00 06.

Bristol North Baths redevelopment update:

Cllrs Hance, Fodor and Radice have had a tour of the Bristol North Baths site. They were pleased to see work progressing well, and that the new surgery is taking shape. The library's central staircase has been installed and we looked at the proposed lightpipe that will help illuminate the rear of the library. The project is planned to be complete in February/ March. See page 21 for a full report.

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 - Liberal Democrats
Tel: 0117 3534720 / Fi.hance@bristol.gov.uk

Cllr Martin Fodor - Green Party

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





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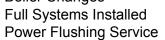
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For small children, include a safe play area; why not build a small sand pit next to a decked area, it is easily contained and will provide hours of fun; or put a trampoline at the bottom of the garden, dug into the garden, the top can be level with the ground and will give children the chance to burn of some excess energy, but it's discrete and will not be an imposing structure in your garden.

If you have the room you can always include a complete play system with slides, climbing frame and a house for them play in, or for the older children a small summerhouse is a good place for them to hang out with friends without disturbing the rest of the family.

And, what about a space that's just for you? A pergola tucked away in a secluded corner will offer a tranquil spot, which is relaxing and



private as well as giving shade; it's also a great way to add height and structure into the garden and can be used to support plants.

Water is another element that can enhance a garden. A pond will allow you to introduce different plants into the garden as well as bringing in wildlife. If you don't have the room for anything big, a water feature will add sound and movement and will also help to encourage wildlife too.

So, with a bit of careful planning you can create the perfect outside family space that will cater for everyone's needs, even in the smallest garden.

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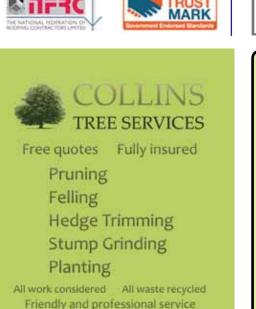
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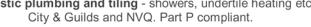
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Community Matters...

Saturday 21 February - Beer Fest at Hut 6388, St Bartholomew's Road, BS7 9BJ. 3 - 9 pm. Back due to popular demand! Thanks to support from the Ashley Down Brewery. Tickets are £10 and can be bought from the Hut in advance, they entitle you to three pints of beer or three 175ml glasses of wine. Soft drinks and bar snacks will also be available.

Friday 13 March - Fund Raising Gig at St Bartholomew's Church, Maurice Road. Doors open at 6.30, music starts at 7 and finishes at 9.30 pm. Bands playing are Sisters of Swing and Bishopston Borderers. There will be an interval of approx 30 minutes part way through the evening. Tickets cost £10 for adults and £7 for children under 14 and will include a drink and light refreshments. Please note no drinks will be served during the music. Tickets available from the hut.

All proceeds from both of these fabulous events will go to the Hut 6388 rebuild project. Please make cheques payable to 63rd Bristol Scout Group.

Wrist bands are also available; adults – minimum donation £2, children-size – minimum donation £1. The wording on them is: Hut 6388 Building for the future.

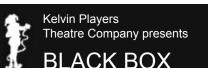
Contact Mike Evans for tickets or further information mikeevans3@virginmedia.com



Engaged? Looking for planning inspiration? Can't find the right suppliers? If the answer to these 3 questions is 'YES', then you need to get along to the Little Wedding Space this February.

The inspirational venue will be open for three weeks - February 6 - 28, 10 am - 8 pm. Little Wedding Space is a unique venture founded by Ashley Down residents, Kirsten Butler, *The Little Wedding Helper* and Ruth Garner, of *Ruth Garner Photography*. Both a pop-up and wedding fair in essence, Little Wedding Space offers couples the opportunity to browse the gorgeous products and services on display, meet with the suppliers, and discover fresh ideas for their wedding in a friendly and stylish environment. Pay these friendly, creative ladies a visit at - Unit SU10 (next door to Carluccio's), Quakers Friars Bristol, BS1 3BU. Visit www.littleweddingspace.

co.uk for more information.



