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including Ashley Down, Horfield & St. Andrews

## Matters

issue 87, June 2015



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## Dear Readers...

Wow! What a month of community activity! The Bishopston Cotham and Redland 'Community Festival' kicked off with the fabulous Mayfest on Glos Rd Central. Share in the joy of the day on page 5. Bishopston Matters was pleased to sponsor the festival and had a brilliant time meeting lots of you lovely local people while handing out balloons!

The Friends of Horfield Common are a committed group of wonderful local people whose hard work ensures improvements are consistently made to our green space for us all to benefit. This month it was heart-warming to see two of their dreams become a reality, with the launch of their new cafe and walking and running routes; find out more on the centre pages.

The sun shone for the Golden Hill Community Garden Fair and it was brilliant to witness the opening of their Bale House (see page 30). We are lucky to have

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this fantastic resource in the heart of our community. As well as enjoying the merriment of their fair, I also visited the venue while a Creative Youth Network course was taking place. It was great to see the young people embracing the work outside, read more on page 11.

The 63rd Bishopston Scouts are close to realising their dream of a new scout hut being built. They were all in fine spirits when I visited their recent fundraiser. There is still time to donate to this project, which facilitates hundreds of local children on a weekly basis, find out more on page 6.

The Bishopston Walking Map Project enjoyed its launch recently. Find out more about this active local project on page 16.

There are many more articles throughout the magazine for you to enjoy too!

**Kerry X**



**Email:** [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) **Visit:** [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)

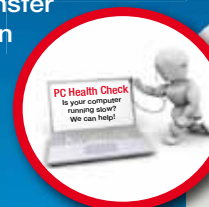
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Bishop Road Community Choir in fine voice!



Jack in the Green and his band of merry musicians and dancers



Jane & Martin celebrated their 25th Anniversary at Joe's Bakery with a fab prize draw for their customers, winning tickets were drawn by Cllr Daniella Radice



Local band Grupo Ritmo



Avon Wildlife launched their My Wild City campaign.

# Mayfest 2015!



Free biscuit decorating with Joe's Bakery was a big hit!



Mr Gotatlot enjoyed entertaining the crowds



Street Scene chair Rob Umphray & Neighbourhood Festival organiser Alice Darley.



Bishopston Matters enjoyed handing out balloons and chatting with lots of lovely locals!



Mayfest made the launch of Our Neighbourhood Festival!



Spring baby animals were adored outside Osa Therapies. Housed in crates kindly constructed by local ExpandBuilding.co.uk



It was great to welcome Billie-Jean back to the Gloucester Road with their pop-up shop!



Moodles made free Mayfair wands with local children.



Thanks to Lee Spencer-Fleet for contributing some pictures to our Mayfest storyboard.



Room 212 & Mayfest organisers Sarah Thorp



Liam from Xpress handed out balloons & ran a T-shirt designing competition



Life Cycle charity (based within Horfield Prison) enjoyed a busy bike sale.



Scrummy cake by Cake!







Image thanks to Barbara Evripidou

## A dream being realised



**The Hut 6388 project, to raise the funds to build a new hut to meet the needs of Scouting, Guiding and community use in Ashley Down and St Andrew's, is nearing completion.**

The dream began back in 2011, and after much hard work from a small but dedicated team, it is about to be realised. The contracts are about to be signed, a new long-term lease is

being drafted and work will hopefully start before the end of June. Most of the money has now been raised or pledged. There is still about £40,000 needed to avoid taking up some kind offers of interest-free loans.

On Saturday 9 May, many parents and supporters of the 63rd Bristol Scout Group, and the Guides, gathered for a celebration fundraising event at the hut in St Bartholomew's Road, BS7 9BJ. We were joined by many members of the local community who have been so supportive of the project.

The afternoon saw fine weather, and by mid-afternoon, there was a good crowd of people of all ages having a wonderful time. There was good food and drinks of all sorts available. There was a lovely community family atmosphere with lots of activity and a buzz of conversation. The event raised a fantastic £3,700!

We are grateful to so many people and groups that have helped us to get to this point. There is still much to do. However, we can now see the end of the journey. We are still fundraising for the last £40,000 and hope to have the project fully funded before the build is finished in late October.

**If you want find out more, or to make a donation, please visit our website [www.hut6388.org](http://www.hut6388.org).**

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## Making the right move

Moving house can be expensive with a raft of fees to consider alongside any increase in your mortgage. It can be tempting to try to cut costs, with legal advice being one area where people look to make savings.

There are many online and remote conveyancing services available offering seemingly attractive rates. But before you dive in consider these tips:

### Don't be misled by headline rates

Some firms offer low quotes but fail to mention the number of add-on costs.

### Shop locally

Local solicitors understand their housing market, identifying potential issues before they arise.

### Communication is key

Make sure your solicitor updates you in the way that's most convenient for you, whether that's email, phone or face to face.

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### KudaClub – Breakfast / After School / Half term

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Children from any of the surrounding schools are welcome to join, a pick up service is offered to pupils who attend Ashley Down School (Downend Road site) and Bishop Road.

KudaCan provide a friendly, safe environment for children that offers fun, learning through play, comfort and support during their time in their care.

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## Come and visit us

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## Contact us

To arrange a visit or to request further information, please call Hollie Skerritt on 0117 933 9885 or e-mail [recruitment@bgs.bristol.sch.uk](mailto:recruitment@bgs.bristol.sch.uk).



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## Respect Matters - News from TIGER Bristol

For the past three decades, male suicides have hugely outnumbered female suicides; 1 in 7 female

students have experienced a serious physical or sexual assault while at university; and up to 30,000 women are sacked each year in the workplace simply for being pregnant, as well as an estimated 440,000 women losing out on pay or promotion as a result of pregnancy.

TIGER, a group formed in the Bishopston area in 2012, were frustrated by these statistics and decided to work as volunteers in the community to tackle some of these issues. They deliver workshops to inform people of these issues and how to overcome them, within primary and secondary schools, universities, youth organisations and more recently in the workplace.

They cover issues such as sexist bullying and sexual harassment, gender in the media, transphobia and porn and consent. TIGER also delivers teacher training to help create more sustainable change in the school environment.

After all their hard work as volunteers, they have recently found out that they have received a small pot of money from the Police Commission, Waitrose and Lush, which will enable them to pay for valuable workshop resources needed for the sessions and the opportunity to offer workshops at either a free or discounted rate.

If you are interested in TIGER delivering workshops within the educational setting or in the workplace, or just want to find out more, please check out their website: : [www.tigerbristol.co.uk](http://www.tigerbristol.co.uk) or email: [tigerbristol@riseup.net](mailto:tigerbristol@riseup.net)

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## Growing Creative Careers at Golden Hill Community Garden

The Golden Hill Community Garden (GHCG) is an amazing local resource; this month it was great to be invited to find out more about the Creative Careers project that is currently taking place there.

I met with Charlotte Chapman of Creative Youth Network. She explained that the course runs for two days a week, for four weeks and is open to young people aged 16–25 who are out of education, training or employment.

The brilliant Lucy Mitchell (project worker at GHCG) is leading the training sessions. When I arrived, the young people were enthusiastically creating planters, in response to a brief set by the GHCG. It was good to learn that, as well utilising their creative and practical skills, sessions in maths and English were running alongside, directly linking to the brief set – working out dimensions and drafting plans of their designs etc.

I had the opportunity to chat with some of the young people while they were busy working. It was clear that 17-year-old Robson was in his element. He told me that both his granddad and father had been involved with horticultural. "I have been kicked out of schools for not being able to sit still at my desk but give me something practical to do and I am fine, I love being outside working." Robson went on to say he aspires to have his own landscaping business in the future. Projects like this were giving him some qualifications and he was gaining valuable experience working at Growing Futures, a project based in Hillfields Allotment.

Founder of Growing Futures, Desmond Brown, was also pleased to be assisting with the Creative Learning Course. His work at Hillfields offers young people alternative education packages and advice on future pathways, while cultivating a lifelong appreciation of the natural environment.

Creative Youth Network has put together a strong network of passionate people to educate, inspire and assist in finding future placements for the young people taking part.

Sixteen-year-old Rosie was hugely enjoying the experience, particularly monitoring the seeds they had sewn transforming into healthy plants. "I am really enjoying the process and am now thinking about volunteer gardening. I want to learn about planting so when I have my own place I can plant the garden and eat something I have grown."

Everybody that I spoke with was finding the experience a positive one – both in learning



Anthony, Des & Lucy



Rosie

practical skills and socialising with new people. Visiting projects such as this is one of the privileges of my job. I wish all the young people that I met the very best for the future.

Further Creative Careers projects on the horizon include Event Management, Journalism and Creative Enterprise. The courses take 10–15 young people and are voluntary. For further information e-mail: [charlotte.chapman@creativeyouthnetwork.org.uk](mailto:charlotte.chapman@creativeyouthnetwork.org.uk) or visit [www.creativeyouthnetwork.org.uk](http://www.creativeyouthnetwork.org.uk)



Robson

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# Summer has arrived at tigerlily

'Tigerlily' have enjoyed their first few months on Gloucester Road. The support from local residents and neighbouring traders has been fantastic. This month it was wonderful to immerse myself in colour and explore their beautiful range of Summer garments and accessories that are in store now.

Owner Marj Cook (pictured right) is delighted that Tigerlily already has a loyal following. With the carefully selected range of gorgeous fashion items, this comes as no surprise to me. Marj told me their ethical brands had proven to be particularly popular. Her hard work in sourcing products that are not sold on other high streets in Bristol has really paid off.

I asked Marj for a hot style tip for the coming months? Her recommendation was – Metallic Body Art. These nontoxic, waterproof designs make for the perfect summer accessories and are available now.

Whilst I was in the shop I was pleased to hear all of the following comments; the first from a lady who had chosen a stunning summer dress, "It is beautifully made in good quality fabric – I just have to have it".

The next came from a customer selecting a special piece of jewellery, "This is a gorgeous shop, with so many beautiful things".

Another lady left with a huge smile on her face after trying on a printed, well cut skirt, she appeared out of the changing room simply saying, "I love it".

For me there is no better indication that a business has got it right, as to when you witness happy customers freely offering praise. Discover this local delight for yourself soon.

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## Gloucester Road's Bloggs Hair Design Salon Wins Through to Finals of Prestigious L'Oreal Colour Trophy Award

Bristol salon Bloggs Hair Design is set to represent Bristol in the finals of one of the hair industry's most prestigious awards in June, after three members of its team won finalist places during the Western Regional Final Heat of the L'Oreal Colour Trophy Awards 2015 which took place recently.

Founder and owner Joe Hemmings fought off strong competition and wowed a panel of industry-high-profile award-winning judges by creating an Autumn/Winter 2015/16 fashion inspired look, which had to include cut, style and clothing, in the L'Oreal Men's Image Award. With only 30 minutes to deliver his style, Joe battled and won against 60 other salons, in the event which took place at the Chateau Impney Regent Exhibition Centre in Droitwich.

Lukas Sheyka who joined the Bloggs Hair Design Artistic Team as Style Director in February similarly competed and created a cutting edge look in the women's category of the L'Oreal Colour Trophy to secure his place in the finals, whilst Theo Davies, aged 24, who joined Bloggs Hair Design last year, won through in the L'Oreal Colour Trophy Young Colourist Award. Theo will be one of five young Western region hairdressers to compete for the overall title.

Now Joe, Lukas and Theo will head to the London venue Battersea Evolution on Monday 1 June to compete in the national UK final.

The L'Oreal Colour Trophy 2015 marks the 60th anniversary of the event, making it the longest-running live hairdressing competition in the world. Over 900 entries were submitted and 500 regional finalists have participated to date, but only 47 nationwide salons have secured a place in the Grand Final.

The overall winners from the competition will be awarded a 3 day European trip with a photo shoot to showcase their winning look, a fashion shoot with a leading consumer magazine and a comprehensive personalised plan to promote their salons.

Joe, who launched Bloggs in July 2010 to bring a fresh and vibrant salon with value-for-money prices and the highest standards in customer care to Bristol says: "This is the first time Bloggs has entered what are among the hair salon industry's most prestigious and exciting awards, so we are thrilled and excited to have won through in



Left to Right: Bloggs Style Director and Wedding Hair Specialist Lukas Sheyka with his model Iggy, Bloggs founder and owner Joe Hemmings with his model Johannes, Toma who acted as model to Bloggs Salon Manager and Stylist Esther Crouchman and Bloggs Stylist Theo Davies.

three categories. It was a fantastic team effort, with our colleagues Esther Crouchman overseeing the smooth running of our competition styling and Mia Stronach supporting us on colouring, which makes us even more proud!

**"For Bloggs to be representing our area in the live final as a competitor will be thrilling"**

For Bloggs to be representing our area in the live final as a competitor will be thrilling." Joe continues. "Whatever happens from here on in, our team is feeling very proud in having helped put Bristol firmly on the map in respect of fashion focussed, on-trend hair designs."

Bloggs was last year named as Bristol's Salon of the Year in a hair salon competition run by the Bristol Post with entries nominated by members of the public. In 2013 Bloggs was nominated as an "up and coming" salon by L'Oreal Hair Care. It was also a finalist in the Bristol Post's 2013 business awards in the Start Up Business category which recognises the success of businesses established in the last three years, with Joe also being a finalist in the Young Entrepreneur category.

The Gloucester Road salon employs 9 members of staff comprising full-time and part-time stylists, specialists and apprentices and boasts hundreds of loyal customers. Since opening the salon has prided itself on being innovative with new services launched including the city's first blow-dry bar along with wedding and prom packages, hair extensions and pampering, keratin smoothing services and contemporary barbering.

