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Matters

issue 84, March 2015

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Sam is afraid of you.

In fact Sam is afraid of everyone.

He has had many different foster placements, but they struggled with his hurt and angry feelings. Every time Sam moved again, those feelings got bigger and more frightening for him. Now Sam doesn't trust that anyone can care for him, because he truly believes that he is bad.

Children like Sam need specialist foster placements. We need foster carers who will stick with them and manage the bad times and celebrate the positives.

Action for Children is looking for a specific type of person in reach of Bristol who can help a child like Sam through our new fostering project, run in partnership with Bristol City Council.

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Could you or someone you know help Sam?

To find out more about what makes this service special:

📞 Rachel on **07525731746**

🌐 Visit **actionforchildren.org.uk/MTFC**

✉ Email **MTFCBristol@actionforchildren.org.uk**

Or find out about our local events at:

actionforchildren.org.uk/get-involved/events



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Dear Readers...

I write this a year to the day that we moved into our first house in Ashley Down. Not sure where the time has gone but we continue to be very happy here in the midst of all the community action.

Please join us for our annual MS fundraiser. To celebrate our 5th year, we are putting on a fun quiz evening at St Bart's Church Hall in St Andrews. Book your tickets for the evening of Saturday 14 March now! (page 5).

I have attended several events in recent weeks that have warmed my heart; February was far from the most depressing month of the year in this neighbourhood! Winter Wanderland was fantastic - I am pleased to share some images from this magical night on the centre pages.

Trips to Horfield C of E Primary School, to share in their 'Our Story Week' with English Heritage (page 11), to St Bon's for the opening of their library (page 8) and to

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

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Ashley Down, Brunel Field to be presented with a Haka (page 17), have all been uplifting experiences too.

It was great to share in some 3rd Birthday Cake with the Golden Hill Community Garden recently; read more on page 38.

As always, the Bartholomites' panto brought fun and cheer to a winter's evening (page 24). See how you can get involved with the 3rd Community Festival, organised in association with the Bishopston, Cotham and Redland Neighbourhood Partnership, on page 58.

Don't miss the fab reader competition to win tickets to a new local theatre production aimed at Children on page 7.

Finally a very Happy Mother's Day to all you special ladies (there are some great ideas for gifts for you throughout the mag - start dropping hints now!).

Kerry



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MS CHARITY QUIZ

Saturday 14 March
Doors open 7 pm,
Quiz starts at 8 pm

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

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

Raffle tickets will be on sale; we have been blessed with some amazing prizes for past events from local businesses and this year is no different. The below have already been promised and I am confident that there will be more.

A huge thank you to these businesses for their generous gifts. You could win -

- Biblos on the Hill - Meal for two.
- Boston Tea Party - Meal for two.
- Elephant Estate Agents - Bottles of wine.
- Gloucestershire County Cricket Club - 2 pairs of tickets to the first LV County Championship match of the season 26th April v Derbyshire.
- Playfull Toyshop - Lovely toy.
- Scrumptiously Sweet - Confectionary goodies.
- The Royal Oak - Meal voucher.
- Wine on Wheels - Box of wine
- Yoga West - Classes
- Your Street Gift Card - £20 Gift Voucher



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

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

We are delighted to already have teams booked in from the Friends of St Andrews Park, the Friends of Horfield Common, St Bon's Primary School and local members of the Bristol U3A - so come on the rest of you - get involved!

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

CHARITY QUIZ NIGHT?

Saturday 14 March

? Doors open 7 pm ?
Quiz starts at 8 pm ?

Tickets £5 - incl delicious free snacks

Teams - max of 6 people
(to be booked in before the evening)

? CASH BAR ?
? FABULOUS RAFFLE ?
? GREAT COMMUNITY FUN! ?

All proceeds to the Bristol MS Society

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Mother's Day - Your local sweet shop has something delicious to suit all budgets and tastes. From chocolate foiled 'Best Mum' medals, to luxury Lauden Chocolates - exquisitely decorated, in sumptuous flavours such as; Marc de Champagne, Salted Caramel, Fresh Mint, Raspberry and Sour Cherry. You can also create your own special selection of chocolates or sweets and have them prettily packaged.

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Get Baking - Scrumptiously Sweet's wonderful array of bright, patterned cake cases, seasonal decorations, flower, butterfly and egg biscuit and icing cutters will inspire you to get baking this Spring!

Party Bags galore! - Due to popular demand, you can now order treat filled, party bags online. Prices start at just £1.65 per bag. Different dietary requirements, colour themes and sizes can all be fulfilled. Order online and collect from the Gloucester Road shop.



Opening Hours
Mon - 11 to 5.30,
Tues - Sat 10 to 5.30
Sun - 11.30 to 4.30

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Monkey Trousers Theatre comes to Gloucester Road

An exciting new local theatre company launches this month, focused on bringing theatre for children to Bristol and the South West. Monkey Trousers Theatre's premier performances welcome you to Mr. Gotalot's shop, and take children aged three to nine years on a heroic, comedy adventure.

Mr Gotalot's Gotalot Shop: The Pants of Power. Need something new? Step inside the magical Gotalot Shop where you can buy anything and everything. Meet the shopkeeper Mr Gotalot and his ever-eager shop boy Sidney. Will they be able to provide their customers with what they need before the conniving landlady Ms Barnet arrives to collect her rent?

The original story is written by Fran Lewis and she, with co-founder Charlotte Whitten, directs and performs in the show, supported by actor Dominick Fanning. Fran, who also writes fiction for children, has created an imaginative world for children to step inside, bolstered with plenty of humour to appeal to parents as well!

Fran explains, "Our own children have inspired us to create an unashamedly daft and ridiculously fun show. So Monkey Trousers Theatre brings a new set of heroes for children to identify with - and to steal the show." Creative director for Monkey Trousers Theatre is local Bishopston-based mum, Charlotte,

who has trained with outstanding names in puppetry including Marc Parrett of the Bath Puppet Workshop and Fly in a Pie Puppet Theatre. Charlotte has designed fantastic visuals for the show to bring the adventures of Mr. Gotalot alive.

Performances are 11 am and 3 pm on Saturday 4 and Sunday 5 April at the Kelvin Players Studio, 253b Gloucester Road, Bishopston, BS7 8NY.

Tickets are £7 each for aged 3 and above (free for toddlers on laps!) or £25 for a family ticket for 4 seats. Tickets are available through the Tobacco Factory Theatre box office tobaccofactorytheatres.com or by telephoning 0117 902 0344. **For more information, see monkeytrousers theatre.com.**



Reader Comp - WIN 2 FREE TICKETS!
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Read all about it!

It was lovely to be at the ceremony that saw St Bon's new library - officially opened!

Pupils representing all year groups were invited to attend the grand opening. Head teacher Mrs Charles told us that when she had asked members of staff who should do the honours, the resounding response was governor Tony Nelson.

The children were interested to hear Tony described by Mrs Charles as their - Knight in Shining Armour! We heard how when the school had no money to action the much needed re-build, Tony faced all of their dragons for them.

Before cutting the ribbon, Tony shared with us his thoughts, "It did take a long time to build the school library, pupils have patiently put up with a building site but it was worth the wait! The whole school now get fun and pleasure out of the new building and that makes all the hard work worthwhile."

The Library was previously situated in a dingy corner of the school, Tony told us how a new bright library was a priority for the teachers and he is delighted that it has been delivered.

Thanks were given to the PTFA whose fund raising had enabled them to install the computer programme 'Junior Library' allowing books to be booked in and out electronically - like a proper library.

A big thank you was also given to key members of staff that helped make the new space a reality - Mrs Fox, Mrs Harris, Miss Jowett and Mrs Molloy.

It was great to see the happy pupils making use of this wonderful resource. The Year 6s in attendance were all library monitors that look after not only the library but also the younger pupils that visit it.



School Champion Tony Nelson opening the new library



Bristol's Number 1 Parenting Community Hub

As KudaCan enters it's 3rd year, it was great to catch up with owner Pegah Esmaili and reflect on how this wonderful business, serving local families has grown.

Pegah was inspired to create KudaCan after the birth of her son. She explained falling pregnant was the most wonderful but daunting thing. "Having a young baby completely changed my life and I wasn't always sure where to turn. I created KudaCan so parents and parents to be, have a local place they can come, socialise, receive good advice and support whilst their children play. It is a one stop shop for all your pregnancy and parenting needs."