An exciting combination of experimental theatre, new writing and forgotten works of art, performed on simple sets in an enclosed space. This is an evening of entertainment for those who appreciate the true essence of live theatre.

Three short plays by Samuel Beckett

Come and Go: Three women, old friends, meet. Each has a secret about one of her companions, which she shares with the other.

Ohio Impromptu: A man, separated from his loved one, is visited nightly by a stranger who reads him their story.

That Time: An old man hears voices telling of three periods in a life of self-imposed isolation.

Make Yourself Comfortable by Mat Rees
Bernard needs somewhere to read his book. He's
found a lovely looking chair he'd like to sit in.
But Fenton seems to think the chair belongs to
somebody else – the detestable Sidney.
An absurd comedy.

Ghosts of Bedlam by Arthur Aldrich
A documentary film-maker making a film about
mental health care, is shown around the derelict
ward of a former mental hospital by Janet. It stirs
memories of past events and the appearance of a
former inmate, changes his life forever...



10th – 14th February 2015

at the Kelvin Studios, Gloucester Road, Bristol - at 7.30pm Tickets: £8 (Tues); £10 (Wed-Sat) Box Office - 0117 959 3636

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



Love Singing?

Live locally? Come And Try The Ashley Down Community Choir

We are a friendly choir which meets every Wednesday during term time, at Ashley Down Primary School, Downend Road. 6.45 pm – 8.15 pm.
We always welcome new members of any

age or experience. £4 per session.

We cover a wide range of material including

folk, world, classical and contemporary.
The choir is open to anyone who wishes to sing. We learn all of our songs by ear, so you don't need to be able to read music

Next Meetings: Weds 4, 11, 18 February 2015

For further details, please e-mail ashleydowncc@gmail.com or come along!

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www.bristolstandrewsbowlingclub.co.uk or E: bristolstandrewsbowlingclub@hotmail.co.uk





Forthcoming Neighbourhood Forums

Cotham Forum - 16 February 7-9pm Saint John's Church of England V.C. Primary School. Lower Redland Road site

Bishopston Forum - 12 February 7-9pm The Pavilion Gloucester Cricket Club

Redland Forum - 17 February 7-9pm Redland Green Bowls Club

More info at - www.bcrnp.org.uk

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.

17th February 2015

The defence of Bristol in the Revolutionary and

Napoleonic Wars of 1793 to 1815.

John Penny

17 March 2015
Bristol in the 1930's

Mike Hooper.

bishopstonhistorysociety.wordpress.com

Forest Child Forest School



Come along with your children and have ago at lighting fires, making bread, toasting

marshmallows, sawing, drilling, willow work, mini beast hunts and much, much more.

Each session lasts an hour, costs £5 and includes a drink and a snack. For ages 1 to 4 years.

Term time at The Scout Hut, Williamson Road, Off Ashley Down Road, BS7 9BJ Thursdays (during term time) Morning Group from 11am -12pm Afternoon Group from 12.45pm – 1.45pm

For more information and to book a place please email: info@forestchild.co.uk or call 07948 450 597

Events at

Cheltenham Road Library, Bristol, BS6 5QX

Pre-school Storytime -11 - 11.30 Mondays (term time only)

000

Baby bounce and rhyme

11-11.30 Wednesdays (term time only)

000

Tel: 0117 9038562

Email: Cheltenhamrd. library@bristol.gov.uk

www.bristol.gov.uk/libraries

Opening Hours

Monday, Wednesday, Friday, Saturday -10am till 1pm & 2pm till 5pm. Closed Tuesday, Thursday & Sunday.



Meetings take place at YHA conference room, 14 Narrow Quay. BS1 4QA Near Pero's bridge

February 23, 7.30 pm

AGM & Short Talk on Mason Bees by Julie Parker. Plus Seed Swap of saved seed or split packets. Come along and swap or pick up free seed including Heritage varieties which you can't purchase any more. Members group discount order of seed will be available for collection. Talk to experienced growers about your successes and problems over a cuppa.