**Bloggs, 288 Gloucester Road, BS7 8PD**

**Tel: 0117 9244006**

**[www.blogghairdesign.co.uk](http://www.blogghairdesign.co.uk)**



## Pleased to welcome BIBLOS on the Hill

Happiness on a Sunday evening is a place called Biblos! James and I enjoyed a delicious meal in a relaxed atmosphere at the local venue recently.

The good news is that you can enjoy this great new restaurant to Gloucester Road seven days a week – 11.30 am to 11 pm.

We received a friendly welcome as we were seated in one of the funky new booths created in re-claimed scaffolding with an attractive burnt effect finish.

Starting with the drinks menu, there is something for everybody's taste, with a wide range of soft drinks including fresh juices, Fentimans Cherry Cola and Elderflower, Espresso, Babyccino to Builders' tea!

There is a good wine menu, with Biblos selecting wines of the week, to some amazing rum based cocktails – from Mojito to 'Jamakin Me Crazy' featuring dark, white, golden and coconut rum with orange and pineapple. I selected one of their delicious rums with ginger beer whilst James opted for a glass of Brahmams.

Whilst browsing the menu, we enjoyed listening to some chilled out tunes and appreciating the graffiti influenced art, which appropriately gives a nod to their Stokes Croft Venue. There was a good deal to be tempted by – Bajan Jerk Chicken, Falafel, Lamb Kofte...

Whether you are a meat eater, vegetarian or vegan there are some well thought out, delicious options. James selected the glazed Pulled Pork, and I went for the Halloumi platter, both with triple cooked spicy fries and Caribbean coleslaw. We couldn't resist a side of onion rings, which were a triumph, and disappeared shortly after they were set down. It was all I could do to refrain James from tucking in before I could get a photo of our meals!

The first words out of James's mouth as he sunk into his wrap were, "Wow! This pork is so juicy".



I was equally as delighted with my halloumi wrap – the combination of fresh herbs in the dressing was divine.

We both agreed that the flat bread (home-made on the premises) made the meal special, it perfectly enveloped the tasty fillings, which were mouth wateringly good.

The food was fresh, full of flavour and carried a warm heat (hotter dishes are available). The Wrap Platters were good value, none of them above £10.

Dishes are served on cool, informal trays. People around us were happily enjoying the sharing platters that are also available. Along with children delighting in their Little Biblers menu. There is something to bring a big smile to everybody's face.

Especially the triple layered carrot cake that made for the perfect end to our meal.

We eagerly polished off fabulous food in a lovely relaxed atmosphere. It was great to see that Biblos on the Hill is already popular with the locals; it is a welcome addition to our special High Street.

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## Let's Walk Bishopston

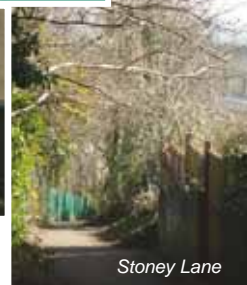
Walking, both for pleasure and a purpose, is a fundamental part of a healthy life, but are our streets really that walkable? The aim of the **Let's Walk Bishopston** project is to tackle both these issues in the Redland/Bishopston neighbourhood.

The *Let's Walk Bishopston* project was instigated by Daniella Radice, local Green Councillor and Liz Kew, head of Street Scene for our area, who drew together a team of Bishopston residents, all passionate about creating an easy to use walking map of our area. They successfully acquired funding for the project from the BCR Neighbourhood Partnership and then set about talking to residents and walking the area in order to map out the routes.

Local design agency, The Way Design, headed by India Rabey (already known for her illustrations of the Gloucester Rd WI cookbook) has created the map, which includes symbols and guides to useful aspects such as gradients, location of benches, public toilets and bus stops. The main aim of the map is to encourage people to get out and about on foot by suggesting useful walks around the area, linking up local services and green spaces.

One of the project leaders, Mick Broggio, helped organised the fact finding walking teams and has added 7 routes to the Ramblers Association website, where they are available to everyone. Liz Kew is testing out many of the routes in a mobility scooter. A key aim of the project involved surveying the routes so we can tackle obstacles in future, using our limited council budgets.

The map was successfully launched in May outside Room 212 on Gloucester Road. You can pick up a copy of the map from this venue or local libraries. The map and accompanying individual walk cards can be downloaded from [www.bcrnp.org.uk](http://www.bcrnp.org.uk).



A *Let's Walk Bishopston* Facebook page and twitter account has been set up so do use them to post images from the walks and let us know what you spot on your way.

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## Land's End to John O'Groats for our Feline Friends

**Stuart Harris (pictured right) is currently tackling the huge task of walking from Land's End to John O'Groats. He is undertaking the walk to raise funds for our local Moggerly.**

Stuart and his wife Helen have adopted four cats from the cat re-homing centre and it is wonderful he is now raising much needed money for the Bishopston based charity.

The Moggerly opened its doors in 1997. Since then approximately 250 cats and kittens each year have been admitted, rehabilitated and placed in caring new homes. The Moggerly is staffed entirely by volunteers who work tirelessly to feed and clean the cats in care and to raise funds to enable the centre to continue its work. 100% of donations received are used for the welfare of the cats in their care.

Stuart started his epic adventure on 12 April 2015; Bishopston Matters has enjoyed keeping up with his progress via the The Bristol Moggerly Rehoming Centre Facebook page.

He will call on his experience as a keen walker. His daily walks will vary from 8 to 22 miles and he will follow several national trails including the South West Coast Path, Offa's Dyke, the Pennine Way and the West Highland Way. He hopes to reach his journey's end during the first week of July, by which

time the total distance he will have walked will be a staggering 1,200 miles!

Stuart will be wearing his Moggerly T-shirt all the way and hoping many people will sponsor him. You can send cheques payable to the Moggerly to – 65 Longmead Avenue, Bishopston, Bristol BS7 8QB, marking the envelope 'Stuart's walk' or donate online via <https://mydonate.bt.com/fundraisers/stuartharris>.

Please support Stuart in every way you can as he strives to raise money and awareness of the Moggerly.

[www.themoggerlyrehomingcentre.co.uk](http://www.themoggerlyrehomingcentre.co.uk)  
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Clifton High School  
co-educational  
nursery school to sixth form

## Mathematics makes a splash at Clifton High School

At the beginning of May, pupils from Clifton High School undertook a live Skype call with the Song of the Whale research boat, currently based in Ipswich, which is home to a team of marine biologists. The pupils have been studying data from the boat in their mathematics lessons, looking at how its position is charted using mathematics, exploring co-ordinates and how the locations of whales and porpoises are tracked. The boys and girls had their questions answered by a research scientist and also had a video tour of the boat.

Clifton High School is innovative in its mathematics teaching and throughout the school from the Nursery to Sixth Form this core subject is central in the daily curriculum of our young people. From 2014 Junior School pupils in Years 5 and 6 have been taught mathematics by Senior School Mathematics teachers. Dr Alison Neill, Head of School, says "Mathematics and problem solving are essential tools for our young people and with the new GCSE curriculum being introduced; standards and expectations inevitably will increase. We want all our boys and girls to be fully prepared for these changes and the children have benefited enormously from specialists who have current and relevant expertise. As with all our teaching the aim

is to make learning easily accessible and relevant, to further enhance

the curiosity, creative mind and confidence of our pupils in a fun way. Our work with the Song of the Whale has been a brilliant example of this."

Clifton High Senior School is known for providing its pupils with the highest standards of mathematics teaching and in 2014 Katie Gardener gained A\* grades in Mathematics, Further Mathematics, Physics and Chemistry and is now reading Mathematics at the University of Oxford. At GCSE level, too, the school's results are impressive and over the last five years 92% of GCSE students received A\* to C grades.

To find out more about Clifton High School please contact Mrs Melanie Johnson, Admissions Registrar on 0117 933 9087 or email [admissions@cliftonhigh.bristol.sch.uk](mailto:admissions@cliftonhigh.bristol.sch.uk). Alternatively visit our website –

[www.cliftonhigh.bristol.sch.uk](http://www.cliftonhigh.bristol.sch.uk)



Skype session with Whale research boat

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## News from St Bon's!

The sporting teams at St Bon's are thriving, particularly the Tag Rugby team who are the new Bristol Champions! They were triumphant in their match at Ashton Gate. The school is extremely proud of this great team of hard-working pupils.

The good weather this term has enabled the school to further encourage the children to keep active, with the creation of many lunchtime sports clubs for everyone to enjoy. It is fantastic that pupils are now able to make the most of the large, spacious grounds of their beautiful new school – practicing hockey, cricket, tennis, golf, football, rugby and many more! A big thank you to Mrs McGrath who has organised all of these activities. She has even created a running club for

which parents can join in too!

Everybody had a brilliant time on the school trip to Bristol Zoo at the beginning of this term. The sun shone and the kids enjoyed a fun, informative day.



### Devon Jurassic Coast holiday caravan at award winning Ladrham Bay.

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See Airbnb or Facebook 'Seaside Caravan Ladrham Bay' Jerry 07445801885 or jbak@bristol@gmail.com

The world's largest mascot race recently took place at Wetherby Races, West Yorkshire. Local Mascot 'Fred the First Steps Soccer Mascot' went for gold!

The Mascot Gold Cup, sponsored by Foresters, celebrated its 10th anniversary. Part of their milestone celebrations was the aim to break the Guinness world record for the most mascots in a race! Last year, over 80 larger-than-life furry characters took part, and this year, over 100 participated, which was enough to establish a new world record in a 1 Km run, which took place before the Mascot Gold Cup itself.

Since 2006, the Mascot Gold Cup has raised £130,000 for Sue Ryder and a similar figure for many other charities, as mascots can fundraise for their own chosen charities. Teams took part from across the UK and there was even an international entry from Germany!

The race was a great success, seeing Fred the Firststepasaurus finish mid-way out of 100 other mascots. You can enjoy some fun video footage of the event at The First Step Soccer's Facebook page.



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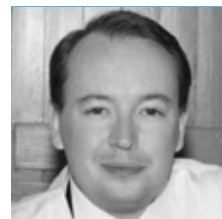
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## Putting the customer first – Why clients get More from Moore Homes



*"I believe that customer service is the most important part of my job; that could be just phoning a client back when I said I would, to making sure that a vendors property is put into the best possible light -- well presented photos and a sharp description as examples."*

This month it was great to talk with Jon Moore, who explained to me how his new online estate agency can offer greater customer satisfaction – both in the fees paid and service received.

### I was interested to know why Jon decided to start his own business?

I have worked in the estate agency business for a number of years. I quickly worked my way up from sales negotiator, lister to branch manager. This valuable experience has equipped me with a full understanding of the industry.

I feel that most current agents ask for too much in terms of fees or up-front costs, and give little back to

their customers. I passionately believe that vendors and customer service must come first – on this basis I have created Moore Homes.

### Why an online Estate Agency?

90% of all property bought and sold is first seen online. The future of the property market is the internet. In addition, not having an expensive office means we can pass those savings on to our clients.

### How have you put together your team?

Moore Homes is an independent, and family run business with myself and wife Laura. Furthermore, many other members of my family have helped in terms of ideas, finance and don't be surprised to see the family out and about within Bishopston delivering leaflets!

### What service can people expect?

Something different. I am looking to help, advise and do the very best for my vendors. There will be no uncomfortable hard sale, I look to be honest and fair, and I believe this is reflected in how Moore Homes is set up. We strongly believe that the customer comes first. With this in mind, we will give you a personal service, and because I have a drive and passion for all things property, we would look after your best interests –

marketing your home to its full potential.

### How is Moore Homes different from its competitors?

**No Sale No Fee** – we don't take a fee until you complete on the sale of your home.

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**Fair fees** – fees with different agents can vary hugely. Some within Bristol start at 2% others at 1% (all of these plus VAT), meaning it can cost thousands to sell a house. At Moore Homes we look to reduce the cost to the vendors by having cheaper fees, whether you wish to have a fixed fee or a percentage fee, we will come in lower than most agents within Bristol. We are currently offering a discounted fee of £695+VAT along side our prize draw (details below).

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**Get in touch - Tel: 0117 9593494**

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## Centre for Better Grooves – on our doorstep!

Gordon Montgomery has a lifetime love affair with music. His first Saturday job as a kid was at his local HMV, from there he moved to Virgin, before launching Fopp in 1981. After selling his shares in his next venture Rise, he is now pleased to be concentrating on his Centre for Better Grooves, based on Cranbrook Road.

Gordon is a local resident and felt this was the right area for people to appreciate the huge range of quality used vinyl he has to offer. This new local venue is jam-packed with albums crossing all genres – soul, blues, jazz, rock, classical, pop... Gordon doubts you will find the diversity of this collection outside of London.

At the time of writing, a further 1,000 albums were on their way – making the trip from New York to Liverpool – and will be appearing in the shop from the end of May. Gordon's face lit up when talking about receiving the new vinyl – opening up boxes of music is like Christmas!

The Centre for Better Grooves is designed to be inclusive not exclusive. Rock band Can sit happily next to Isaac Hayes's collection. The idea is simple – if you love music, you will find albums to enjoy at this venue. If you would like any direction or recommendations, Gordon will be pleased to

share his extensive musical knowledge. There is a deck for people to listen to albums on before purchasing.

If there is something in particular you are looking to source, Gordon has excellent contacts in the industry, so please ask.

As well as selling, Gordon is interested in buying quality used vinyl. Everything sold comes with a guarantee and nothing has been returned yet! Decks, record boxes and a vinyl cleaning service are also available at the venue.

This is a small shop with big personality and a huge selection of vinyl, which will delight a diverse range of musical tastes.

**Centre for Better Grooves, 1c Cranbrook Road,  
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**The Glos Rd Central Mayfest, held all day on Saturday 2 May, was a huge success. The Mayfest launched the Bishopston, Cotham and Redland Neighbourhood Festival.**

Hundreds of people took to the wide pavements to enjoy food, drink, live music and creative activities.