KudaCan is a large bright space split over two levels, with the cafe and educational play facilities downstairs and room for clubs, classes or parties above.

Pegah now has a beautiful little boy and a gorgeous little girl. As they have grown so has KudaCan. She told me, "We are committed to listening to our community to see what else we can do to assist the daily life of local families. It's important to listen, change and evolve and we will continue to do so - for instance, look out for our new entry pricing. This was based on feedback from our families with multiple children."

Also from community feedback, KudaClub, offering breakfast, afterschool and holiday clubs for school-

aged children has been very well received. The venue is Ofsted registered

with a dedicated team of staff. Regular first aid courses that take place at the venue are always full, parents and grandparents are delighted to have this service made easily available to them.

KudaCan offers something unique, partnering with the best kids entertainers and reputable organisations such as NCT (The UK's largest charity for parents).

Pegah previously worked as a senior manager for a large pharmaceutical business. She told me running KudaCan is a life choice, "I believe in what I do. Watching families grow and multiply brings me so much joy. We enjoy getting to know our visitors and I hope that our visitors enjoy our warm, welcoming environment." Whilst I was sat with Pegah several children came to say hello to her, one boy specifically wanted to show her his new trainers that he was clearly very proud of. A lovely KudaFamily has been created, that always welcomes new visitors.

Tel: 0117 9422877 visit www.kudacan.co.uk or pop into KudaCan, 7 Dongola Avenue, BS7 9HG.



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What a fantastic start to a Monday morning, attending Horfield C of E's exciting assembly that launched English Heritage's 'Our Story Week'.

The interactive week was designed to teach children about their local history and increase their sense of pride in where they live. Michael Gorely of English Heritage led the assembly, whetting all of our appetites for local history with teaser stories of local people, buildings and events.

We viewed a map detailing local landmarks such as Gloucester Road, Horfield Common and school, both today and 100 years ago when the area largely consisted of fields. We learnt that Wellington Hill West used to be called 'Barn Close'!

We were introduced to George Muller who founded the Muller Orphanage in Ashley Down, making a huge difference not just to the children of Bristol but across the United Kingdom.

Much excitement was created with the arrival of William Cody - 'Buffalo Bill' into the school hall. Plenty of 'yee haaaing' and cracking of the whip was enjoyed by all (thanks to Big Foot Theatre for providing the actor playing Buffalo Bill). It was fascinating to learn that Buffalo Bill had brought his world renowned show from America to Horfield Common in 1891. The spectacular show that re-enacted wild west scenes involved 600 people, 400 horses and 20 buffalo! This must have been quite a sight.

It was wonderful to witness the enthusiasm with which the children embraced this historical project. There was a real buzz around the school that continued throughout the week.

Year 6s' had an amazing time being history detectives with Military Historian, Jeremy Banning. They went to Horfield Parish Church and the barracks. Whilst there, they obtained soldiers' names from the graves, which they then put into the Ancestry web-site. They made some fantastic discoveries, including the story of local soldier Stanley Dennis Feaver, son of Henry and Phillis Feaver of 32 Wellington Hill, Horfield who died on 21/3/1918. He is commemorated on the memorial in Holy Trinity church and the Pozieres Memorial in the Somme, France. Monty in Year 6 said, "I thought Horfield



Local soldier Stanley Dennis Feaver

'Yee haaaa' to English Heritage week! at Horfield C of E Primary School



Buffalo Bill's Wild West Show!



was just the leisure centre but deep down there is so much more to it than that."

Year 5 took part in an eventful workshop with Pick-n-Mix Circus, learning how to lasso and whip crack, to help them with their re-enactment of Buffalo Bill's Show on Horfield Common!

Year 4 became orphans for a day; each child was given the identity of a real orphan from the 1870s, whose stories they researched from the records at the Muller Museum in Cotham. (Thanks to Esme Griffiths at UWE for her hard work and research for this project.) The group visited the old Muller Road Orphanage (which is now owned by Bristol City Council). The trip was kindly led by Ruth Myers of Local Learning. Pupil, Mollie Blunden said of the experience, "It was fun pretending the dining room was the swimming pool and also learning that the windows were so high so the children couldn't look out."

Year 3 went to Badock's Wood with Local Learning. They saw the Bronze Age mound and wrote some Bronze Age songs.



George Muller

Muller Road Orphanage in 1870s and during recent school visit.



Pupils had a great time learning how to lasso with pick-n-mix.co.uk

Year 2 had a memorable day on The Matthew as part of a topic on explorers - they actually set sail!

The pupils also enjoyed the M Shed, with one child asking to go back into the museum rather than back onto the coach! During a local history walk on Horfield Common, a boy in Year 2 said, "I wish I could go back in time and see what it all used to look like!"

Year 1 enjoyed creating pictures on a postcard, which they will send back to their parents, of what Horfield looked like when it was just fields. They looked at their houses on the Know Your Place website with the help of Pete Insole, one of the main creators of the site.

Teacher Emily Fletcher ran a lunchtime club using the Know Your Place site. The sessions were incredibly popular with long queues out of the door; the children were so interested to find their homes on old maps. Miss Fletcher who helped organise the week said it had been an overwhelming success with the pupils. All had run smoothly apart from one of the pupils asking their teacher if they were around in World War 1, which caused a few smiles!

English Heritage have a school's programme that offers both funding and support in planning events within schools. The historical images featured in this article have kindly been supplied by them. To find out more please visit - www.english-heritage.org.uk/education/heritage-schools.

A pupil experiencing the Victorian school bench in the M Shed





Focus On: Horfield resident Ben Norman

This month it was great to meet up with Ben Norman, a Barrister who has returned to Horfield after spending ten years in Manchester, to set up his own local Employment Law/HR support firm that serves small to medium-sized businesses.

Why did you decide to set up your own business?

I could see that people were starting to become disillusioned with the high costs of legal services, but were also wary that if they compromised on price, they might end up with a "cowboy" lawyer. I felt I could provide the answer.

What kind of clients are currently making good use out of your services?

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Why the move back to Bristol?

Having run the business successfully in Manchester,

I was confident that with the contacts I had in Bristol, I could repeat that success here.

On a personal level, I was keen to be near to my family again. I grew up in Bishopston and my family all still live locally, I am now an uncle so enjoy trips to Horfield Common with my young niece and nephew.

I love seeing how the Gloucester Road has flourished since I was a kid, and look forward to working with some of the local traders.

Other than your competitive rates, what else sets you apart from the competition?

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Running your own business is extremely time consuming, do you find any time to relax?

I got into triathlon a couple of years ago and still have the bug. It really just provides me with an excuse to go out for dinner a bit more often! Apart from that I like spending the rest of my free time with friends and family.

Good luck in the new venture and hopefully we will see you out to dinner on Gloucester Road.

I'd be pretty confident on that one too!

Ben would be happy to give you more information on Laveer Legal face to face, by phone or e-mail, please get in touch.

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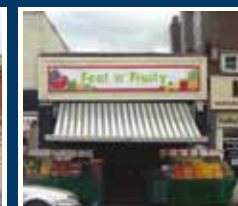
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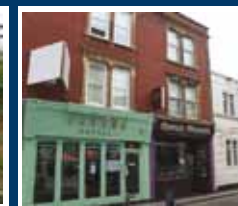
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Learning from all around the world with Brunel Field

I am always pleased to visit local schools to discover what exciting learning they have covered each term. This month, when entering Brunel Field's hall, I was confronted by an impressive Maori Haka!

Year 1 teacher, Tom Stacy-Marks informed me the pupils had learnt about different traditional cultures. The children had enjoyed discovering traditional Maori, Aboriginal, Native American and Chinese tales.

It was impressive to see the whole year group perform the Haka in their illustrated masks (in place of the traditional tattoos!). Pupils had been interested to find out what the different lines of the Maori tattoos symbolised and what symmetry meant. I was also treated to the traditional dance – E Rere Taku Poi – a performance that involves swinging tethered weights in rhythmical patterns. The pupils had made their own Poes by covering a ping-pong ball in cloth and plaiting some braids to tie it all together. They had also created some beautifully colourful Totem Poles.

Back in the classroom the pupils were practicing their puppet shows, for their big performance the following day. Inspired by tales from around the world, groups had created their own story to present. It was good to see a great deal of imagination and creativity in their creation of the hand puppets and props.

Thank you Ashley Down, Brunel Field for sharing your learning experiences, I look forward to visiting again soon.