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

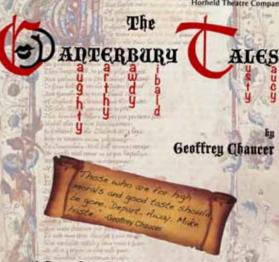
Bike racks nearby. Buses to & from Centre, parking Mud Dock or Queen's Square

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

Adapted for the stage by Mike Poulton by arrangement with Nick Hern Books



Horfield Theatre Company



18 - 21 FEBRUARY 2015

7:30pm (Doors and Harold's Bar open 7pm) Horfield Parish Hall, Wellington Hill, BS7 8ST Tickets: £9

Phone: 0117 969 5716 or Online tickets: www.horfieldtheatre.co.uk

This is an amateur production



Community Matters cont...

Out There Music Bristol – Winter Concert. Enjoy uplifting performances from OTMB Community Choirs, Orchestra, Chamber Choir and Children's Choir. Programme to include music from Swan Lake, William Tell Overture, Eric Whitacre and songs including Sing, Can't Take My Eyes Off You, Something Inside So Strong, Happy Ending, Pompeii and Singin' In The Rain'. The event takes place at St George's Bristol on Sunday 8 February, 7.30 pm. Tickets £10 (£6 under 18s) available from St George's box office 0845 40 24 001 www.stgeorgesbristol.co.uk. Concert in aid of Changing Tunes.



Writing for Change - Some of you may recall my article on Ashley Down resident, Sue Weekes and the Managing Change multi-media self-development courses she was running with Lucy Prentice-Miller.

Lucy is now working elsewhere, and Sue is a part-time tutor with the Workers Education Association. She is hoping to run a course on similar lines, although with more of a writing focus, this February and March 2015. You can obtain more information and apply via the Workers' Educational Association (WEA) - www.wea.org.uk, 0117 9166 500, WEA, 7 York Court, Wilder Street, BS2 8QH.

Laugh, Live and Learn with Bristol U3A – They have lots on offer for those who would like to make new friends with similar interests, and the chance to use old skills in new ways. If you are no longer in full-time work, there are all sorts of groups for enjoyable learning with friendship and fun. There are is wide range of over 100 activities! Find out more at your local social group meetings, phone Joy 0117 9354880 for the next meeting at Daisy's Café, Upper Horfield Community Centre, Eden Grove, on Monday 16 February, 10.15 am. Or phone Jenny 0117 9043697 for meetings at Browns Restaurant by the Museum, the next one takes place on Wednesday 18 or Thursday 26 February, 10.15 am. Don't stay at home, join the Bristol U3A! www.bristolu3a.org.uk.

Bristol Woodland Civil Service philatelic Society

Postage Stamp meetings take place at the Civil Service Club, Filton Avenue, BS7 0AT. The next meetings take place on Monday 9, 23 February and 9, 23 March 2015, 7 for 7.30 pm. Free admission. The group started during the last War, when Civil Servants were fire watching on the roofs of Government Buildings in Woodland Road, Clifton and used to swap stamps to pass the time. For more information contact Keith Taplin on 0117 951 4509.



Local, affordable
Art group. The Art
group meet for 6-week
sessions at the Quaker
Meeting House, 300
Gloucester Road,
from 1 - 3 pm, on a
Tuesday afternoon. It
costs £25 for 6 weeks

and that includes refreshments and personal tuition. The dates for 2015 are February 3 and 24, March 3 and 24, April 14 and 21. All enquiries to Pauline Duce at paulineduce@gmail.com or Tel: 01454 613 828.