Traders on Glos Rd Central took part by spilling out their wares onto the pavements or inviting special guests such as Billie Jean clothes, Vaguely Vintage clothing, or local band Grupo Ritmo. Uncanny Creations offered needle felting while Room 212 artist Paper Play and Moodles helped kids get creative. Joes Bakery once again offered biscuit decorating and a fantastic lottery to celebrate their 25 years in business, while Giles Butchers

had a BBQ and Millards launched their new ice cream business. Xpress printers ran a T-shirt design competition, the winner of which is pictured above - talented 6 year old Daisy May.

Community groups such as Friends of Horfield Common, Friends of St Andrews Park and the Golden Hill Community Garden gave out information about their activities while Lifecycle and Travel South West informed locals about bike riding and other sustainable transport in the area.

For the first time, Bishop Road was closed to traffic and this worked really well, allowing space for a tea cup ride, cake stand and face-painting from All That Glitters. The Avon Wildlife Trust launched their My Wild City campaign, giving out wildflower plugs for people to take home and get going in their gardens. The Bishop Road Community Choir and the Bristol Folk Singers both gave rousing performances of summery songs and Mr Gotalot hosted a fantastic dress up tent for the kids. All this was rounded off with the arrival of Jack in the Green and his band of musicians and dancers who stopped and performed in the street. A fantastic day all round and one to be repeated next year.

The Avon Wildlife Trust have asked Room 212 to champion their My Wild City Campaign ([www.avonwildlifetrust.org.uk/mywildcity](http://www.avonwildlifetrust.org.uk/mywildcity)), with the aim of creating wildlife friendly corridors throughout Bristol. There will be a display of bee and wildlife friendly plants set up outside the gallery throughout Big Green Week, 13 – 21 June, and Glos Rd Central traders will be encouraged to put planters of flowers out on the wide pavements in an attempt to 'green up' this popular high street of independent shops and businesses. Find out more by visiting –

**24** [www.glosrdcentral.co.uk](http://www.glosrdcentral.co.uk)



Author Richard Jones signing a copy of Volume 1 for Sir Ian McKellen.  
Photo by Richard Newman

## Kelvin Players Volume 2

**Richard Jones has been an active member of Kelvin since 1977 and archivist to the Players for nearly as long!**

When recently speaking with him, he told me he thought his love of acting and the theatre was in his genes! His great grandmother followed her dream to become an actress, and as a child, Richard enjoyed visiting the theatre with his grandmother and the response theatricals with her at Christmas evoked in the rest of the family.

Richard has recently had the second volume of the history of the Kelvin Players published. He had intended to wait until the centenary of Kelvin Players before producing volume 2 of the company's history.

But the world, particularly the theatre world – both professional and nonprofessional, has advanced at such a pace that to wait until 2029 might have given a greater historical perspective on the fortunes of Kelvin Players but it would also have necessitated a publication of unmanageable proportions!

The years 2005–2014 are chronicled in this volume, telling of the company's ups and downs in a non-censorious, non-sanitised way as Kelvin seeks to be fit for purpose in the new Millennium.

Kelvin president, actor Milton Jones, once again writes an interesting forward in this second volume. Milton joined Kelvin as a teenager over fifty years ago! He writes that he is honoured to be president and credits the Kelvin Players for adapting themselves to changing times to ensure their future, while many leading Bristol amateur companies now only live on in memory. He finishes his piece with, "The future prospects for Kelvin are exciting indeed and the future is there for the taking! The club must go forward with confidence, as I am sure it will do."

At the time of writing, the Kelvin Players have just completed their fantastic performance of *Tartuffe* at the Tobacco factory. It is rare that amateur dramatic companies are given the opportunity to perform at Tobacco theatres, so this is testament to the Kelvin Players.

We look forward to following the performances of the Gloucester Road based group over the next ten years. If you would like to order a copy of this latest publication and Volume 1, please call Richard on 01454 632 797. Copies are £12 each including P&P.

## Divine Ceremony with Dee Ryding

**Bishopston mum of two young girls, Dee Ryding (pictured right), talks to us about her new business venture, Divine Ceremony.**

"I first became interested in changing the way we deal with death 8 years ago following the loss of both my grandparents and the death of my baby son William. I decided to leave my job as a BBC Director, and trained as a Celebrant with the British Humanist Association. Now, 7 years later, I have taken over 1,000 funeral ceremonies, across Bristol and the Southwest.

As I gained confidence, people started to contact me asking for help to prepare for their funerals. Most were not suffering from a terminal illness – indeed many were and are fit and well – but whilst preparing wills they had also started to think about their funeral; often with the thought that they wanted to leave their families with some guidance in the event of their death.

These experiences have enabled me to realise how few opportunities there are for people to really talk about death and their own personal wishes. As a result, I set up Bristol's first death café with my colleague – Paula Rainey Crofts from Heaven on Earth. Paula and I have gone on to run further workshops and other Death Cafés – and we have another workshop on 13 June 13 at the American Museum in Bath.

Each ceremony I take is as unique as the person we have lost, but I've come to view the ceremony as a threefold process. The first element is an acknowledgement of their loss. Secondly, we are then able to celebrate the life lived, with our grief set to one side. The third element is a formal step towards saying goodbye. I am fascinated by the importance of this process. Honouring life, at death, is very important.

More recently, I discovered that I would like to work more closely with families – helping them to make decisions about all aspects of the funeral. In the UK, we are culturally geared up to have our loved ones taken away as soon as possible, undergoing embalming, and then taking part in a short ceremony. However, it doesn't have to be this way.

Home funerals are a family centred response to death, offering families the opportunity to continue the care of their loved ones in their own homes, without recourse to mortuaries or unnecessary invasive procedures. People have been caring for their dead for millennia, and

in the UK, this continued largely until the beginning of the 20th century.

Our current funeral practices have a lot to do with one woman's inability to cope with her own grief; Queen Victoria. Victoria encouraged the ritualisation of grief and mourning; persuading her public to hire professionals, rather than care for the deceased at home.

On average, each of us will organise and pay for three funerals in our lifetime. Yet we often arrive at each event totally unprepared;

practically, emotionally and financially. Funeral poverty is a growing problem with the average ceremony costing in excess of £4,000. However, I wholeheartedly believe there is another way.

My website will have a funeral calculator so you will come to me knowing how much money you are going to need. Shopping around is hard for someone already dealing with grief and so many things to organise. I want to help people simplify the process so my coffins will cost what they cost me – I am not going to add any money on top.

Whether families choose a home funeral or wish to use my services as an undertaker, Divine Ceremony will be on hand to offer a bespoke, more affordable funeral that is respectful to the environment.

I believe a meaningful funeral needn't cost the earth, but I understand the benefits; a truly meaningful funeral can offer immense support to families, often in shock, but also to the wider community, giving continuity and hope for those left behind."

Please do get in touch with Dee to discuss anything mentioned in this article.

**Visit: [www.divineceremony.org](http://www.divineceremony.org)  
E-mail: [dee@divineceremony.org](mailto:dee@divineceremony.org)  
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Dawn explained, many of us just get used to nursing a sore knee, aching shoulder or painful lower back and as the pain increases over time we gradually restrict the activities we take part in rather than address the cause of the pain. There is however good news! As an osteomyologist Dawn is equipped to tackle the root cause of your pain and get you happily moving again.

Osteomyology is a holistic practice that allows the practitioner to switch seamlessly from one treatment to another to most effectively treat the individual patient. Dawn incorporates - Acupuncture, Aromatherapy, Cranial Sacral Therapy, Massage, Manipulation, Muscle Energy Technique (MET),

NuroLinguistic Programming (NLP) and Reflexology in her work.

I have enjoyed taking part in horse riding for over 25 years and to ensure that I have several decades ahead of me in the saddle, I visit Dawn over the course of the year. Old injuries and hours sat at the laptop mean I periodically need straightening out and re-balancing. This allows me to enjoy the sport I am passionate about without the associated aches and pains and assists me in performing to the best of my ability. For some people like myself, regular sessions keep me in great shape, for others one appointment with Dawn can address the problem.

If you would like to discuss your individual aches and pains, whether they be physical or mental then please get in touch with Dawn.

Visit [www.life-and-soul-empowerment.co.uk](http://www.life-and-soul-empowerment.co.uk) for full details, call Dawn on 0795 1099 491 or pop in to **Head to Toe, 133 Gloucester Road, BS7 8AX**

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## Children's Classes at Yogawest

Alongside their usual weekly timetabled classes, Yogawest also run specialised classes for all ages of children. Children really enjoy doing yoga and it's a lovely discipline to learn when young.

**Young Adults (16-20s)** – Mondays 5.30 – 6.30 pm. Diana teaches classic yoga poses, both challenging and restorative.

**Teenagers (11-16s)** – Mondays, 4.30 – 5.30 pm. Mindful of the stress many teenagers are under, instructor Diana teaches a mix of active and restful classes which encourage focus, concentration, flexibility and wellbeing. This is a suitable activity towards a Duke of Edinburgh award.

**Primary School Age Children** – The classes for primary school age children are split into 2 age groups: KS1 (4-7s) and KS2 (7-11s). Both classes are on Tuesday afternoon and are devised and taught by Alex Kingston.

**Key Stage, 1 Yoga for 4-7s** – Tuesdays, 4 – 4.45 pm. 45 minutes of yoga designed for key stage 1 children. Children can expect to be taken on an adventure: diving to the bottom of the ocean or saving a princess from a grumpy giant! Of course, the children are always the hero at the end of every adventure and an emphasis is placed on helping and respecting each other. Advance booking required.

**Key Stage 2, Yoga for 7-11s** – Tuesdays, 4.45 – 5.30 pm. 45 minutes of yoga designed for key stage 2 children. The group learn fun, flowing postures where yoga sequences, either energetic or calming can be accompanied by pop or chill-out music. All sessions end with relaxation and games.

**Tiny tots** – A new course is launching for under 4s on a Tuesday afternoon at 2pm.

**Bish Matters reader offer!** Your child can try their first class, at any of the above sessions, for only £3! Offer code **BMFC3**.

**Family Class** – An occasional weekend class for all the family. Upcoming dates are listed on the website and classes must be booked in advance.

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Massage Therapists Form New Hub as Bristol's Relaxation Centre Closes  
Practitioners open Relax at The Family Practice in Bishopston

Massage practitioners from The Relaxation Centre have come together to form a new centre of expertise, following the recent closure of this Bristol Institution. The new massage hub is called Relax and is located at The Family Practice on Gloucester Road. It offers a wide range of therapeutic treatments, including Holistic, Thai, Aromatherapy, Indian Head massage, Shiatsu, Reflexology, Reiki, Deep Tissue, Sports Massage and Pregnancy Massage.

The Bristol Relaxation Centre, which had run for 22 years, was forced to close due to the sale of its premises. Although a search was on for a new location, nothing was found, which has led to the creation of Relax at The Family Practice.

Osteopath and owner of The Family Practice, Juliana Hounsfield, explained:

*"When we heard that The Relaxation Centre was going to have to close, we knew that there would be a large number of highly skilled therapists left without a base to work from. We approached some of them to suggest forming a centre of massage expertise at our clinic on Gloucester Road – and as a result, Relax was born! We are so pleased to be able to support them and enable people in Bristol to continue to benefit from their knowledge and experience."*

Steve Mallinson, a massage therapist, adds:

*"The Relaxation Centre was a very well respected hub for therapeutic massage. Its closure, with no new premises identified, meant an uncertain future for all of us who worked from there, as well as our clients. We are delighted to be able to offer this new massage hub at The Family Practice, which will house around 10 massage practitioners, offering a range of massage therapies."*

Relax will take over the entire Family Practice clinic at weekends, but some appointments will also be available in the week and during the evening, subject to availability. Treatments are affordable priced at: £45 for 1 hour, £65 for 1.5 hours.

To book a treatment, call **0117 944 6968**.

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## Golden Hill Community Garden Spring Fair!

Hi everyone,

**What an EPIC month for the garden! In the last month, we've had visits from two primary schools, two nurseries and King's Weston Special School. Our toddler groups have been buzzing and we worked with fab young people from the Creative Youth Network to upcycle old pallets into beautiful planters.**

And then we had a massive fair! Thank you so much to the 700 people or so who came along and helped us open our beautiful Bale House in style. And drank smoothies made by bicycle, made crowns and badges and ate delicious pizza and homemade cakes. The sun shone and the house was full of music and laughter and happy folks. Perfect. A huge thank you to everyone who helped! AND we raised a whopping great £1970.50!

**The Bishopston Bale House** is now available to hire for meetings, well-behaved get-togethers, book groups, choir practices, knitting circles, workshops or whatever – it's currently £10 per hour for a minimum of 2 hours. Also, talk to me about the children's parties in the garden that we offer.

And, coming up, we've currently got spaces in our afternoon **Golden Buds Toddler group**. The new term starts on 2 June – get in touch to book or to ask about coming along for a trial session. The sessions are 1:30–3 pm term-time on Tuesdays for fans of digging, newt spotting, veg munching, making, watering, singing and exploring.

Coming up, we'll be running our **Golden Adventure Days for kids** in the summer holidays. Every Tuesday 10–4, £25 – there's more details on our website but these days are very popular so get in touch to book your children onto a day of mini-raft building, pizza cooking, bows and arrows, imagination, face-paint, adventure, games, new friends, storytelling and fun outdoors.

And we're still in the garden every Weds 10–4 for anyone to drop in and get involved, and we'll be open as part of the Get Growing Trail on 6 June, 12–4, so pop in for chats, plants, cakes and check out what we've been up to.