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Detail Matters to Interior worker - Steve Miller

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

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

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

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



Steve happy at work

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

As well as designing, fitting and building 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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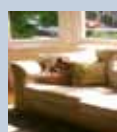
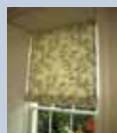
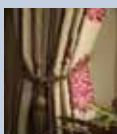
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The perfect family garden

Your garden is a great place for all the family to be together in; to achieve the perfect family garden, you will need to be creative in making a space that works for everyone.

Paved or decked areas, usually near the house need to be big enough for everyone to sit, but this space can also incorporate your cooking area in the form of a barbecue or fire-pit. If you add raised beds or low walls to the side of your terrace or decking, this creates a more intimate area but also allows guests to have somewhere to put their drinks or sit and relax.

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

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

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



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

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

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

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Welcoming tigerlily to Gloucester Road

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

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

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

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

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

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

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

Marj looks forward to meeting more lovely customers.

I recommend you a pay a visit



Owner Marj Cook



to this new independent soon. The Spring/Summer ranges are starting to arrive in store now.

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A Successful 25 years at JOE'S BAKERY

2015 has started as 2014 ended for Joe's Bakery – busy! That is just how Martin and Jane Hunt like it. Always pushing forward with delicious new and traditional products has been the key to their success for the past 25 years! This month is no different as they prepare for Easter and the Bristol Good Food Awards.

Jane & Martin's 25th Anniversary at Joe's!

This May bank holiday will mark the amazing 25th Anniversary for Jane and Martin at Joe's Bakery. Chatting with Jane recently she told me she can clearly remember that busy weekend in 1990, moving all their equipment from their previous shop, across Bristol. The couple were delighted to take on the Bishopston Bakery as they had both grown up in the area and been customers of this special shop. The pair are as passionate about their business today as they were all those years ago. Martin's philosophy – to always move with the times and look for the next thing has served them well.

Joe's are pleased to be taking part in MayFest on Saturday 2 May. Look out for their anniversary celebrations at the event - you are all invited to take part!

Bristol Good Food Awards – Vote now!

If like me, you are keen to show your appreciation for this local treasure, please get involved with the Bristol Good Food Awards 2015. You can vote for Joe's Bakery under the categories, 'Best Local Baker' and 'Best Local Cakes'. Joe's has scooped both of these awards over recent years, let's support them with their 2015 entry. Voting is easy and only takes a minute, please visit - bristolgoodfood.co.uk/vote. Winners will be announced at the award ceremony in June, so watch this space!

River Cottage Canteen - Supplier of the Month

Joe's supplies numerous quality cafes and restaurants across Bristol. In February, they were supplier of the month at the 'River Cottage Canteen'. Jane and Martin were invited to take over a selection of their Artisan Bread range, including - Original Sour dough, Spelt bread, Pain Tradition, Swabian Wheat and Rye, to the restaurant on Whiteladies Road. The couple were well received and enjoyed talking to the canteen's customers about their different breads. The neighbouring area was busy but Jane said on returning to

Image courtesy of
louisewender.com



Jane & Martin Hunt



Bristol Good Food 2014 Award

Gloucester Road later that afternoon and witnessing the buzz on our local high street, there is still no better place to have a business.

Mother's Day Buns - Joe's still carries out the much loved tradition of Mother's Day Buns, that is unique to Bristol. These sweet buns adorned in hundreds and thousands are available for one day only – Saturday 14 March. A limited number will be made, so you are advised to get your orders in quick!

Easter Bread, Biscuits & Hot cross buns!

Their famous Easter biscuits made with oil of cassia are now available. Such are the popularity of these delicious biscuits that Joe's estimates they will bake a staggering 12,000 over the coming weeks! You can also place your orders for fresh hot, white or wholemeal hot cross buns. Due to popular demand, Joe's special Easter Bread will also be back on sale soon. Jane told me she recently had an e-mail from a customer in Swindon, who wants to make the trip to Bristol when the Easter Bread is available!

Martin reminded me that their Easter treats, along with all of their products are baked with love and the best possible ingredients, no short cuts are ever taken.

Joe's Bakery

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Joe's Easter Bread

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Once upon a time in Bishopstonia...

This year, the Bartholomites treated us to a performance of the much loved fairy tale Cinderella. With a cast of over 40, 200 costume items and live music, this was another spectacular show for all of the family.

Set in the fine town of Bishopstonia, the story full of love, laughs, boos and cheers unfolded. The great thing about Cinderella is that you are treated to two dames; – Gertrude and Gruzelda did not disappoint. Their outfits were show-stopping and lines full of wit. My favourite duet from the gruesome twosome was 'Sisters are doing it for themselves'!

It is always heart-warming to see the young chorus having so much fun on stage; they all looked particularly adorable in their mice costumes.

Buttons was full of energy and humour throughout; I thought his Elvis-inspired outfit for the Ball was just brilliant, along with the 'Little Less Conversation' song and dance routine that followed.

The Amazing transformation in a puff of smoke that saw Cinderella turn from rags to riches was a great bit of panto, as was turning the mice into coach horses!

Congratulations Bartholomites, you were all fabulous in your performances; what a great team effort from everybody involved. We look forward to seeing what your panto will be next year – oh yes we do!



BIBLOS

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BIBLOS comes to Bishopston

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

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

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

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

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

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



Ariel and Will are currently in the process of refining the menu for *Biblos on the Hill* to reflect the change in direction and the heightened expectations that are surely to follow.



Biblos owners - Will & Ariel

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

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

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

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

For more information, please contact Ariel or Will.

E: will@biblos.co.uk

T: 0117 9232 737 • www.biblos.co.uk

Biblos on the Hill, 225 Gloucester Road, Bristol, BS7 8NR

News from... the green room

Vouchers for Mother's Day – What better way to make your mum feel special than treating her to a pampering hair treatment, cut or colour. Green Room vouchers make the perfect gift – pop in today and pick yours up!

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

Congratulations to newly qualified staff - The Green Room is delighted that all three of their hardworking students have now fully completed their training and have qualified as excellent full time stylists. Congratulations to Chloe, Jemma and Antonio on their achievements. You can book in with any of these stylists now.

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

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

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



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My mum loves her high street; going to the butcher, the baker and "the candlestick maker" making sure we're all looked after in the family. Whether it's for fresh bread, bacon and eggs for breakfast, a bouquet of flowers for granny or a bottle of red for Dad – she's got it covered as she knows all the best places to go.

Well this Mother's Day I'm going to treat HER... I'm getting her a **YourStreet Gift Card** - it's unique and special just like her, because it's the only gift card in the UK especially for the little shops. The lovely little independent shops I know she loves.

So on my mum's next Saturday mooch around the shops, she can treat herself – with a new dress, some flowers, jewellery or simply lunch with a friend. You see, she can use her YourStreet gift

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Happy Mother's Day Mum x



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World Book Day

You may be aware of the enormous success of 'Gorom & Ghyston the Bristol Giants' by Bishopston resident, Ollie Rigby.

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

Broadchurch Fame!

Last summer, the Broadchurch Production Team were racing up and down Gloucester Road looking for props for the filming of the new series of Broadchurch, which is now on our screens. They bought furniture from Glos Rd Central's two furniture shops – Second Time Around and the Restoration yard, and then popped into Room 212 as they were looking for an artist to create a specific painting for the plot. The Broadchurch team were delighted when Room 212 owner Sarah Thorp put them in touch with the very popular and successful artist Huw Richards Evans, who paints spectacular seascapes in oils. Huw's commissioned painting has been seen several times in Hardy's (David Tennant) beach hut. Other talented local artists whose work has featured include Laura Robertson's print 'Owl and the Pussycat', Pip Gilman's 'Views of Gloucester Road', along with Sarah Thorp's 'Beachdrift' hanging in the Latimer's house.

To celebrate the Broadchurch connection, there will be a special exhibition at Room 212 on 2 – 15 March to tie in with Mother's Day, with Huw's painting as the star of the show.

Window Wanderland

Traders enjoyed taking part in this fantastic event. Sarah Thorp (pictured left) bravely took part in Dalek Dale's Deck chair Challenge to raise funds for Children's Hospice



Southwest. On the freezing winter evening, Sarah sat in the beach scene on Thornleigh Road in just her bikini! If you too would like to raise funds for this worthy cause, take a visit to the front garden of 49 Thornleigh Road soon. For more information on this and images from the fantastical trail, see page 40.