Can you help to Fight Blindness? A Bristol charity is asking for your support. Retinitis

Pigmentosa (RP) is a disease of the eye that leads to loss of vision and blindness. The Charity RP Fighting Blindness works hard to stimulate and fund cutting edge research to find a treatment or cure and support those affected. RP affects some 25,000 people in the UK alone. If you have an old car that you no longer need, why not put it to good use? RP Charity will collect it from you and either sell it at auction or scrap it with all proceeds going to the charity. To find out more call - 0207 736 4242.

Fancy joining a mixed sport? Korfball is a noncontact sport from the same family as handball, with some similarities to Basketball and Netball and is the only truly mixed sport, with 4 boys and 4 girls playing side by side. Horfield Korfball club trains twice a week at The City Academy, Redfield on Mondays, 8.30 – 9:30 pm and Horfield Leisure Centre on Wednesdays, 9 – 10.30 pm. They also play games at weekends in a South West league and participate in outdoor tournaments in the summer. They are looking for new players to join their growing club and the first month's training sessions are free if you wish to try it out! They are also a very sociable club and arrange regular events during the year. For more information visit www.horfieldkorfball.org.

News from Chatterbox - This month local play group organisers Elsie, Ros, Heather and Becky got in touch with the following message of thanks. "Horfield Baptist Chatterbox is thriving, we would like to say a big thank you to the parents and carers who helped make the Christmas party such a happy time by contributing to the lunch, followed by a short time in the Church for the crib story and presents.

Sadly, it is still necessary to join a waiting list if you wish to take part in the group. If you would like to register please either pop in on a term-time Friday



between 10 and 11.30 am or email us directly at elsie.murray@sky. com. Happy 2015 to all the current parents, children and carers."

Sing-A-Long At The Grace - Everbody is invited to join in on the first Sunday of every month starting on Sunday 1 March at the Grace 197 Gloucester Road, BS7

8BG. Guided by the fabulous Joanna Swan and Nick Pullin, have fun singing your heart out with a mixture of old and new classic songs ranging from The Everly Brothers to Radiohead, Cole Porter to The Beatles, Tennessee Ernie Ford to T.Rex - (to name but a few). Joanna is always adorned in her own hand-made jewellery and her flamboyant, colourful, earrings can be found up the road in Room 212.

Rebecca Ramsden

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Stoke Lodge History and Archaeology Group

Meet on the second Thursday of every month at the Friends Meeting House in Hampton Road, Redland, BS6 6JE. They host a rich diversity of lectures. The next meetings are 12 February - 'Ley Lines' by Julian Lea-Jones, 7.30 pm, and 12 March - AGM and 'From Incarceration to Caring — The History of Manor Park Hospital by John Bartlett, 7 pm. New members are always made to feel very welcome. For further details please contact Annette Martin on 0117 979 3209.

More Reading Buddies Wanted! Would you enjoy offering reading and language support

to children for whom English is a second language? Can you help them improve their reading 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 eleven 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 over 100 volunteers. For more information please contact Paul Harrod, at paul.harrod@gmail.com.

The Bishopston Society

'working for Bishopston's heritage and its future' is looking for new committee members.

While our core areas of concern are monitoring and responding to local planning and licensing applications, and working with the Neighbourhood Partnership, committee members are encouraged to pursue their own particular interests. These might include:

- Celebrating TBS successes and disseminating our work more widely through local networks and the public
- Using social media to extend our influence and support hase.
- Leading on local initiatives on development and enhancement of the Gloucester Road and Bishopston
- Helping to build our partnership work with local groups like Sustainable Bishopston, Friends of Horfield Common and the Golden Hill Community Garden
- · Developing strategies for increasing our membership

More details about the Society can be found on our website at: www.bishopstonsociety.org.uk/about/committee
Please get in touch through email at enquiries@bishopstonsociety.org.uk

Golden Hill - Cleaner required

Cleaner needed with immediate effect at GoldenHillSports, (YMCA Cricket Club),

Wimbledon Road.

4 hours per week -

2 hours Mon, 2 hours Wed Can be done in school hours.

07.50

£7.50 per hour.

Please contact - sue.watchurst@goldenhillsports.com

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