See you in the garden,

**Lucy Mitchell**

Community Project Worker

**For more info - 07506 905 394**

**[www.thegoldenhillcommunitygarden.com](http://www.thegoldenhillcommunitygarden.com)**

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# Bigger and more Beautiful than ever!

**ICON Beauty is delighted to have doubled the size of their Gloucester Road beauty salon. Owner**

**Lucy Bamber told me it has been a huge project but it is fantastic to now have the additional space that will enable ICON to grow to its full potential and offer an even higher level of treatments and service to their customers.**

ICON now resides at both 267 and 269 Gloucester Road. The entrance and reception area will remain at 269, with a neatly fitted door linking the two venues.

The new extension to the salon provides 4 brand new spacious treatment rooms, providing the salon with a new total of 6 treatment rooms, a relaxation room, shower room, garden and a lot more space to accommodate new treatments and clients!

Additional spaces have also been created for customer parking, taking the total to four.

This brave expansion is testament to the overwhelming success of the local salon. Lucy explained, *"We found that we were frequently having to turn customers away – especially at peak times, we often have a lengthy cancellation waiting list!"*.

The new space will not only enable ICON to accommodate larger numbers but offer new treatments that customers have requested.

## **IPL (Intense Pulsed Light) Hair removal**

IPL is a form of light therapy, used for various dermatological procedures including hair removal. The new space at ICON will have a room dedicated to this treatment by the end of the summer. As well as hair removal, IPL works effectively to assist with anti-ageing, pigmentation, acne and rejuvenating skin.

## **Dermalogica Treatment Room & Skin Bar**

The salon is already a stockist of the sought after Dermalogica skin range and provides treatments with these products. One of the new rooms at ICON will be devoted to Dermalogica. Therapist Jordon Monk has enjoyed receiving specialist training at the UK Dermalogica centre and is now a fully qualified Dermalogica skin specialist. Clients will be able to visit the new treatment room and skin bar at ICON and receive a free skin consultation, involving face mapping and skin analysis.

## **Body Treatment Wraps**

Due to customer requests, ICON will hopefully soon be able to offering full body wraps. These are ideal if you need to lose a couple of inches for a special occasion.

## **New chill out area**

Lucy is pleased to now be able to offer a cosy space for clients to sit and relax in between or after treatments. The space is private, quiet and overlooking the garden. Lucy explained the thinking behind the space, *"I wanted to create a calm place to relax and unwind, a bit of an urban retreat; we all love the busy Gloucester Road that our reception looks out on to, understandably though this is not a place you wish to sit in a bath robe between treatments or directly after a relaxing massage! If a couple of friends come in, they can also sit and relax together after their treatments and enjoy a drink and a catch up – the new calm room is perfect for all of this."*

## **A gorgeous new space**

The new rooms bring a spa feel to ICON. The large treatment rooms, with high ceilings, have been decorated to an excellent standard. The venue has been fitted with solid oak doors and flooring. Bespoke stands for each sink have been created in re-claimed railway sleepers that are extremely effective. There is even a new shower room. The colour theme and lights running down the centre of the hallways perfectly link the two sites together as one. A beautiful chandelier in the hallway of the new area tops off the feeling of luxury.

## **Treatments for two**

The largest new beauty room can easily accommodate two treatment tables. So friends or family members that would like to have a pedicure together can soon do so.

## **Keeping it local**

Lucy believes in keeping it local, and was pleased to work with Bespoke Builders, based on Kellaway Avenue.

## **Exciting Times!**

There was a fantastic buzz at the local salon when I visited, the staff can't wait to make good use of their beautiful new space and offer an even greater level of service to their customers.

Lucy told me she has an excellent team of very experienced therapists, recently joined by therapist Tanya Inocco, who has settled in extremely well and has been a huge asset to the team and one



Jordon Monk



Tanya Inocco

more will now be able to join the talented group over coming months.

Lucy is buzzing with new ideas for the salon in the future *"With this new space, the possibilities are endless; I have some more big ideas including making use of the outside space in the form of a spa garden for the clients and lots more – so watch this space as there are many exciting things ahead for Icon."*

As ICON comes into its busiest time of year, with everybody preparing their bodies for summer, the expansion could not have come at a better time for this thriving local salon. I recommend you book in soon and see for yourself the impressive transformation.

**267-269 Gloucester Road,  
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**Tel: 0117 924 5566**

**www.iconbeauty.net**

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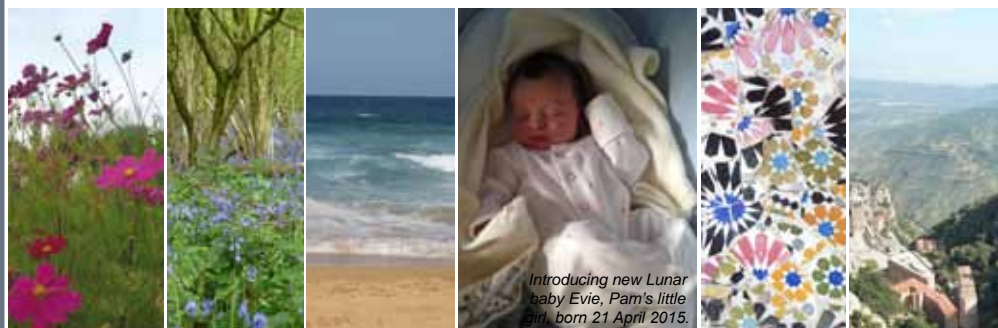
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## A Taste of Persia

Partners Farhad and Rosa are immensely proud of their Persian heritage and are keen to share both the delicious food and the rich culture of their country with the people of Bishopston, through the launch of their restaurant — Persia.

### New Beginnings – a labour of love

Farhad owns the Gloucester Road business (where Kookoo was previously situated) that has undergone a full refurbishment, sympathetic to traditional Persian interiors. He is also enjoying his role as the head chef, he told me that preparing Persian food is a labour of love, – there are many ingredients and processes in the creation of this delightful cuisine. Each meat, fish or vegetable dish has its own special method of preparation but the delicious end results are well worth the effort.

Rosa explained to me that the cuisine is full of nutrition, and the cooking processes are healthy, with the majority of the food steamed or slow cooked in the oven. In recent years, Rosa has been the chair of the Iranian Society in Bristol. As part of this role, she was responsible for organising events that catered for up to 400 people!

Like Farhad, Rosa can't wait to introduce local people to the delights of Persian cuisine; their combined knowledge, passion and experience of their food and culture make for a formidable team.

### Delicious Persian Dishes

Whilst I was visiting the local eatery, I had the pleasure of sampling some delectable dishes. We started with a smoked aubergine, tomato, garlic and egg dip, that was the perfect accompaniment for Iranian Flat bread. I also enjoyed Haddock in a meffe sauce with dill rice, all mouth wateringly good. With our food we took some Saffron tea; this is a spice widely used at the restaurant. Rosa told me that Saffron causes a happy hormone to be released in the body so they are pleased to create a cheerful environment for all their customers.

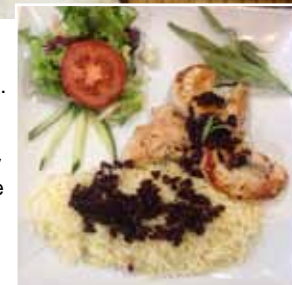
Their tagine dishes and



www.tasteofpersia.kitchen



Persian platters have already proved hugely popular with customers. Farhad explained, due to the diverse ingredients and lengthy processes involved, the menu is not vast but the eight to ten meals on offer will be created with love to the highest standard and will change seasonally. The dishes are not only cooked with traditional methods but are served authentically in clay, metal or china dishes that are appropriate to the food being delivered.



**Events at Persia –** On the last Sunday of the month, if you have an interest in Iranian Heritage and would like to contribute something, Persia will be hosting Poem nights with traditional verses, music, film clips of Iran and dance.

It was interesting to learn that Iranians closely follow the zodiac calendar. Their culture is heavily connected to the stars and planets. To celebrate each star sign, every month they will produce a special set menu that will be created out of ingredients that are harvested in Iran at that time. If you would like to celebrate your star sign in the month of your birthday, do book in.

Persia can accommodate large (pre-booked) parties and offers professional outside catering. You can bring your own drink to enjoy with your evening meal. Take-away meals are also available by ringing your order through or popping in to the venue.

It was a joy to learn more about the Persian culture whilst enjoying some of their delicious dishes. Rosa and Farhad will give you a warm welcome when you visit Persia soon.

**Persia, 429 Gloucester Rd  
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**Farhad : 07789 997199  
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**Facebook - persiacafeandrestaurant**



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## SMARTFIXTECHNOLOGY

This month we welcome Smartfix Technology to Gloucester Road. After much hard work preparing the venue, owners Mido and Victoria (pictured right) were delighted to open their doors for business on 30 March.

### THE TEAM

The couple spent a good deal of time selecting the right location to launch their new business and are pleased to have found a happy home on our buzzing high street.

Victoria told me, "We both found the Gloucester Road to be really nice and friendly and we already feel part of the community. Local residents and fellow traders have shown a genuine interest in our business."

Mido went on to say, "We want to provide a unique, useful service for the community and surrounding areas".

Smartfix Technology is jointly owned by the couple, but Victoria also practices Cognitive Behavioural Therapy and Hypnotherapy from her business in Clifton. Mido has vast experience in laptop and mobile engineering and enjoys the challenge of running a business. Two businesses and a lively 18 month old little boy make for a busy life, but the couple are thriving on it.

### MOBILE PHONE, TABLET AND LAPTOP REPAIRS

You can visit Smartfix Technology with all your laptop and mobile phone problems, from a cracked screen or water damage to data loss. Smart phones, tablets and laptops have become integral to our day to day life, both for business and pleasure. Mido understands how important getting these problems rectified as quickly as possible is to their customers. "Accidents happen all the time and we stock a large range of screens, so if yours get cracked, bring it in and we will have your phone looking like new in no time."

Mido enjoys putting customers at their ease when they are panicking about lost data, "Frequently people accidentally delete their favourite photos or lose an important document they have spent hours working on. We endeavour to retrieve these treasured items as quickly as possible for them."

### MOBILE PHONES & ACCESSORIES

As well as fixing mobile phones, the local business also sells them. They will be pleased to talk you through which product will suit you and your lifestyle best.



You can also pick up a large variety of accessories for mobile phones and laptops - cases, cables, speakers, selfie sticks etc.

### GOLD PLATING

Smartfix Technology is the only place in Bristol to offer the gold plating of tablets and mobiles, from 9-24 carat. Ask in store for further details.

### IT SERVICES ON SITE

The business is pleased to offer IT services, such as photocopying, scanning and laminating. This is already proving popular with people needing copies of documents they are about to take into the nearby Post Office.

### GET IN TOUCH

Dealing with faulty smart phones or laptops can be extremely stressful, along with purchasing a new phone. Mido and Victoria look forward to welcoming many of you to their shop soon to offer solutions and advice for these problems.

## SMARTFIXTECHNOLOGY

93 Gloucester Road, BS7 8AT

0117 239 3369

[smartfix-technology.co.uk](http://smartfix-technology.co.uk)



# How can you tell if your cat is happy?

**This may seem a simple question but cats are adept at hiding their true feelings unless you know the signs to look for. We live in a city of increasing cat numbers and many multi-cat households.**

Many of us have small gardens so the pressure on cats to maintain a territory is great. We also move house frequently and often introduce new members to the family. All of these events can be stressful to a cat and far from the way a cat would naturally live.

**So what signs are there for a happy cat?** A happy cat will carry his tail high and confidently often with a flick or quiver of the tip. His ears will be erect and his eyes wide. He will interact with his owners rubbing around their legs and cheek marking on their legs and the furniture. He will be content to lie on a lap, often purring and kneading when stroked. Happy cats are playful and kitten-like, they show interest in their environment and give a high pitched meow when playing. A contented relaxed cat may lie on his back with all four paws in the air. He will also have a healthy appetite and be well groomed.

**An unhappy cat** will also show some classic behavioural signs, often the opposite of the happy cat behaviour above. He will often hide away and not interact with his family. Less confident in movement, ears and tail low. The meow is commonly in a low pitch. Unhappy cats frequently over-groom and can make areas of themselves very bald and sometimes quite sore. Urinary problems are more frequently seen in stressed unhappy cats. Their coats can have a very moth eaten appearance.

Urine spraying and vertical scratching both suggest an insecure and unhappy cat, as well as getting into fights or being bullied. These cats may have low activity levels especially if they are reluctant to go out for fear of meeting an adversary. They may have reduced appetite or enthusiasm for food.

**If you think your cat may be unhappy, what can you do to improve his life?** It is not always easy to find out what is bothering your cat but frequently it is other cats in the area, territory disputes within or outside the house. In a multi cat household consider using separate feeding areas and litter trays. Use cat beds and resting places that are up high to give the cats a vantage point. Consider a curfew with neighbours cats, to allow territory sharing. If you have other cats coming into your home then you

may be interested in a microchip operated cat flap to keep all others out. If you are moving home or adding to your family we would recommend using a plug in pheromone diffuser; these work to reduce stress in many situations.

**Please come in and see us for advice, our vets and qualified nurses are always happy to help and let's hope we can cheer up our feline friends.**



*Nicky Bromhall*

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**New flea treatments** – Roxford's is pleased to bring you some new effective, flea control products. The first is Johnsons 4 fleas spot-on action; this treatment, available for both cats and dogs, is dual-action – killing both fleas and their larvae nestled into the pet's bedding. The second is a natural alternative – Biospotix, 100% natural solution for external parasites (fleas, ticks, mosquitos, phlebotoms etc). A Biospotix spot-on treatment for your pets is available, as well as a handy spray to apply to carpets, car, bedding etc. Fleas spend 10% of their time on pets and 90% of time in the environment!