Xpress Print launches Express Computers

Designer of the Glos Rd Central's logo and owner of Xpress, Liam Agnew, told me they were pleased to be able to offer this additional



by Jenny Urquhart

service to their customers. The idea is that people can come in and discuss their IT issues face to face, with a local business that they trust. See page 3 for a full list of services.

MayFest!

Plans are forming for **MayFest, to be held on Saturday 2 May 2015.** Last year's event was spectacular and culminated in the arrival of Jack in the Green and his merry band of dancers. If anyone would like to get involved, please send a message to the Glos Rd Central Facebook page.

Special Painting by Jenny Urquhart

North Bristol artist Jenny Urquhart has created a vibrant painting especially for Glos Rd Central (pictured top right). Jenny's eye-catching style has already been seen on a Gromit, and she was specially commissioned by Aardman to do a Shaun the Sheep for the launch of the latest trail, both here and in London. She is a very successful artist on the North Bristol Art Trail.

This is the first Glos Rd painting by Jenny. She plans to do a series in the build up to Glos Rd Central Mayfest. Prints and canvases of the design can be found at Room 212, along with a wide selection of her other distinctively bright paintings. There are even placemats, coasters and mugs sporting her designs!

Glos Rd Central traders are delighted with Jenny's painting and have used it as the main picture on the Facebook page. They are clubbing together to create a website linking all the shops, cafes and other businesses in the area so look out for www.glosrdcentral.co.uk!

Please like the Facebook page or follow GlosRdCentral on Twitter for the latest events and news in the area.

One of Huw Richards Evans stunning sea-scapes



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Handbag happiness!




Young Isla with the precious Mulberry bag - well wrapped!

Many of you may remember, from our article in 2014, the successful fundraiser that was held to raise funds for the Neonatal Intensive Care Unit (NICU) at Southmead hospital, organised by the Ashley Down-based McGuinness family. They were keen to support the unit in way of thanks for the life-saving treatment their young daughter Isla received during the first 10 weeks of her life. Isla has an undiagnosed genetic disorder.

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

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

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

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

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

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Family Mediation Service in St Andrews

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

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

Progressive Mediation offers a confidential service to help couples resolve such issues between themselves and saves them from going through the expensive and stressful experience of going to court.



Progressive Mediation is run by husband and wife, Charles and Frances Place. Frances is a solicitor with a background in civil mediation and family law. Charles is a social worker who specialised in working with families and children.

Frances and Charles offer both partners a free initial meeting which lasts between thirty minutes to an hour. If both parties want to go ahead they will make an arrangement for an initial 1 or 1 1/2 hour

Mediation session.
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, call: 0117 924 3880 or visit the Progressive Mediation page on facebook.



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WELCOME						
FAMILY LAW & MEDIATION	MEDICAL NEGLIGENCE					
						
WILLS, PROBATE & TRUSTS	PERSONAL INJURY	<p>Barcan Woodward A fresh approach to legal advice</p> <table> <tr> <td> BEDMINSTER 31 North Street Bristol BS3 1EN 0117 963 5237 </td> <td> CITY CENTRE 6 King Street Bristol BS1 4EQ 0117 925 8080 </td> <td> HORFIELD 374 Gloucester Road Bristol BS7 8TP 0117 923 2141 </td> <td> BARCAN WOODWARD COMMUNITY LAW 48 Gloucester Road Bristol BS7 8BH 0117 923 2141 </td> </tr> </table> <p>www.barcanwoodward.co.uk @barcanwoodward</p>	BEDMINSTER 31 North Street Bristol BS3 1EN 0117 963 5237	CITY CENTRE 6 King Street Bristol BS1 4EQ 0117 925 8080	HORFIELD 374 Gloucester Road Bristol BS7 8TP 0117 923 2141	BARCAN WOODWARD COMMUNITY LAW 48 Gloucester Road Bristol BS7 8BH 0117 923 2141
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63rd Bristol Scout Group. The Dream is nearly a reality!

Many of you reading this will have followed our journey over the past few years as we have tried to realise our vision of a new modern building on the site of the current Scout Hut on St Bartholomew's Road, Ashley Down. That vision is now within touching distance. We are very grateful for the support of so many people who got us to this position. The whole community has been very generous with their time and money.

The 63rd Bristol St Andrew with St Bartholomew Scout Group has been serving the community for 100 years. We currently meet in the Scout Hut, St Bartholomew's Road, Ashley Down. This is a premises that we share with various units of the 88th and 114th Rainbows, Brownies and Guides. The hut is a wooden building that has been in use for more than 50 years. This included a move from the original site in St Andrews Road, Montpelier in the mid seventies. It needs replacing urgently. We have planning permission and have already raised or been promised just over £300,000 of the

total project cost. We have about another £80,000 to raise. We have several funding applications submitted for which we are awaiting the outcome. We are continuing to hold events to raise funds. Our target date is to have all the money available by Easter 2015.

The hut, currently used by 350 plus young people aged 5 to 17 every week for Scout and Guide Activities, needs replacing urgently. We have planning permission and have already raised or been promised just over £300,000 of the total project cost. We have about another £80,000 to raise. We have several funding applications submitted for which we are awaiting the outcome. We are continuing to hold events to raise funds. Our target date is to have all the money available by Easter 2015.

With a new, modern building, we would be able to provide more daytime use to local schools and other local groups. The building would meet the standards now expected and be warm and comfortable. It would be a real asset for the whole community.

How do we plan to raise the final £80,000?

We have a small team of fundraisers who have applications in to various funding organisations.

We have the following events planned.

Sisters of Swing (a local all-female swing band) they will be playing a gig at St Bartholomew's Church, Maurice Road, on Friday 13 March. The doors will open at 7 pm; there will be a bar available until the music starts and again during the interval. The evening will end at about 9.30 pm. Ticket details will be on the website soon.

Saturday 9 May will be our annual May Fair and raffle at the Scout Hut, 4-8 pm. Please put this date in your diary, this is likely to be the final event before the hut is demolished.

Finally, we are asking parents, the local community and businesses to buy into this and support us in our final push. Can you help us to raise £30,000 of the remaining amount by making a donation? We would suggest a donation of between £50 and £200, smaller or larger donations would be welcome. We encourage taxpayers to gift aid the donation. If they wish, all donors can have their names included on a memorial wall (A maximum of 30 characters).

Please visit our website www.hut6388.org for more information and details of how to donate.



Could you buy a brick?



Left to right: Lucy, Darren & Jess

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

The Besley Hill Bishopston team are delighted to be celebrating 7 years on the Gloucester Road. Over

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

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

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

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

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

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

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

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

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New this Spring to **Roxford's Pet Shop** Open 7 days a week • Free local delivery

Just when I think our local Pet Shop can't possibly fit anything else into their Aladdin's cave of animal goodies, they introduce further, excellent products.

Owners Michael and Sarah are keen to ensure they keep up to date with desirable new ranges that they feel will appeal to their local customers and much loved pets.

This month I learnt all about the BecoThings brand that Roxford's is now pleased to be stocking. The mantra they work to is 'Design environmentally friendly products that outperform and cost the same as their non-green competitors'. All Beco items are created in sustainable materials and are fully biodegradable, however the durability is not compromised; the rather fetching Beco feed bowls and sporks (handy spoon/fork combination) are all dishwasher friendly. In addition to the feeding products, look out for their delightful eco-friendly cat and dog toys.

Also new to Roxford's this Spring, is a selection of stylish shoulder bags, cleverly designed to transport cats, or small to medium sized dogs. Pop in today and try one on for size. The friendly, knowledgeable staff will be happy to advise you on any of their products.



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Who vets your vet??



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

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

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

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

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

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

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

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

Nicky Bromhall

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

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

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

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

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

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

At time of writing, Young Bristol were preparing to visit the Ardagh during February half term, to help with the garden. Everybody is invited to get involved with this project – from individuals to school classes. FOHC volunteer Anna-May is leading the project and will be very happy to hear from you if you would like further information.

Please contact:

friendsofhorfieldcommon1@gmail.com

Visit: www.ediblebristol.org.uk



Growing together - the first Incredible Edible working session on Horfield Common.

Can you donate some tools, topsoil or manure?

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



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Happy 3rd Birthday - Golden Hill Community Garden

Hi Everyone,

So it's been three years since we turned a derelict bog into an accessible garden and thank you to the folks that came down to say hello and eat a pizza from the giant frog!

3 Glorious years! Here are some stats...

- Folks who've come together and volunteered to help make the garden so fab = 447
- People who've come along for visits/tours/pond dipping trips = 584
- Number of school children who've fallen in the pond = 4 (arf arf)
- Folks attending our 9 community events = 3015
- Number of community events without biting winds or rain = only 2!
- Average number of volunteers in a garden on a biting cold January Wednesday = 20
- Number of gorgeous strawbale buildings built = Just 1 but it's a corker!!
- Number of solar powered water pump allotment based water recycling systems in the UK = 1! And it's ours!

So, here's to more years in the garden!

In other news our Golden Buds Green Toddler group now runs in the afternoons as well (Tuesdays, 1:30-3), our Spring Fair will be 1-4 pm 9 May. And get in touch to talk about having a children's party in the garden. And as usual everyone is welcome to come down on a Wednesday between 10 and 4 and get involved. We'll be busy planting seeds and drinking tea all March. You don't have to come every week and you don't have to stay all day - you are welcome to just come and say hello. Our site is accessible, including the compost loo!

Lucy Mitchell

Community Project Worker

07506 905 394

www.thegoldenhillcommunitygarden.com



Scenes from the Birthday Bonfire - what better way to celebrate than with stone baked pizzas - yum!

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Reader Recommendation "Dawn has worked miracles with my pain"

This month it was wonderful to be contacted by local reader Julie, who couldn't wait to share how brilliant she has found the treatment she receives from Osteomyologist Dawn Clode.

Julie told me how reading an article in Bishopston Matters, where Dawn spoke of her own personal battle with back pain and how Osteomyology had conquered this, inspired her. "I have suffered with chronic back pain for the past ten years after an injury I sustained during pregnancy. Dawn wrote with such empathy about pain that I had to get in touch."

Julie told me for years she had been making expensive trips to a chiropractor that released the pain but sadly it was back with a vengeance in just a day or two. She was overjoyed to find that the release from pain that Dawn can achieve - lasts! She first started treatment in November 2014 and is now visiting the Gloucester Road practice every 4 to 6 weeks. Julie feels Dawn is excellent value for money with standard sessions at £45 for an hour and £25 for half an hour (you can get £10 off your first treatment if you mention Bishopston Matters).

Julie told me she was extremely sceptical about Osteomyology working for her, "Even when I was sat in the waiting room, I was thinking this will never work! I am delighted to have been proved wrong, as are my husband and children - we are all benefitting

from my new found energy."

The severity of Julie's pain was such that she had been unable to work. Fantastically, that has now changed. After the first couple of treatments, she felt able to tackle an application form. "I had been living under a cloud, once my physical health improved I felt so much better mentally too."

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

Julie explained that Dawn takes a completely holistic approach that will soothe both your physical and mental pain. "Dawn has been amazing for me, I cannot believe my luck. The sessions have been tough at times with deep tissue massage but totally worth it. If you want to get well, visit Dawn."

For further information please contact Dawn
Tel: 0795 1099 491 Visit: www.life-and-soul-empowerment.co.uk or pop in to talk with her at Head to Toe, 133 Gloucester Road, BS7 8AX



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Keith and Dale the Dalek



Fabulous community gathering on Thornleigh Road

No 48 Thornleigh Road residents Keith and Carol created a whole beach scene for their Dalek Dale. Keith (pictured left) told me, "I think the event was bloomin' amazing! I reckon there were over 400 people that came up Thornleigh Road. Kids were playing on the beach scene in our garden for most of the evening. I recorded the whole 3 hours while I asked people's opinions...all of which were great, 'brilliant', 'look: people are talking', 'better than watching telly', 'amazing window ideas'. We raised £327 on the evening for Children's Hospice Southwest, taking our total to over £700 so far. The beach will be there until the beginning of March, it would be great if more people will don their swimmers to take the Deck chair Challenge. We would like to get to over £1000 – everybody is invited help make this happen."



Thanks to Dee Howley for taking some of these images

Window Wanderland



Bishopston Matters would like to thank and congratulate Lucy and her team for having the foresight and belief to create Window Wanderland. The evening was truly magical; there was a wonderful sense of excitement and anticipation as you turned each corner to discover what delights the next road would bring. I have said on numerous occasions what a special community we live in and the response to this idea only further corroborates this to me. All ages were out together, laughing, talking and joining in the fun. This event did exactly what it set out to achieve, brighten a dark February evening. Highlights for me include – giant cut out giraffes, a team of friends singing and dancing in their lounge for the crowds, Mr Hitchcock in his director's chair, Lego Winter Wonderland and two live rats happily munching on snacks on the windowsill, whilst their owners played cards in fox and wolf masks – brilliant. As well as the creativity, I simply love the gusto with which people threw themselves into the event. I only wish I got around all the houses – can this be a weekend event next year please?



The amazing creation of Ashley Down School



Hitch



Scene from Wolf Hall



The Window Wanderland team

Organiser Lucy Reeves (pictured centrally left) thoughts on the evening - "I am literally over the moon about Window Wanderland! All the displays were wonderful and the imagination spilled out of the windows and into the streets. This made people smile and strangers talk, which was the whole point of the event. It was an amazing evening, though a little cold when taking Dales' Deck Chair challenge in my swimsuit! A good amount was raised for Children's Hospice which was brilliant. Thank you to everyone who took part, they should be very proud of what they have done. Please check the website windowwanderland.com for photos of the night."



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Keep it local!



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Make the most of March at Lynne Fernandes - New Website • New Designs • Unbeatable Offers

I'm not great with the cold and dark, so the arrival of March always gives me a lift. This March in particular we have a great new collection of eye wear designs.

New Design Trends for Spring

Design trends are moving to more challenging materials such as silk and wood. We've stocked up with unique and individual eye wear designs such as Ronit Furst, Jono Hennessey, Carter Bond, William Morris and Moscot. We also have the latest Ray Bans, Oakleys, Hackett, Nike and CK. New to us are Super Dry. We've worked with Super Dry to launch their sunglasses in Bristol and test their frames on the Gloucester Road. If you like their designs, tell us and we will hold more.

Exciting new Website

This month we've launched our new website. We're hugely excited by the increased functionality this offers us and you. For the first time you will be able to book your appointments online, you will be able to order contact lenses at any time via your smartphone, tablet or computer and you will be able to research eye conditions and treatment options in Bristol. Have a look at lynnefernandes.co.uk

Unbeatable Crizal Offer - Complimentary second pair!

This March we have an unbeatable offer on Crizal spectacle lenses. You can have a complimentary second pair of spectacle lenses with every purchase of Crizal lenses! It's a great opportunity to have two new pairs of glasses at a greatly reduced price.

Crizal spectacle lenses reduce glare, scratches, smudges, dust, water and UV, giving you superior vision whilst eliminating all of the annoying factors that come with wearing glasses.

At Lynne Fernandes Optometrists we don't believe in giving you a 'spare' pair of specs, every pair we dispense has a primary purpose, they aren't for keeping in the back of a dusty cupboard. Your complimentary pair can be clear or sunglass Crizal



prescription lenses and when combined with the fabulous frames we currently have in stock you can achieve two completely different yet stylish looks.

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Gerard Fernandes

LynneFernandes
Optometrists



The fab Good Gym Bristol after clearing scrub in Wellington Hill Playing Field

The Bishopston Matters tree being planted.



News from the Friends of Horfield Common

The Friends of Horfield Common (FOHC) are busy planning for 2015 and are delighted to see the impact of improvements to the common are encouraging increasing numbers of local residents and families to enjoy spending time there.

The opening of the new children's play area in 2014, and planting of 457 new trees over recent months, make clear that this area is valued and is being looked after, following a considerable number of years when it appeared to be in decline.

Local volunteers – supported by the fantastic Good Gym Bristol – did an amazing job of clearing scrub in Wellington Hill Playing Field across four Saturdays in January, to enable 200 additional trees to be planted to enhance the hedgerow; this will make a significant improvement for wildlife in the area.

We are delighted that our funding application to install simple steps and a viewing platform to help improve access to the pond was approved at the recent Bishopston, Cotham and Redland Neighbourhood Partnership meeting. FOHC volunteer, Livvy, has done a fantastic job co-ordinating a team of volunteers over the last year who have undertaken (cold and wet!) maintenance work to improve the health of the water, support increased biodiversity and enable better access for local people to enjoy this lovely feature. We can't wait to show off the new viewing platform at our Festival of Nature Family Fun Day event in the summer.