**Pussy cat posts** – Your local pet shop has a great range of scratch posts for kittens upwards. Owner Sarah's cat, Sid, has enjoyed his chunky 'fat boy' post for the last ten years and it is still going strong! The different posts come with featured toys and sitting platforms.

**Roxford's is now on Facebook!** Keep up to date with new products, special offers and what Massey – their gorgeous Leonberger – has been up to via their Facebook page. Click on the link from their website.

**Customer loyalty cards** – Make sure you start collecting paw prints on your loyalty cards, which are kept on the shop counter. When your card is full, you receive £10 off your next shop! Ask in store next time you visit.



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## Time to celebrate on Horfield Common!

Hats off to the Friends of Horfield Common for all the fantastic things they continue to achieve. The last 12 months has seen the new playground installed, the planting of over 457 new trees, the creation of an Incredible Edible site, hosting of a successful Memories of Horfield Common event (see page 46) and filming of the feature film Golden Years! Now I am delighted to report on the launch of their new Walking/Running routes and café!

It was well worth an early morning trip to Horfield Common on Saturday 9 May to witness the launch of their 1, 3 and 5 k walking and running routes. Many enthusiastic members of the community (both two- and four-legged) set off at various paces to trial the local routes.

The maps have been skilfully created by FOHC Andrew Arnott. Look out for printed versions of them displayed on the common soon. The different routes encompass all the linking green spaces that create our common.

Young Monty and I enjoyed trying out one of the trails; he thought this was the best start to a Saturday, as did many of his fellow canines! On returning from a brisk walk, it was fantastic to enter the freshly created café courtyard.



The smell of coffee and hot butties was just the ticket! Lovely music was provided by some local residents and there was a genuine excitement on

receiving this long-awaited facility for the common. It was a great chance to catch up with many local people and once again appreciate what a special community we live amongst.

While standing in line for a cuppa, I chatted with local councillor, Tim Malnick, he told me, "It's great that the café is now open – it will be a valuable and popular community resource. The council parks team has been helpful and flexible – offering the space for two years on favourable terms and sorting out water and electric supply. They continue to support our longer term aspiration to bring the whole site under community management."

FOHC Chair, Sam Thomson, shared a few words with the crowds. She told us the opening of the new café also marks the start of the first formal stage of Project Ardagh, through which they are aiming to take over responsibility for the running of the wider Ardagh site from Bristol City Council through the 'community asset transfer scheme' over the next 12–18 months. This has been a long-standing ambition for FOHC in partnership with Ardagh Bowling and Sports Club, Ardagh Toddlers and other groups who use the building.

The café is sited in a previously disused external goods yard at the Ardagh, which has been transformed by hard-working volunteers over the last two months.

The café will be run by the lovely Sara and initially open for business on Friday, Saturday and Sunday 10 am to 4 pm (later if the weather is good). If there is demand for it, opening will increase to 7 days a week through the school holidays.

The café is a social enterprise (with all profits going back to support the work to improve Horfield Common and the Ardagh), which is great news!

### Events to look out for this summer!

Over the summer there will be plenty more activities taking place for local people to get involved with. The Common is extremely excited to be one of the venues in Bristol that will home a Shaun the Sheep – which one will it be?!

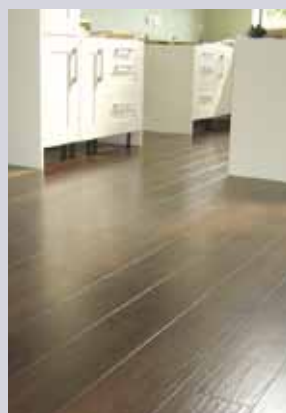
**Incredible Edible on Horfield Common** – This fantastic edible garden project is going from strength to strength at the Ardagh and will be part of the citywide 'Get Growing' trail on 6–7 June 2015. Please do go along and find out more about what is being planted, what is being planned and how to get involved. New volunteers are always welcome; if you would like to join in, visit the Horfield Common Edible Garden Facebook page or go along to one of the working parties on the following dates: Sunday 28 June, Sunday 19 July or Sunday 16 August.

**Annual Summer Picnic** – Will take place on Sunday 28 June, be sure to get the date in your diary!

**Festival of Nature Event on Horfield Common** – Following on from the success of last year, a Family Fun Day on the Common will take place on Saturday 12 September 2015.

**Pond improvements** – Funding has been secured from BCR NP, to create a pond dipping platform to enable the common's pond to be more easily accessed and used for wildlife education activities by local young groups.

**Ardagh Bowling and Sports Club** – welcomes new members. Friday nights are club nights; people of all ages are encouraged to have a try at playing bowls. All free with a fully qualified coach to help 6–8 pm, then the bar is open. Please wear flat shoes. For more information, contact Chris on 0117 942 6580.



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### **Oakley Open Day**

The first week of June lands at Lynne Fernandes Optometrists with a bang! On the 5th and 6th June we will be showcasing the Oakley 2015 collection of sunglasses and spectacle frames. Oakley has grown from humble beginnings to become the world's number one sports sunglasses brand. We are delighted that Oakley choose to work in partnership with us. We will show you the best pair of Oakleys for your chosen sport, while making sure the style and the fit is just perfect. Oakley and Lynne Fernandes Optometrists demonstrating the science and beauty of vision!

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A headache from glare can ruin your day. Golfers have to deal with the performance-killing distraction of glare from water hazards, bunkers and flat areas. Driving in glare can be risky, and road cyclists know how glare can hide potholes and other dangers. Any skier or snowboarder can tell you how glare distracts, diminishes mental focus and drains energy with tension. Oakley developed HDPolarized lenses for elite athletes but their technology serves everyone because glare doesn't care if you're a sport champion, weekend warrior or just someone who enjoys the sun.

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warning that damage is being done. And although clouds reduce the level of UV reaching your eyes, clouds don't block UV completely — which means your eyes can be exposed to UV rays even on overcast days. Oakley Plutonite® lens material stops every wavelength of ultraviolet radiation from the sun's thermonuclear furnace, not just the lower energy form called "UVA."

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Our open days are becoming famous for our special offers. It's a secret until the day, but we guarantee you will be delighted! However when the Oakleys we stock are sold, they are gone. So book early and let us reserve some Oakleys for you to try.

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*Gerard Fernandes*

**75 Gloucester Road, BS7 8AS**  
**0117 942 6843**  
**[lynnfernandes.co.uk](http://lynnfernandes.co.uk)**



**LynneFernandes**  
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# Local History Matters - Ashley Cottages

BHA local history research - text by John Hyde ©

On the north-west side of Bromley Road in Ashley Down is a row of small, semi-detached, stone-built dwellings which were formerly known as Ashley Cottages.

Built in the 1850s using lias limestone which was possibly quarried locally, each cottage boasted a long front garden and a small yard to the rear which included outbuildings. Inside were two small rooms downstairs and two up. Originally, there were twenty cottages but this reduced to eighteen by the early 1900s, the first two having been replaced by a public house, the Foresters Arms. The front gardens had also gone by this time and a terrace of houses had been built in their place, perhaps causing some resentment among the cottagers at the loss of their gardens. Today, apart from some modernisation and the disappearance of the gardens, this unusual rank of cottages, perhaps unique within the local area, must look much as they did in the 19th century.

The cottages were built on a section of a seven acre field called 'Burlands', which was part of a copyhold estate called 'Farmers' belonging to the manor of Horfield and granted to Sir John Smyth as copyhold tenant. At some time after 1841, the estate passed from Sir John Smyth to William Henry Bromley Way and in 1852, the partitioning of copyhold land (enfranchisement) enabled the new tenant to share the now freehold estate with the former Lord of the Manor, the Bishop of Bristol. Burlands was duly partitioned; four acres going to the Bishop and three to Way. As a young man still in his early teens, it's likely he was advised that his portion of the field would be more profitable as housing rather than agriculture and either sold the land or commissioned the building of the cottages as quickly as possible.



1880s Epoch 1 Map. The Cottages some 30 years after their construction. The long front gardens run down to the boundary between Horfield and Stapleton.



1900s Epoch 2 Map. The gardens have now been replaced by houses, the Foresters Arms is in place and the street is named Bromley Road. However, the description 'Ashley Cottages' is still prominent.



Ashley Cottages today

It is rumoured that the cottages were intended as married quarters for officers at nearby Horfield Barracks, but there is little evidence to support this. The four censuses taken between 1861 and 1891 show a mix of occupations, but no army officers. At the time of the 1861 census, a total of 129 people were recorded occupying the twenty cottages making an average of over six residents per cottage which usually consisted of families with several children, although some were shared by more than one family. Only one cottage was occupied by just two people, whereas number 18 was the most crowded, containing eight members of the Wade family and two other married couples, making twelve in all. Occupations varied, but most were agricultural labourers as Horfield was still mainly farm land at the time. Others included servants, workers in a Sugar House, several laundresses, a hatter, a book seller and various tradesmen. Several men (and in one case, an eleven year old boy) are recorded as 'excavators' probably here on a temporary basis working on the new Bristol to South Wales railway line which was being constructed nearby.

By the 1900s, the events noted in the opening paragraphs had taken place and the Boundaries Committee had brought Horfield into the city of Bristol between 1897 and 1904. Maps of the time referred to the

street between the cottages and the new houses as Bromley Road, a probable reference to Way's third forename, but still described the original dwellings as Ashley Cottages. William Way himself had become a clergyman and was at one time the rector of the neighbouring parish of Stapleton.

Maps from [bristol.gov.uk/knowyourplace](http://bristol.gov.uk/knowyourplace). Modern aerial imagery © Blom Pictometry; 1946 aerial imagery © English Heritage OS data © Crown copyright and database rights 2014 Ordnance Survey 100023406

## Bespoke Rooms

Local resident Steve Miller has enjoyed a busy few months creating some specialist interior projects with Clifton-based interior designer David Hutton.



David's design with Steve's skilled work is a perfect partnership in delivering high quality interior projects to their clients.

Steve told me, "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 brief.

He can manage a project from start to finish – utilising his 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.

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

Steve chooses 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 -

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## Memories of Horfield Common

**It was wonderful to lose a few hours listening to local residents re-count their memories of Horfield Common.**

The event was hosted at the Ardagh Sports Pavilion, as part of the Friends of Horfield Common's partnership with English Heritage's Heritage School Programme. Esme Griffiths, a Historian and recent graduate from UWE is working with FOHC volunteers and other local organisations to produce new interpretation materials, which will make the history of Horfield Common, and the local community that surrounds it, visible in new ways.

I had the pleasure of joining some of the informal discussions. I enjoyed a long chat with Stan Sims (born 1935), who grew up on Horfield Council Estate. He can remember playing on Manor Farm when it was a working farm. Where the Sports Centre stands today, used to be an army shed. Stan and his mischievous chums would get over the large wall, pick up ammunition, then when at home, place it in tubes and bash it with a hammer and nail to fire it off down the street!

Near where the play area is situated now (opposite Tesco Golden Hill), stood a house referred to as 'Horfield Castle'; although never a castle, it had turret like features. The house was demolished around 1950 but remains of the castle features were present for years. Michael Hampton and Mike France can both remember playing in the old stone remains, "It was our own castle, a true adventure play ground."

Robin and Maureen Wooten have lived near Horfield Parish Church for 62 years. When Robin was 11, he can remember his family being allocated a section of the common to grow vegetables (close to where the tennis courts stand now). The whole of the common was used during the war to 'Dig for Victory'! Viewing the slopes of green now, it is hard to imagine this green space transformed to allotments.

Robin recalls no equipment or assistance was provided, his father and him simply had to get a shovel and dig up the land. Their family grew potatoes, cabbage, carrots, parsnips, peas and beans.

He recalls there was a great deal of camaraderie, people helped each other, there was a great sense of community.

Mrs Sheila Good has lived on Hughenden Road for 46 years. She recounted a lovely story relating to



Bonfire night. She recalled, around 30 years ago, local people would join together and create bonfires on the common. Driftwood and branches would be brought to green space and great pride would be taken in trying to construct a larger bonfire than the neighbouring group. Such was the competition that a rota would be drawn up so there was always somebody watching over their creations.

Sheila thinks there were 10–12 fires each year; groups of neighbours and children would come together for a great evening.

If you would like more information on this fantastic project, please visit [friendsofhorfieldcommon.com](http://friendsofhorfieldcommon.com)

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Local resident Guy Robertson is encouraging us to – 'Think positive and live longer' in his new book *How to Age Positively*. He believes his radical opinions and insights will help to tackle the challenging subject of people growing old.

Guy told me, "The baby boomer generation is not going to get old gracefully – it is going take retirement by the scruff of the neck and do it all completely differently". It is this view that has made him a key commentator on ageing.

But far from pretending that everything can be made 'hunky dory' in later life – Robertson believes that facing up to the realities of getting old – and adopting a glass half full approach will ensure the older generation get the most from their years.

"We aren't peddling the 'anti ageing cream' approach to life. Quite the opposite. Our main argument is that hiding our heads in the sand is going to get us nowhere".

The book sets out a ten step programme comprising the most effective techniques to achieve this. Readers will learn how to apply ageing positively by emphasizing the need to –

- Challenge the negative myths surrounding ageing – like it's all downhill after 60. The opposite is true. Research shows that the older people get, the happier they become, and the overwhelming majority of older people rate their health as 'good or very good'.
- 'Re-invent' this phase of life by starting to focus on the development of an identity that will sustain us and maintain engagement and interest in our own future.
- Foster a positive mental approach by looking carefully at how we respond to challenges.

Guy says, "Research shows a positive mental attitude is a key to living longer healthier life. The Who sang – 'I hope I die before I get old'. Positive Ageing Associates are challenging that idea."