Our partnership project with English Heritage's Heritage Schools Programme is ongoing. To date, it has been exciting, informative and fascinating in equal measures! Esme Griffiths, a historian and recent graduate from UWE, has completed her work with Horfield C of E School (which resulted in a fantastic heritage learning week in February for

all of the children at the school, see page 11), and is now 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. Esme has been out interviewing longstanding residents in the area, and has already uncovered some wonderful stories. These include recollections of family members playing in the pond (which was originally located at the bottom of the common near the garages); memories of the south end of the common being converted into allotments during WW2 to feed the troops; and memories of walking across the common to work in the laundry on Elm Road.

We will be hosting a 'Memories of Horfield Common' Event at the Ardagh on Monday 16 March from 12–2 pm to support this

work and want to invite all members of the local community to come along and share their memories of the Horfield Common area over a cup of tea and a slice of cake. This is an informal session that people can drop into anytime and we are keen to ensure that as many voices are represented in this project as possible. Please do encourage friends, neighbours and family members to come along if they can – we would love to hear their stories. If there are photographs or other documents that you can bring along – please do, but there is no need to prepare anything specific – just drop in for a chat!

In other news, our Chair, Sam Thomson has recently been appointed as Vice-Chair of Bristol Parks Forum (BPF) – the umbrella organisation that represents voluntary and community parks groups across the city. This is a wonderful opportunity for FOHC to share the work that we have done to date, and to learn from other community parks

groups working in areas across the city. This year, BPF is running a lovely project, PARKHIVE, which is inviting all residents and visitors to the city to contribute their photographs to a new digital photographic archive celebrating Bristol's Parks and Green Spaces in 2015 – for more information, and to take part – see www.bristolparkhive.com.

www.friendsofhorfieldcommon.com

Would you like to play Bowls?

Ardagh Bowling and Sports Club welcomes new members.

The green opens in April and Friday nights are club nights when they encourage people of all ages to have a try at playing bowls.

All free with a fully qualified coach to help – 6 to 8 pm, then the bar is open.

Please wear flat shoes.

For more information contact - **Chris on 0117 9426 580**



Ardagh Toddlers are Fundraising Event

**Saturday 18 April
TABLE TOP SALE**

Pre-loved baby and kids clothing, toys, books and equipment The Ardagh Pavilion, Horfield Common Saturday 18th April, 10 am to 12 pm

Entrance 50p (children free) Tea/coffee and cakes available £10 per table

**Please come along and support
The Ardagh Toddler Group!**

**To book a table contact Ali Gileard:
alison@alisingilleard.com**

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Focus On: St Andrew's resident Nick Hounsefield

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

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

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

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

Where will the project be based?

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

What was your inspiration?

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

What have been the highs and lows on this journey?

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

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

How have you stayed motivated throughout this long process?

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

What do your kids think of the project?

They cannot wait, although for kids it can never happen quick enough. It will be the ultimate dream location for kids though. Water, waves, outdoors, activities, good food and learning about cool things.

When can we expect to be able to take to the lake?

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

What do the next few months bring with the project?

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

How can people get involved?

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

Where can people find out more?

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



Nick Hounsefield



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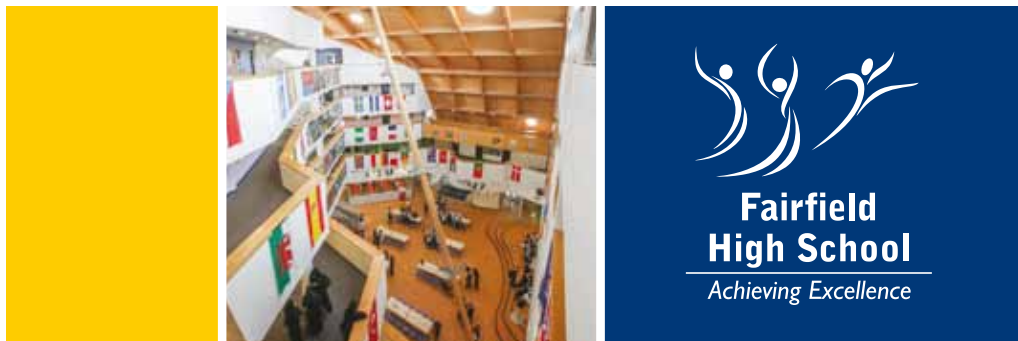
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Spring Open Events

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

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



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Fairfield High School (FHS) converted to academy status on 1 February. To launch the academy officially, Patrick Hazlewood, CEO of the Excalibur Academies Trust, cut the ribbon. FHS students released different coloured balloons with both logos on them to mark the partnership – it is equally important to both parties that FHS retains its individuality.

FHS has enjoyed many successes in the past year; the conversion to an academy will enable FHS to become more innovative and provide a strong support network that will help to reach its ambitious goals.

Catriona Mangham, Principal at FHS said: *“Our aim is to be outstanding in all areas and we believe that our partnership with Excalibur, a trust which already has an outstanding secondary school, will help us to achieve this. We will have more opportunities to expand and improve including opening a sixth form, whilst preserving the individuality of the school.”*

Meanwhile, we are pleased to announce that two FHS teams have won the Sharp-Shotz animation project – in a competition to create a short film. Over the past 8 years, Sharp Shotz has engaged over 800 young people from secondary schools, pupil referral units and youth groups.

After two months of preparation, five teams of Year 8 students were invited to the finals at UWE, where they worked with staff from the BBC and UWE students to prepare their final idea.

Each team had 5 minutes to pitch their idea to a

panel of five judges, which included journalists from the BBC and senior lecturers from UWE. After some difficult questions about the facts and ideas behind their proposals, the judges fed back that all the FHS teams were outstanding and that some were in fact better than the UWE students' presentations! The two winning teams will now be going to the BBC in February to make their final film.

Well done to all who took part!

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

Open Evening: Wednesday 18 March 7 – 8.30 pm

Open Mornings: Tuesday 17, Thursday 19, Tuesday 24 and Thursday 26 March 9.15 – 10.30 am

We hope to see lots of you there.

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Filton Avenue Nursery School and Children's Centre



Do you have young children under the age of five?

If you do, you might be interested to know that your local Children's Centre is called Filton Avenue Nursery School and Children's Centre.

Filton Avenue Nursery School and Children's Centre provides family support services to all families with children under the age of five who live in the Bishopston area and beyond. At the Centre you can meet other families with children of a similar age, you might some ideas on ways to help you and your child to be happy and healthy, or you want to talk to a member of staff confidentially about particular issues.

Every day something different is happening at the Centre; Baby clinics, Stay and Play toddler sessions, and groups for parents with English as an additional language are just some of the activities you might be interested in.

The family support team are there to help parents through the difficult times, providing one to one support and training sessions on a wide range of topics of interest to young families.



As well as everything that goes on in the Children's Centre itself, the family support team work in the community in partnership with some of the groups that already run in the Bishopston area. We work with Noah's Ark at Cairn's Road to run a termly Dad's club on a Saturday morning. We visit and support local toddler groups and are available at the Brynland Avenue Baby Clinic for advice and help. Trained staff can give baby massage and breast feeding support and will even visit you in your home. We have two Lead Teachers who support and provide free training for all the nurseries, pre-schools and reception class teachers in the Bishopston area.

All of this is completely free! But we do need your help to ensure that we continue to receive funding. Completing a simple children's centre registration form means that we can continue to do all of the above and more. You can register on line at www.bristol.gov.uk/form/register-childrens-centre or fill in one of our blue forms when you meet one of our team out and about.

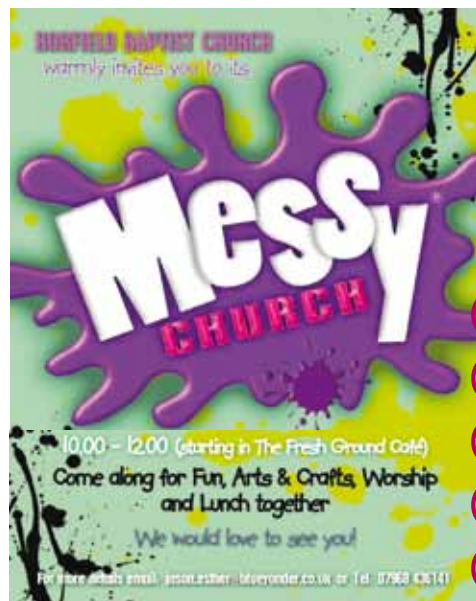
Filton Avenue Nursery School & Children's Centre, Blakeney Road, Horfield, BS7 0DL
0117 377 2680, filtonaveuen@bristol.gov.uk,
www.filtonavenue.org

More-Messy-Church!

Exciting news, Horfield Baptist Church will now be doing Messy Church bi-monthly rather than quarterly.

In addition to Messy Church they are also going to be opening up their Fresh Ground Cafe on the alternate months for a Messy Cafe. Drop in for some refreshments and good company. Go along and get involved - they would love to have you with them.

Forthcoming dates -
14 March - Messy Cafe
18 April - Messy Church
9 May - Messy Cafe



Gloucester Road Traders Care

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

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

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

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

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

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

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

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

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

We offer card discounts



Supporting Carers Emergency Card Benefits Scheme
www.carerssupportcentre.org.uk



Marianna Pafiti-Georgiou delighted to be receiving 10% discount at Murray's Butchers & Deli.

Participating shops on Gloucester Road

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

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

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

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

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

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

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

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

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

Playfull Toyshop - 10% off all store items. 87 Gloucester Rd, BS7 8AS

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

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

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

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

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

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

Tart Café - 10% discount on total bill for carer on their own or with the person they care for. 16 The Promenade, Gloucester Rd, BS7 8AE

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

Local History Matters - Horfield resident Mary Hughes



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

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

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

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

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

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

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

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

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

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

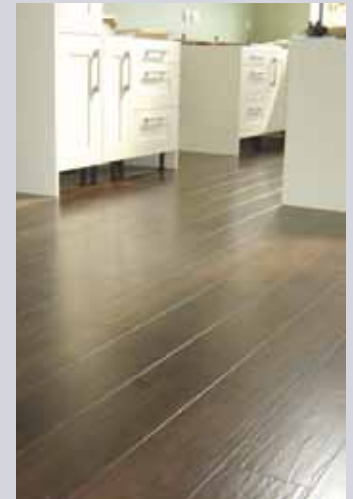
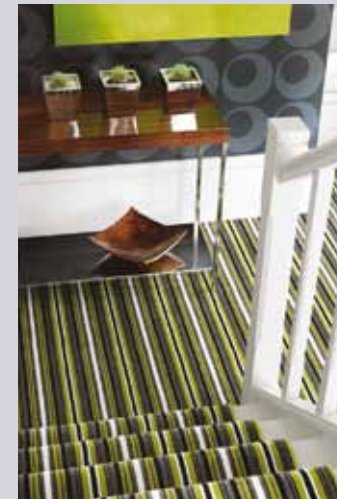
Richard Hughes first appeared in court records as an under-tenant. By the time of his will in March 1693 he was 'of Horfield Yeoman'. He and his wife were amongst the few copyhold tenants who actually lived in Horfield and both of them were buried in Horfield churchyard. Their marriage seems to have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



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

If you would like to find out more about local history you are welcome to join the Bishopston, Horfield and Ashley Down Local History Society at their monthly meetings. The next one takes place on Tuesday 17 March, 7.30 pm, at the Friends Meeting House, Gloucester Road. The talk given will be 'Bristol in the 1930s' by Mike Hooper.

bishopstonhistorysociety.wordpress.com



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Lockleaze & Horfield Strollers New Year programme

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This local group walk fortnightly on a Tuesday morning with numbers of around fifteen. New members are welcome, in order to join a walk all that is required

is for strollers to complete a short health questionnaire. Once this is done you can join any of the walking groups across Bristol. The groups are extremely flexible, you can join in whenever it suits you. Most walks are free but you may have to pay a bus fare and for refreshments. The walks are designed to cater for everybody, the emphasis is on short walks on a regular basis.

If you would like more information on this or any of the Bristol Walking for Health groups or to complete the short health questionnaire please contact - Nic Ferris (BCC Health Improvement)

0117 352 1283 / 07810 506 738

nicola.ferris@bristol.gov.uk or Alex Wood (BCC Health Improvement) 07876 814573.

Tues 3 March - Downs Walk

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

Tues 17 March - Gas Lamps & Cut Throats

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

Tues 31 March - Splatts Abbey Wood

Meet at 10 am, Eden Grove Methodist Church. Through the back streets to MOD cycle path, around wood and visit lake. Filton church café for refreshments, bus back to Gloucester Road. Leaders: Stuart, Jane, Joan. 1-2 mile walk with some slopes.

News on the new Bishopston Library & Medical Centre

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

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

Moving to the new build next door. The weather-damaged fabric from the recent shutdown of the project, has now been replaced. The facade and cladding work outside is being finished off and all render coats have been progressing at the front and back of the new building. Kevin explained that working on a grade 2 listed building alongside a new build, that is to reflect the old baths, was not without its challenges! But this was what made this project so interesting. When I visited the site work was well underway with the circular stair tower (see images below). A complicated construction built out of specially made curved bricks. Set amongst

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

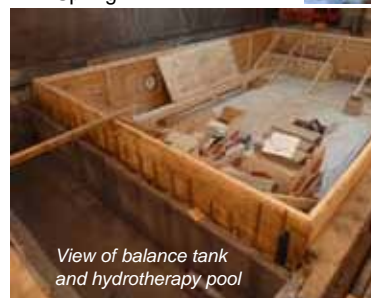
The impressive feature staircase in the new Bishopston library is installed and balustrades fitted. This spirals round a centre metal tree that grows into a sun tube in the centre of the space. This tube will increase the natural light in the community venue. Whilst I was there the lid to the sun tube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

With the roof weatherproof and windows installed, the flats above the library are being completed, with kitchens now in the process of being fitted. I had the privilege of stepping out onto one of the new apartment's balcony to take in an impressive view of the much loved Gloucester Road.

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



View of back of library, where community car park will re-open.



View of balance tank and hydrotherapy pool



Circular stair tower, created in special curved bricks and Bath stone



View from the top of the staircase and central tree that grows into the sun tube



Fabulous view from the new apartment balconies



Feature central staircase in the new Bishopston library

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Bishopston Moggergy -

Urgent appeal for Foster Homes for Spring/Summer 2015

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All food, litter and equipment will be provided by the Moggergy – all the foster home provides is love and care.

Each foster home will need a spare room to welcome an expectant mum or a mother cat with newborns. When the kittens reach 8 to 9 weeks, the Moggergy will find suitable homes for them.

If you live in North Bristol and can't have a permanent cat because you live in a high rise flat or on a dangerous road, please call me for an informal discussion.

Christine Bayka

Chair

Tel: 0117 924 3128

www.themoggergyrehomingcentre.co.uk

Rebecca Ramsden

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– MUSIC FOR A SPRING EVENING –

May 15th at 7.30 pm, at

St. Bartholomew's Church, Maurice Rd

Following the huge success of the concert in 2013, the Friends of St. Andrews Park are organising another evening of sublime music performed by QUORUM, the Bristol based chamber orchestra led by their founder and international oboist, Imogen Triner.

Quorum will be performing an inspiring repertoire of baroque and classical music – plus a few surprises – which capture the mood of the season. The evening will include a performance of J.S. Bach's Brandenburg Concerto number 2 with its rousing trumpet solo. The musicians are always



very open to meeting the audience so there will be an opportunity to meet them during the interval and after the concert and those who attended the last concert in 2013 will know what a warm and inspirational experience it will be.

Doors open at 6.45 pm and the concert starts at 7.30 pm and seats are unreserved.

There will be a cash bar before the performance and in the interval

Tickets are £13.50 and there are discounts for students and unwaged at £10 and for under 19s at £6.

Ticket can be reserved from: Des and Sue Ruzsala – ruszala@blueyonder.co.uk

For more information contact Paul Bullivant – paulbullivant@f2s.com



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Our Neighbourhood Community Festival 2015

Saturday 2 May to Sunday 10 May



GREAT NEWS! Following on from the success of the previous two years, our Neighbourhood Community Festival is back for the third time! On offer will be a wide range of cultural and fun events, meetings, workshops and hands-on activities to raise awareness of the Neighbourhood Partnership and the valuable work local volunteers do. Our aim is to enable and encourage people to get actively involved in improving our local area, to give us all a chance to meet new people and to celebrate our neighbourhood. All local people are warmly invited!