Positive Ageing is in the vanguard of helping people to look at the emotional and psychological sides of ageing. Full details about this approach and the new book can be found on the website –

[www.positiveageing.org.uk](http://www.positiveageing.org.uk) or **Guy is happy for you to contact him – [guyrobertson@positiveageingassociates.com](mailto:guyrobertson@positiveageingassociates.com) or 07923 483587**



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## 'Higher Ground Cafe' – new to the Prom Salvation Army

Always pleased to stop for tea and cake! This month it was lovely to visit the new Higher Ground Cafe situated with the Salvation Army charity shop on the Prom. Whilst munching my way through a slice of delicious coffee and walnut cake, I chatted to assistant manager Leah, who has been with the charity for 13 years and was honoured to cut the ribbon when the Gloucester Road venue opened.

She explained that their wide range of coffees, speciality teas, snacks and cakes (provided by award winning Cake further up Gloucester Road) are fair trade. Take-away is available and all the quality products are very reasonably priced – tea and coffee starts at just £1. Please visit this new local cafe soon.

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## Community Mentoring

*Young people need positive figures in their lives*

*An article by 1625 Independent People*

**Mentoring is very successful when supporting vulnerable young people, and here at 1625 Independent People, we have recently developed two new successful programmes.**

Firstly, the Peer Support programme trains volunteers from any background who are the same age as the young people we work with. Once trained, our Peer Supporters help deliver our exciting group activities, provide one to one sessions and ultimately offer something different, in addition to the existing support they receive. It's fun, it's a great experience, you learn many new things, meet new people and help change lives.

Secondly, our Community Mentor Programme welcomes older volunteers from all areas of the community. Our Community Mentors provide 1-2-1 mentoring for up to one year. Separate from support work, the community mentor relationship provides a reliable and committed positive figure in a young person's life who by listening and encouraging, empowers young people to make positive choices and change. Full training and support is provided.

There's no better feeling, than when you make a real difference to someone else's life. Helping someone get through a problem and seeing them grow and move on, knowing you had something to do with that, is an amazing privilege.

We are always looking to recruit new volunteers so, if you are interested in becoming either a Peer Supporter or Community Mentor, please get in touch.

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## Sporting Memories

**On a glorious day for cricket, I had the pleasure of attending a local Sporting Memories session within the Bristol County Ground.**

I met with coordinator Garvan Hickey, who explained that the purpose of the informal gatherings was to bring together local people to discuss their passion for sport over the years. The sessions are directed at older members of our society who may be isolated either through living with conditions like dementia or depression or through being bereaved or having lost their old social networks.

Although dementia can severely affect short-term memory, long-term memories can often remain intact and are unlocked through reminiscing. Using a wide range of photos and memorabilia, sporting conversations are started in the group, which then trigger people's sporting memories to share.

As well as those living with dementia, the sessions are open for carers or family members, as well as people with a passion for sport that would like to join in the conversations.

It was great to learn that local residents Garvan and James Magness both got involved with volunteering at the meetings, after seeing a notice in BM.

Garvan told me, *"Sitting around talking about sport is what I love to do on a day to day basis, so volunteering for these sessions is perfect for me"*.

James was previously the Chair of Brunel Care and after retirement has spent many years volunteering. With his love of all sport and interest in the well-being of older members of our society, he is pleased to be associated with Sporting Memories, *"It is great to see people that are feeling low at the start of the session visibly lifted by being given the opportunity to speak and share their memories"*.

Attending the group when I visited was Bristol City legend Alan Williams, with his son Lee. It was wonderful to see Alan's face light up as he recounted some classic memories of his time on the pitch, engaging all those around him.

I loved hearing the story of when Alan was playing for Oldham Athletic in a match with his former club Bristol City, at a time when City were threatened with relegation. Alan was marking his old friend John Atyeo and when they came up against each other Alan told John to 'hit it', resulting in City scoring! This made everybody smile – his passion for his home team winning out. Alan may not have clearly recalled what he did yesterday but the love for his game shone when he shared his time as a player.

Listening intently were volunteers from fellow groups held at Bristol Rovers, Yate and Knowle West – which is co-ordinated by former Gloucestershire Cricket player Phil Bainbridge. He

*Members of the friendly Sporting Memories group at their County Ground home.*



told me he found organising the sessions good fun, *"They are a bit like the lads meeting down the pub to chat about sport - without the beer!"*.

Pete Stock runs the sessions at the Memorial Ground; he explained they take place within the Extra Time Club that meets each week. I have previously enjoyed visiting this active over 60s group, who meet socially to play skittles, bowls and trips out etc. Both groups are mutually complementary to the other. There are those in the existing Extra Time Club who have some problems with dementia and there are those who have great sporting interests. The meetings are necessarily more varied, so specific Sporting Memories sessions are therefore less often.

The group had high praise for the cricket club who always looked after them with enthusiasm and care, providing a beautiful room with views of the pitch and refreshments.

It was a privilege to join one of these friendly reminiscence sessions and I would encourage further members of our community to make use of this free resource.

**All sports fans are welcome to join the Sporting Memories weekly sessions at the Bristol County Ground on Nevil Road, Thursdays from 11 am to 12.30 pm. To find out more, please contact Garvan on 07802 641315 or e-mail [admin@sportingmemoriesnetwork.com](mailto:admin@sportingmemoriesnetwork.com). Visit [www.sportingmemoriesnetwork.com/bristol](http://www.sportingmemoriesnetwork.com/bristol).**

## Extra Time Programme of Activities Tuesdays, 10 am - 12 noon

- 2 June Oldbury Court Estate
- 9 June The Lamplighters, Shirehampton & River Avon
- 16 June Meeting at the Memorial Stadium
- 23 June Ashton Court Disc Golf
- 30 June Meeting at the Memorial Stadium

**For more information on this friendly over 60s group please contact John Moody on 0117 9522 581 or 07590 895 780.**



## News from... the green room



**Looking beautiful for Summer** – Now is the perfect time to book in for your seasonal highlights and cuts. The Green Room also has some great products designed to protect your hair from the sun, sand and sea, to ensure your hair stays looking healthy and amazing throughout the summer!

### New Kevin Murphy Products

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

**New Hairbrush styling range** – Check out the new range of Kent Salon Brushes now available. There are two round and one flat brush, perfect for blow drying straight hair. All the brushes have tipped ends for sectioning and come in a stylish case.

**Birthday celebrations!** – The Green Room is gearing up to celebrate Karen's baby girl, Sylvie's first birthday! Time has flown by! Karen is now enjoying combining being a mum and working back at the Gloucester Road salon.

**Pricing** – Due to a rise in costs of the excellent Organic products the team work with, prices have been raised across the salon.

### New Facebook page

– You can now keep up to date with the latest news and offers via the Green Room's Facebook page, do take a look and give them a like.

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## Music Matters to Graham Sothcott

Graham Sothcott has enjoyed a lifelong involvement with music, working as a professional musician both playing and teaching the guitar.

He teaches guitar, bass, double bass and the ukulele from a private studio in St Andrew's.

Graham welcomes new pupils and is happy to teach any age group,

*"I have had pupils as young as four and also members of the 'University of the Third Age' at the other end of the spectrum. I also have experience of teaching students with special needs."*

I was interested to know if Graham still had a passion for performing? *"Most definitely. I work mainly as a freelance musician these days playing with jazz, big band or pop covers bands. I also have my own band 'The Howdy Doodys', which – as the name suggests – has a country and western bias. It also plays for Ceilidhs with a caller provided. I enjoy running Ukulele workshops for children at festivals and most recently there is 'Wed the Strings.'"*

Wed the Strings is Cello/Guitar collaboration born out of a long-term friendship. Graham told me, *"We provide discrete background music for any type*

*of event, especially weddings. It seems a surprising combination but lends itself well to easy-listening Jazz, the*

*American Songbook, Show medleys or just nice melodies. The arrangements are all our own. Feed back from happy clients has been excellent."*

Finally, I asked Graham, what was the best bit about his job? *"Helping people to make music and also learning from some of the younger players as styles evolve. Although it takes time and practice, learning any instrument can be a healing balm to soothe the stresses of life. In teaching these instruments, I hope to provide them with a gift which will last a lifetime and provide much happiness. I believe in music as a live entertainment and I enjoy helping any student to make their music."*

**If you would like to make the most of Graham's many musical talents, please call 0771 4949 930 or e-mail [graham.sothcott@dsl.pipex.com](mailto:graham.sothcott@dsl.pipex.com)**



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### Local charity, St Vincent's

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

Many of our residents have lost everything because of their addictions and we exist to empower them to create independent, sustainable lives free from addiction. It is a three-stage project with our first stage house on Gloucester Road and a further three homes in and around the Horfield/Henleaze area of the city. We work closely with the local community and are keen to build new links and relationships all of the time to, not only raise awareness of addiction and the devastating impact it can have, but to also spread the word about the good work St Vincent's does for its residents.

For more info on St Vincent's, please visit [www.stvincents.uk.com](http://www.stvincents.uk.com). We would love to have good local support for our following forthcoming fundraisers –

**Garden Opera** – Mozart's Cosi Fan Tutte will be performed by a Bristol touring opera company, Tessitura. It will be held on Sunday 14 June in the wonderful grounds of Colston's School. The event offers the opportunity to picnic beforehand and promises to be one of the highlights of the summer. Tickets are £20 for adults, £10 for under 16s, from [www.atgtickets.com/cosifantutte](http://www.atgtickets.com/cosifantutte).

**Colour Fun Run** – to be held at Oldbury Court Estate on Sunday 27 September. This 5 km run is open to all ages and is not timed, so the emphasis is on having fun with family and friends. At every 1 km, participants are splashed with coloured powder paint (completely safe!) and so by the end of the run everyone is covered in vibrant colour! This fun, different and exciting event will be the first Colour Fun Run for both St Vincent's and Julian House, and aims to raise awareness and build St Vincent's profile across a broad and diverse audience, by gaining involvement from the local community as both participants and supporters. Find out more at [www.thecolourfunrun.co.uk](http://www.thecolourfunrun.co.uk).

*The fab picture above comes from Zzzone Photography, 23 Zetland Road who are kindly supporting the charity.*



Rupert Morley M Shed



Jenny Urquhart Harbourside



Abigail McDougall Summer Hotwells in Turquoise

# niche

When I visited the local printers and framers - Niche recently,

they were in the final stages of realising a collaborative project with Bristol Temple Meads.

The new station manager Jonathan Curnow, got in touch with Bristol artist Abigail McDougall, with the idea of rejuvenating old metal boards that have stood empty on some of the platforms for years. He was keen to use the space to showcase some of Bristol's finest established and up and coming artists, setting the scene for Bristol's creative culture as visitors arrive in our city. Abigail thought this was a great idea and soon enlisted the knowledge and experience of her printers, Niche, to enable the project to happen.

Creative director at Niche, Rupert Morley told me it had taken six months to collate all the local artists' work. The team were set to install the layouts in a few days' time. The artwork has been produced on their specialist HP latex Printer, which can create excellent quality prints on a material that will be durable outside for three years. Watch this space for images of the work in situ, or look out for the fabulous artwork when you next visit Temple Meads.

Of the 14 artists that feature, most of which are happy clients of Niche, it was great to hear that some were local to North Bristol. Keep your eye out for work from Nick Gerolemou, Jenny Urquhart and Cath Read. Even



Nick Gerolemou Older Suspension Bridge from the Banks of the River Avon



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## Angels Welly Beat Challenge!

It was great to meet with Bishopston resident Jenny Sanderson, to share in her enthusiasm for the Angels Welly Beat Challenge!

The charity Angels makes positive changes to children's circumstances in South Africa, through the creation of unique feeding kitchens and 'Pop Up' Schools.

The Welly Beat Challenge was launched by Bristol-based CBeebies presenter Andy Day, to raise funds for the charity. He teamed up with music producers Rob David (Jenny's husband) and Dan Delor of Bunkersonix. Together they created the 'Angels Welly Beat', a song based on the old South African gumboot (wellington boots) tradition. The trio were taught this dance by the street kids when they visited South Africa. You can watch a film of Andy taking part in the dance with the kids at [www.angels-charity.org](http://www.angels-charity.org).

Andy recently made a surprise visit to Badgers Forest

School that Jenny runs, to teach the little ones how to take part in the dance. They all had a wonderful time splashing about in the mud! The Forest School have signed up to the Welly Beat Challenge and there are plans for Bishop Road and Bristol 3rd Scouts to take part too!

The Challenge is open to all UK pre- and primary-aged children; that means forest schools, primary schools, nurseries and after school clubs, so please get involved! As well as having fun whilst raising funds for a worthy charity, there is also the opportunity to win your very own visit from Andy! In addition to this, if you film your creative interpretation of the group dance, you could win the chance to dance with Andy in a specially written music video!

**It is free to sign up, so why not do it now! Apply at [www.angels-charity.org/campaigns/welly-beat-challenge](http://www.angels-charity.org/campaigns/welly-beat-challenge). The campaign ends on 19 June 2015.**



To celebrate St George's Day, and to renew their promises, Cabot District Scouts visited Longleat Safari Park.

Over 700 Beavers, Cubs, Scouts, Explorers and their Leaders from across the north of Bristol filled 15 coaches to spend a packed day at the Park and enjoy all it has to offer.

The day started off with a tour of the wildlife park. For one group of 62nd Scouts a comical slow motion

camel fight playing out right in front of them was a distinctive highlight! Luckily, the excellent Longleat staff stepped in to break them up and send them back to their respective corners!

After lunch, it was time to fully explore the park itself. Highlights included visiting Nico the TV watching Gorilla on his own little island. One Cub from 167th Westbury Baptist described feeding the Seal Lions from the boat as 'brilliant!' Tours on the train, stroking stingrays, holding tarantulas, walking with penguins and meerkats were also enjoyed. Getting lost in the huge maze was how at least one group spent most of the afternoon!

At the end of the day, everyone gathered in front of Longleat house to renew their Promises; it was a memorable and lovely way to end the day, with everyone together in a stunning location. Chris Gavriel, District Commissioner for Cabot said, "I felt very proud to be there and witness it".

Could you be involved a similar event for young people? Scout Groups all over North Bristol are looking for adult volunteers to help plan and run their evenings or special events such as our District Trip to Longleat

For more information visit [www.cabotscouts.org.uk](http://www.cabotscouts.org.uk)

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

**Progressive Mediation** is run by husband and wife, Charles and Frances Place. Frances is a solicitor with a background in civil mediation and family law. Charles is a social worker who 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 ½ hour Mediation session.

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

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.progressive-mediation.co.uk](http://www.progressive-mediation.co.uk), call: 0117 924 3880 or visit the Progressive Mediation page on facebook.



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# News from Fairfield High School

## New Sixth form

Fairfield High School in Horfield is planning to open a sixth form next year. If it gets the go-ahead, it will run A-level courses initially, and in future, it aims to become the only state school in Bristol to offer the International Baccalaureate. FHS has consulted parents, staff and other interested parties about the proposal, which would enable students to stay at the school from the age of 11 to 18.

The proposal is for the sixth form to take a maximum of 300 students. The first intake in September 2016 would be of students already on roll, with applications from external students from September 2017. A-level subjects provided would include maths, engineering, science, humanities, English literature, languages and the arts. Retakes of GCSE English and maths would also be on offer.

The consultation process has now closed; the trust will now put forward a proposal to the Education Funding Agency.

## Ticket Talent Roadshow

Ticket Talent Roadshow is a unique partnership between BBC Bristol and the University of the West of England, which encourages young people to consider media careers. FHS Year 9 students recently had the opportunity to meet media professionals who work in a variety of different creative industries:-



News Presenting – Students found out what it was like to be on a live news set with the BBC's Mobile Studio. FHS students took over the studio; presenting the news, using the autocue and seeing what it feels like when that red button is lit! They discovered it's not as easy as it looks!

Model Making and Animation – This workshop was run by Steve and Dom from Calling the Shots. Using plasticine and iPads, students brought to life their characters with animation software.

Sport – Students who live and breathe sport found out how they could make a career out of a hobby through the world of sports commentating. Our students were privileged to work alongside Archie from Match

of the Day, learning all the tricks in the trade.

Media Make-Up – Scars, burns and lots of blood! Our Year 9s had the opportunity to work alongside a professional make-up artist who works on BBC's Casualty. This wasn't a workshop for the faint hearted!

Production – Those serious about a career in the media joined BBC Producer Suzanne on her One Show production. Students decided what to include in the programme and what to leave out, learning what a researcher and producer does in a real production environment. Students also had the chance to record an as-live insert, bringing their presenting skills to life.

Ms Thomas said, "Hopefully we have inspired our young people to be creative, develop their talents and consider a future career in the creative industries. In addition, some of our lucky students will have the opportunity to carry out a work experience placement with the BBC when they are in Year 10. I can't wait to share the small documentary the BBC made whilst these workshops were being carried out – it will be shared on our website soon."

[www.fairfield.bristol.sch.uk](http://www.fairfield.bristol.sch.uk)

# Sloping Gardens

A sloping garden can often be seen as a problem; at Secret garden we see this as a great opportunity to be creative using our skills and imagination to create a usable and interesting outdoor space.

Terracing is a really good way of carving out usable spaces – bricks, rendered block or sleeper walls are some of the methods we can use, or for a more natural way, grass banks can be great; and if they are planted with meadow plants or bulbs they will give interest and colour in your garden.

Another idea to maximise the space in your sloping garden is decking; this will have the advantage of creating a good level space that is great for socialising, and with the addition of wire, ropes, wood or glass as a balustrade it can add extra interest to the area. Whilst your outdoor dining space is usually best next to



the house, you can also consider building a small terrace in a quiet corner of the garden just to get away from it all, and with a pergola, which will offer shade as well as a great structure for climbers – this can also bring balance and movement around your garden.

Why not incorporate a garden room, office or Studio built into your slope – if put in the right place and built with the right material, the roof space can be used to extend a level in the garden so that you have an massively extended usable space – not to mention the extra space to work or relax in that you have created away from the house.

So, if you have a sloping garden, don't despair, think of it as an opportunity to be creative. If you would like to discuss any of the ideas above or anything else, please get in touch.

Ali

email: [info@secretgardenweb.co.uk](mailto:info@secretgardenweb.co.uk)

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# MS CHARITY QUIZ

**Many of you know that my dear, late father suffered with multiple**

Myself and Dad - he always enjoyed people coming together to have fun, so we think he would have approved of the Community Quiz

**sclerosis (MS). To celebrate his life and love of people, we came together in March to enjoy a community fundraiser.**

Friends and family, along with many local groups and businesses showed their support for the Bristol MS Society, by taking party in a charity quiz. St Bart's Church kindly allowed us to use their hall as a venue.

This was the fifth fundraiser we have organised, and as always I was completely overwhelmed by the warmth and generosity of local people. The quiz, brilliantly organised and compared by family friend Steve, was enjoyed by all, along with the interval cheese board and drinks. Huge thanks to Grape & Grind for supplying our delicious wine at a generous

price, Joe's Bakery for donating some of their amazing bread, Cake Bristol and Boston Tea Party for supplying us with delectable cakes.

There were some outstanding raffle prizes kindly donated by local businesses, please see the box right, for all those that kindly supported the event.

Local groups that entered teams included – The Friends of St Andrew's Park, Bristol U3A, Oddsox and Your Street Gift Card, St Bon's School, The Bristol MS Society, Matters Magazines and the triumphant winners - The Friends of Horfield Common!

This event would not have been possible without the unwavering support of family, friends and local people. The community came together and we raised over £1,000 for the local MS Society.

Raising a good amount of money was of course the intention of the quiz evening but people coming together to have fun was also important, the great, sociable spirit of my dad lives on in these events. St Bart's Church Hall was a special place to be that evening, for which I thank you all and look forward to seeing you next year!

*"Thanks to you Kerry, and to your enthusiastic team, for a great evening which really stretched our teamwork as well as our brains, with much laughter too, and all in a very special cause."*

Paul Bullivant, FoSAP



The Friends of St Andrews Park

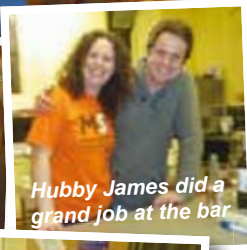


Your Street & Oddsox united

*"YourStreet and Oddsox were delighted to support this community event that was raising money for MS. Walking in to a packed room was a demonstration of community at it's best! People of all ages, coming together to support a worthy cause. We can't wait until the next quiz!"*



Quiz master Steve!



Hubby James did a grand job at the bar



Mum, brother & family, celebrating mum's birthday as well as quizzing!



Bristol MS Society team

*I was pleased to be able to attend the Quiz Night, together with another committee member and friends. It was a really fun evening, with a tremendously happy atmosphere, and a feeling of support from all those who joined in. We thought the organisation was extremely good, the quiz challenging and supper excellent – the carrot cake was an absolute delight!*

*I know that our members will be delighted to learn that the evening has raised a staggering £1,000 for our Branch, and that this money will go towards improving and maintaining the services we provide on their behalf.*

We will be organising a Family Fun Day this year, where families can participate in an event that is focussed on enjoyment, and not on their MS, and this will be followed by another Family Focus Day later in the year, which will have MS as the focal point, but also include an interesting visit to a local visitor attraction. We have now got four separate exercise classes underway, Hengrove, Henbury, Yate and Thornbury, and a yoga class at Hengrove. There will be more to follow in the coming year, and we have just renewed our Advocacy Service with the West of England Centre for Inclusive Living, which is proving to be popular with many of our members. If you would like more information on our local society you can e-mail us at – [bristol@mssociety.org.uk](mailto:bristol@mssociety.org.uk) or visit our website – <http://mssocietybristolsglo.wix.com/mssocietybristol>

So, thank you Kerry, on behalf of all local people affected by MS. You and your friends and family have again done us proud! We are extremely grateful to you for your enthusiasm and generosity towards us.

**David Matthews**  
Chair of the Bristol MS Society



Quiz winners - The Friends of Horfield Common



A packed St Bart's Church Hall

## A BIG THANK YOU!

to all you lovely, local businesses that kindly supported the MS Charity Quiz 2015

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# News from our Bishopston & Redland Councillors

## Call for Enthusiasts: Neighbourhood Partnerships –

Our neighbourhood partnership is forming some NEW working groups:

These cover: Trees, Communication and Engagement, Sustainable Travel, Biodiversity, Streetscene, Governance and Young People.

We'd love you to join a group to contribute to local decisions and projects. Please contact Matt Jones if you are interested in taking part, or to find out more; [matt.jones@bristol.gov.uk](mailto:matt.jones@bristol.gov.uk).

## Planning and Development:

### The former Bristol North Baths Development

All our local councillors are very concerned about continuing delays and questions around the redevelopment of the old Baths site.

The new complex suffers continuing delays and this is holding up the fitting out of our new local library (to replace the Cheltenham Rd site) and the relocation of the Bishopston Medical Practice plus associated facilities and businesses that want to be co-housed with this practice. We are chasing updates on progress and a chance to see the site again for ourselves.

### The former New Church

The sale of the former New Church on Cranbrook Rd for redevelopment as flats is now proceeding. This was held up by an unsuccessful proposal to list the site as an Asset of Community Value, which would have allowed a local group to try to buy it. Now it has been sold to a local developer and they plan to redevelop it into flats, promising a sympathetic conversion that also protects the mature trees on the site. There will be an opportunity to comment on proposals when the planning application is advertised.

### Gloucestershire County Cricket Club Floodlight Application:

Gloucestershire County Cricket club was given permission to build six floodlights. Councillors on the planning committee attended a site visit and briefing and members of Howzat (local residents with concerns about the lights) were also invited along by GCCC and had the chance to ask some questions. Tim and Daniella both attended the briefing and question session.

The club presented potential alternative arrangements for floodlights including options to remove the heads or lower them. They rejected these for both logistical and financial reasons. They have produced a revised floodlight design and a comprehensive FLUMP (Floodlight users management plan) which has been

negotiated with Howzat members. The club has also agreed to put black-out blinds in the bedrooms of at least one house on Kennington avenue.

Daniella spoke at the meeting in support of the application, and emphasised that it is vital that there is ongoing conversation and review of the FLUMP after lights are brought into operation to ensure that operational problems can be talked about and negotiated in future.

Details of the FLUMP are:

- In addition to lights being fully off by 23.00, the Club have agreed that for
- non-televised matches, play will finish by 22.00 and lights will be dimmed to 10% immediately:
- for televised matches, play will finish by 22.30 and lights will be dimmed to 50% immediately (to allow de-rigging).
- There will still be a maximum of 15 days usage of the floodlights per year (this is to cover World Cup Year in 2019 when there will be extra matches).
- With the exception of those areas designated for hospitality use (currently the Grace room and Premier Lounge), that all public bars and catering outlets will close at the completion of play or 22.00 (other than for the purpose of cleaning/maintenance), whichever is the later and that spectators (other than those in hospitality areas) will be asked to leave the ground simultaneously.
- The Club will also inform residents about proposed floodlit fixtures by leaflets, notices outside the ground and by their website, including phone numbers for the Club and the Council in case of complaints.

### Licensing

The Cricket club is planning to hold a Madness concert on Saturday 12 September, with the proposals at the time of writing being bar and music finishing at 11 pm, except for the pavilion when the bars will close at 11.30 pm.

Tim and Daniella have objected to a very late-night hot-food takeaway application on Gloucester Road, on the grounds that it is too late.

### Wetherspoon

The application by Wetherspoon for a pub on Gloucester road has been rejected on the grounds that the proposed roof garden would damage local amenity through noise, and there were also problems with the range of food they would be cooking and how they could mitigate fumes and smells.

## Community Involvement in Planning

The council is revising its Statement of Community Involvement in planning. This is the document that sets out how the council involves the public on planning applications and its Local Plan.

Please make comments at [www.bristol.gov.uk/node/1595](http://www.bristol.gov.uk/node/1595) or in public libraries.

The closing date for responses is 31 July 2015.

## Waste & Streetscene:

### Traders' waste

There has been recent action by the council enforcement team around traders' waste on Gloucester Rd. The council has a responsibility to make sure businesses make suitable arrangements for recycling or disposal, but does not have a collection service for businesses; commercial services must be used. There are advantages in making sure recyclables are collected separately because this avoids the cost of Landfill Tax, but not all local businesses were able to demonstrate they have made proper, legal arrangements for waste management. There are various issues around waste storage, bins and recycling that need to be taken into account, and the new Business Improvement District now has a key role in helping traders get a better service.

### Graffiti:

The council has at long last started to take legal action to compel the owners of the toilets by the Arches to keep them free of tagging. This has been a source of complaints for some time now, but hopefully an end is in sight.

### Big Give- Students Moving Out

The Bristol Big Give is a city-wide collection and recycling scheme which encourages students to donate their unwanted items to charity and correctly sort their refuse as they start thinking about moving out of halls or their privately rented housing for the summer.

Last year, a record breaking 88 tonnes of goods, including clothes, shoes, food, kitchenware and bedding were donated at the designated collection points. The overall estimated value could reach up to £200,000 which benefited 14 different charities, including St Peter's Hospice, Foodcycle, 16-25 Independent People, Lifecycle and British Heart Foundation.

The project is a collaboration between Bristol City Council, University of Bristol, Bristol SU, University of the West of England and UWESU and is part of the Love Where You Live campaign ([www.lovewhereyoulivebristol.co.uk/](http://www.lovewhereyoulivebristol.co.uk/)) which helps to build relationships between the student body and the

local community, as well as improve sustainability in the city. Further details can be found on at [facebook.com/BristolBigGive](https://facebook.com/BristolBigGive) and you can join in the conversation on Twitter using #BristolBigGive.

Additional waste collections have also been scheduled to ensure that students not participating in the campaign still have sufficient collections. This means that the service being provided is the same as in previous years however messaging around the campaign will be focused on reuse, recycling, and donating.

## Boundary Review Announcement

The Boundaries commission has announced its decisions that redraw our local ward boundaries, in time for the May 2016 elections. The boundaries of the wards have changed and the names have changed only slightly, with Bishopston being changed to Bishopston and Ashley Down.

[www.lgbce.org.uk/current-reviews/south-west/bristol/bristol](http://www.lgbce.org.uk/current-reviews/south-west/bristol/bristol)

## Green Capital – stay informed:

<http://bristolgreencapital.org/>

You can sign up (at the very bottom of the web-site) to the Green Capital newsletter, which will tell you about all the Green Capital things going on (too many to list here)!

The Green Capital Neighbourhood Arts Grant for this area has been won by photographer Chrissie Decker and we look forward to seeing it develop.

## Bristol City Council – be informed

Sign up for Our City e-news on [www.bristol.gov.uk/ourcitynews](http://www.bristol.gov.uk/ourcitynews).

## Struggling Financially?

The North Bristol Advice centre can help. It has drop-in sessions see its website: [http://www.northbristoladvice.org.uk/images/NBAC\\_news\\_Jan15\\_web.pdf](http://www.northbristoladvice.org.uk/images/NBAC_news_Jan15_web.pdf)

## Get in touch

### Bishopston Ward

#### Cllr Daniella Radice - Green Party

Tel: 07769131097 / Tel: 0117 353 2034  
[Daniella.radice@bristol.gov.uk](mailto:Daniella.radice@bristol.gov.uk)

#### Cllr Tim Malnick - Green Party

Tel: 07884 736103 / [Tim.Malnick@bristol.gov.uk](mailto:Tim.Malnick@bristol.gov.uk)

### Redland Ward

#### Cllr Fi Hance - Liberal Democrats

Tel: 0117 3534720 / [Fi.hance@bristol.gov.uk](mailto:Fi.hance@bristol.gov.uk)

#### Cllr Martin Fodor - Green Party

Tel: 07884736101 / [Martin.Fodor@bristol.gov.uk](mailto:Martin.Fodor@bristol.gov.uk)





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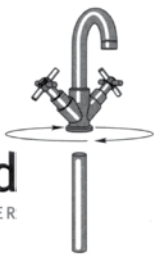


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The father and son team have enjoyed a great few years of business. Local people have welcomed the arrival of natural floorings – sisal, coir, seagrass, bamboo...

The new third level is dedicated to wood; customers can view their extensive samples of products such as Ted Todd Hardwood, Olsen, Woodpecker and Bolefloor (hardwood flooring with naturally curved lengths that follow a tree's natural growth).

The creation of the third level allows the second floor to be dedicated to LVTs – Luxury Vinyl Tiles.



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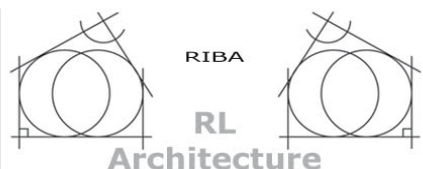
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## Community Noticeboard

For free listings contact  
kerry@bishopstonmatters.co.uk

For the new online  
'What's on' diary of events visit  
[www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)

Call 07881 924059

## Bishopston, Horfield and Ashley Down Local History Society

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

16 June 2015

Kings Weston House - David Martyn

21 July 2015

M V Balmoral - Dave Bassett

[bishopstonhistorysociety.wordpress.com](http://bishopstonhistorysociety.wordpress.com)

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Please visit us either in Daisy's Café, Upper  
Horfield Community Centre, Eden Grove at 10.15  
am on the third Monday in the month - phone Joy  
0117 9354 880.

Or come to Browns Restaurant by the Museum  
at 10.15 am on the third Wednesday or the fourth  
Thursday of each month - phone Jenny 0117  
9043 597. Details: [www.bristolu3a.org.uk](http://www.bristolu3a.org.uk).

Don't stay at home, come and join the  
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## Would you like to play Bowls?

Ardagh Bowling and Sports Club  
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The green opens in April and Friday nights are  
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Please wear flat shoes.

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Stoke Lodge History and Archaeology Group  
from 2015 we meet on the second Thursday of  
every month (instead of the first Thursday) at  
the Friends Meeting House in Hampton Road,  
Redland, BS6 6JE at 7.30 pm.

We host of rich diversity of lectures – our  
summer programme includes lectures on the  
Churches Conservation Trust and the Bristol  
Blitz and also a local trip.

New members are always made very  
welcome. For further details please contact  
Annette Martin on 0117 979 3209

## Big Bike Revival Open Day & Sale

Mon 1 June, Tues 2 June, Thurs 4 June – 10am - 4pm

Life Cycle UK is hosting some fantastic Open Days in their  
Horfield Prison workshop as part of CTC's Big Bike Revival -  
a fortnight-long festival of events to encourage people to get  
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There will be a great range of refurbished bikes for sale,  
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You can also pick up some top tips on route planning in  
Bristol, with plenty of free maps and guides for you to take  
away; plus, you can get signed up to free cycle training so  
you can really get the most out of your bike this summer!

Life Cycle is always on the lookout for more bikes to recycle  
too, so if you have an unused, unwanted or unloved bicycle  
you don't need any more, just pop by and drop it off.

More info: [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk) or  
[www.ctc.org.uk/project/big-bike-revival](http://www.ctc.org.uk/project/big-bike-revival)

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## New Golden Hill Community Garden Toddler Group

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## A study of urban hedgehog conservation needs you!

Have hedgehogs ever visited your garden?

Have you tried to encourage hedgehogs into  
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Have your neighbours ever alerted you to  
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If so, I would love to talk with you! I'm an  
anthropology PhD student looking at the  
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As hedgehog numbers decline in the UK,  
I'm interested in the work urban people  
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interview, please get in touch.

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# Community Matters cont...



**St Werburghs Farm Summer Fair:** Saturday 13 June, 12–8 pm. As an annual community festival, the Fair celebrates the very best of Bristol's music, food and art in the

unique surrounds of St Werburghs City Farm – a truly green oasis in the heart of the city.

Alongside three stages showcasing brilliant bands and up-and-coming musicians, expect lots of great market stalls, plenty of local food and ale, a colourful carnival parade and heaps of family-friendly activities for everyone to enjoy! Plus, help to celebrate Bristol's year as European Green Capital and explore sustainable, local growing with engaging workshops and inspiring debates around the theme 'Food in the City' – there'll be plenty of opportunity to get stuck into lots of food-based fun!

As well as being a fantastic day out, 100% of the Fair's profits go towards keeping the farm's animals fed and sheltered all year round, as well as providing invaluable funds to carry out community projects supporting local people.

Full line-up details will be announced over the coming weeks, so be sure to keep up to date at [www.swcityfarm.co.uk](http://www.swcityfarm.co.uk), or via Facebook: [facebook.com/stwerburghscityfarm](https://facebook.com/stwerburghscityfarm). Advance tickets are just £5 for adults and £1 for youths aged 13 to 17 – children under 13 are free! Get involved!

## **Out There Music Bristol – Summer Show 2015!**

A summer celebration for all the family to enjoy! Go along and experience both OTMB Community Choirs, Chamber Choir, Children's Choir and Orchestra sing and play a fantastic range of music including Sam Smith, Dancing Queen, Pomp and Circumstance, Clean Bandit and music from Lord of the Rings. BBQ by Ruby & White and Bar by Alter Ego (not included in ticket price). All in aid of Changing Tunes. Saturday 27 June, 5 pm, St Alban's Church, Bayswater Avenue, Westbury Park, BS6 7NU. Tickets £7, under 18s £5, (under 5s free) available from [admin@outtheremusicbristol.co.uk](mailto:admin@outtheremusicbristol.co.uk) or 07866 587424. [www.outtheremusicbristol.co.uk](http://www.outtheremusicbristol.co.uk).

**A Summer Gala concert** in aid of the Wallace & Gromit Grand appeal for the Bristol Children's Hospital is coming to the Colston Hall on 20 June.

There will be over 200 young singers from Bristol

Youth Choir and choristers from Westbury-on-Trym Parish Church joining forces with two local choirs to perform John Rutter's joyful 'Mass of the Children' and a new work by Jonathan Dove 'There Was a Child', which celebrates childhood and is a big, warm-hearted modern piece.

The City of Bristol Choir has chosen a concert with children, about children and for children as the best way we could help to fund that service.

So, for one night only, the combined talents of David Ogden with the City of Bristol Choir, Exultate and John Rutter, with Young singers will make music to make money to make music.

For tickets, call the City of Bristol Ticket Hotline, 01454 778477 or book at [www.cityofbristolchoir.org.uk](http://www.cityofbristolchoir.org.uk) (with no booking fee).

**Redland Green Choir – Summer concert –** Anton Bruckner's powerful Mass in F minor will be performed in the Proms this year. But you don't need to travel to London to hear it. The Mass will also be the centrepiece of a concert given by the Redland Green Choir, with the Long Ashton Orchestra, at 7.30 pm on 4 July at St Alban's Church, Westbury Park. The choir, under its young director Nick Bromilow, is building on successful recent performances of the Faure and Mozart Requiems.

The Mass will be complemented by a varied programme of other works, ranging from the seventeenth century madrigal Adieu Sweet Amaryllis by John Wilbye, through the jaunty spiritual Down in the river to pray (as featured in the film Oh brother where art thou) and the 1950s chart topper Elizabethan serenade, to Don't cry for me Argentina and Mamma Mia, an Abba medley.

Tickets are £10 (£8 concessions, under 16s free) and can be obtained from [membership@redlandgreenchoir.org.uk](mailto:membership@redlandgreenchoir.org.uk) or at the door.

**Horfield Lodge Summer events –** The care home on Kellaway Avenue is taking part in the National Care Homes Open Day on Friday 19 June. They are inviting members of the public to go along and see what they do there. There will be displays of activities and photographs to view at their Coffee Shop from 10 am to 12 noon, with tours of the building throughout the morning. In the afternoon, they are holding a Beach Party on their fabulous sun roof. There will be sand, sun (we hope) and somewhere to paddle, not to mention ice cream and cool drinks. Games such as quoits and boules that everybody is welcome to join in with.

On Saturday 4 July, Horfield Lodge will be holding their 'Grand ole USA – Fun day' from 2 – 4.30 pm. There will be lots of fun and games, edible treats, and bargains galore. So please join them!

Arts the Werburghs Way. The 2015 St Werburghs Arts Trail is now open for registration to all local artists, craftspeople, performers, musicians, knitters, bakers and anyone else with artistic skills to show off or share.

This is the tenth year of this popular community arts trail, which will take place on September 26–27 in homes and community venues across St Werburghs. Participation is open to all artists, not just those living in St Werburghs. Those wishing to participate should fill in the online form on the website [www.stwerburghsarts.org.uk](http://www.stwerburghsarts.org.uk). Registration costs £20. Performers, people organising public workshops and artists creating work in public spaces can participate for free. Materials costs of public workshops will be reimbursed up to £30.

Global Club Volunteers Wanted – Global Club is a facilitator of after-school clubs in Bristol primary schools on behalf of African Initiatives. Global Club aims to teach children in innovative ways about global issues and themes (the environment, sustainability, different cultures). They need volunteers to run a 50 minute session once a week over a 6 week school term. Training will be

provided and travel costs up to £10 will be reimbursed. No qualifications

*We thought we'd drop you a line with a word of thanks to Bishopston Matters for organising Foodbank collection points in businesses in the area.*

*So far since 2013, customers in Bishopston have donated 3520kg of food and toiletries to the North Bristol Foodbank and we are very glad of this support from the community. The donations go a long way in providing assistance for people in North Bristol who are facing financial hardship, so thank you for the role you have played in spreading awareness.*

*North Bristol Foodbank*

necessary but must be passionate about education and/or global issues, confident and a good communicator. Contact [holly@african-initiatives.org.uk](mailto:holly@african-initiatives.org.uk) or [aiglobalclub@gmail.com](mailto:aiglobalclub@gmail.com) for more details.

**Monkey Trousers Theatre –** new show The Snot Rocket launches in Bristol at the end of June. After their sell out opening run with their first show, *The Pants of Power*, Monkey Trousers Theatre returns to Bishopston this summer with another sensational children's show.

Want something? Need anything? Need it from outer space? Well, you're in luck - Mr Gotalot's Gotalot Shop is going interstellar as it launches into a new adventure The Snot Rocket.

The performances run on Sunday 28 June and Sunday 5 July, 10.30 am, 1 pm and 3.30 pm at the Kelvin Players Studio Theatre, 253b Gloucester Road, BS7 8NY. Doors open 30 minutes before show time. Tickets are £7 each for aged 3 and above (babies on laps are free) or £25 for a family of four. Tickets are available through the Tobacco Factory Theatre box office [www.tobaccofactorytheatres.com](http://www.tobaccofactorytheatres.com) or by telephoning 0117 902 0344. For more information please go to [www.monkeytrouserstheatre.com](http://www.monkeytrouserstheatre.com).



for supporting the North Bristol Foodbank. Since Feb 2013 we have collected 3,520kg of food through links with businesses in the area. These donations make a BIG difference to local people in crisis that we aim to support.

North Bristol Foodbank is part of the Trussell Trust's UK wide foodbank network.

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