The week begins on Saturday 2 May with Glos Rd Central's MayFest and the Redland May Fair on Bank Holiday Monday 4 May. It continues with a series of events throughout the week.

Happy scenes from MayFest 2015
Bishopston Matters looks forward to
having a stand there again this year -
do come and say hello!



We encourage local people to do 2 things:

1. Put the week in your diaries and watch this space for details of the full programme.
2. Contact us if you would be interested in putting something on for the festival. If you are already running a community event in that week that might benefit from becoming part of the festival, then please let us know.

To find out more about the festival and how to get involved, please visit your local library or go to www.BCRNP.org.uk

GET INVOLVED with the Neighbourhood Arts Programme

As part of Bristol 2015 European Green Capital, arts projects will spring up all over Bristol, right from the tip of Avonmouth to the toe of Dundry View. They'll be driven by communities and created with professional artists and makers to inspire Bristol to become a healthier, happier city.

The creative briefs for the first six neighbourhood partnership areas, including Bishopston, Cotham and Redland are now out, and available at www.bristol2015.co.uk/nap. Check the website for submission deadlines.

On March 7, at 2 pm the Bristol 2015 Neighbourhood Arts team will be hosting a drop in session for creatives to explore the briefs further, brainstorm and build on ideas potentially with other creatives. We hope to see many of you at The Lab, Bristol 2015, 1 Canon's Road, Bristol BS1 5TX.



Details can be found on our website at www.bristol2015.co.uk/events

For more information, please email nap@bristol2015.co.uk, or call 0117 379 0115 and speak to Emma or Marietta.

What your local Neighbourhood Forum meetings can do for you and our community!

Did you enjoy Winter Wanderland?

Are you involved with a local community group that would benefit from some funding?

Do you have issues that affect your street that you would like changed?

Do you want to know all the latest on both local and Bristol-wide initiatives?

Would you like to gain direct access to local councillors and policing team?

If the answer is yes to any of the above, you should pay a visit to your next Neighbourhood Forum Meeting!

The Bishopston, Cotham and Redland (BCRNP) Neighbourhood Partnership is for everyone who lives, studies or works in the area and aims to help them get involved in improving the way their neighbourhood works and in helping to shape the provision of services from the council and partner agencies (e.g. police, fire and health services).

The BCRNP area covers the 3 wards of Bishopston, Cotham and Redland, which also includes parts of the areas we know as St. Andrew's and Horfield.

BCRNP holds Neighbourhood Forums, ward meetings every 3 months at local venues such as Ashley Down School, Gloucestershire County Cricket Ground and Memorial Ground.

Everybody is welcome to attend these gatherings that both inform you on local issues and projects, and give you access to your local councillors and policing team. The meet-ups are designed to give you a voice in the community and for the council to understand what is important to us. People are actively encouraged to bring their problems and ideas for discussion.

Well-being grants authorised by the BCRNP have enriched our community in the form of funding local activities such as 'Window Wanderland', 'MayFest' on Glos Rd and 'Reveal' Theatre in St Andrew's Park. Money has also been granted to match-fund the purchasing of play equipment at Sefton Park, install a netball hoop in St Andrew's Park and to provide equipment for the new Ashley Down Afterschool Club.

Local charities have received funding to assist their

good work. The Carers Support Centre was enabled to set up a local scheme to match up volunteers prepared to sit with or take out people, helping their carer to have a break. Life Cycle UK received a small amount that enabled them to attract more local volunteers for the cycle refurbishment programme at Horfield Prison and to raise the profile of the organisation.

Grant applications are invited from organisations in the BCRNP area and are assessed by the Well-being panel against the priorities for the NP. The applications must meet certain criteria that will benefit our community.

To discuss your potential application, please email neighbourhood.partnerships@bristol.gov.uk or call 0117-903 6415.

Further grant guidelines and information on Neighbourhood Forums can be found at www.bcrnp.org.uk

I hope to see lots of you at the next Bishopston Neighbourhood Forum meeting on Tuesday 19 May at the Memorial Ground, 7 to 9 pm. Everybody is welcome.

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News from our Bishopston & Redland Councillors



Neighbourhood Partnership Plan - Your Comments Wanted

This month we are hoping to approve our Neighbourhood Partnership Plan at our Neighbourhood meeting on Monday 23 March. The plan describes the work of our partnership and highlights the priority areas where we will be spending time and effort over the coming year. Have a look at the draft on the website here <http://www.bcrnp.org.uk/about-bcr-np/about-bcrnp/bcrnp-priorities/> and please contact your Councillor if you'd like a chance to comment on the plan.

Street scene News

Litter - Great news! The streetscene team now has public liability insurance thanks to the negotiating skills of one of its members. This makes it possible for volunteers to carry out work around our wards. They have been doing lots of litter clearance over February before the vegetation starts growing again, and are working on some novel ideas to encourage people to use bins.

Waste - Please put the number of your house on your bin. You can get bin stickers from local hardware shops. Please report missed waste collections, litter etc to the following e-mail address: customer.services@bristol.gov.uk or use this link to report it directly <http://www.bristol.gov.uk/page/bins-recycling-and-street-cleaning/street-care-and-cleaning>. Daniella is particularly keen to hear of how the waste collection service is performing, now it is in her portfolio.

Tagging - A contractor was used to clear the graffiti off Carphone Warehouse, and some more cleaning work is going to take place using Community Payback. Please report tagging on <https://www.bristol.gov.uk/forms/graffiti-fly-posting#step1>.

Flooding on Station Lane

Station lane lies just beyond our boundary, and we have been working with Councillors from Lockleaze to get the drainage sorted out as it is a key route to Fairfield school. The Council have now done some survey work and will think of a way to improve drainage.

Green Capital News

Get Involved! Any local group that is planning events in the city during 2015, which could benefit from being promoted as part of our European Green Capital year, can apply to register their event in the calendar and use the logo. With thousands of visitors and a lot of interest in the city, some

projects could attract international visitors or groups with a similar interest who want to meet them, and also apply to get volunteer help during the year. Visit <https://www.bristol2015.co.uk>.

Grants - Our NP awarded its £10,000 of local Green Capital Grants at the January meeting of the partnership. This supports various practical projects across the area on nature, energy, gardens and food, and including work by various local groups like Golden Hill Community Garden, Friends of Horfield Common and Bristol Friends of the Earth.

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

A final round for this financial year of the local Well Being Grants – now known as the Neighbourhood Partnership Small Grants – is also underway.

Planning

Lidl Muller Road - There have been some delays to the LiDL Muller Road application.

Gloucestershire County Cricket Club Floodlight Application - The Council Planning Committee agreed to defer the decision on the floodlights in order to explore alternative options. Daniella spoke at the meeting to ask for controls to be put on the use of the floodlights to safeguard the amenity of residents. Both Tim and Daniella support the idea of floodlights and having international cricket in our ward, but we have pressed officers and the committee to ensure that every possible option for decreasing visual disturbance – on match days and throughout the year – is thoroughly considered.

Residents who spoke at the meeting expressed concern about the visual impact of the lights, the light spill and the inadequate planning conditions proposed, resulting in late night matches with associated noise and nuisance. The committee members were concerned by the size of the lights (45m) and their visual impact on the city, as well as residents' concerns.

Parking

Pavement Parking - There have been many complaints about blocked pavements and parking on verges. This can also include trade waste and household bins. Council officers have been asked to

advise on what options there are to deal with this.

RPZ - The Redland and Cotham North Residents' schemes have been in place since early August. There's been a consultation in the zone plus in areas previously suggested for inclusions as a 6 monthly review. This should also deal with issues affecting allotment holders who do not have a permit for the zone where they have an allotment.

Many other streets have been affected, however, on both sides of Gloucester Rd where commuters now park all day. As they were not in the zones approved by Cabinet previously, any new scheme would have to start from square one and any new scheme is unlikely before the next Mayoral elections in May 2016. Residents there will therefore have to make their views known (either way) to the council by e-mail to respark@bristol.gov.uk, or the Neighbourhood Partnership and copy in local councillors if they want to make a case.

Neighbourhood Working

Several local people recently took part in a one-day workshop to discuss neighbourhood working. Many issues were discussed, including how to make the NPs relevant and involving more local people, how to get neighbourhood working more closely tied into the day to day working of the council, and ways of communicating better. Sessions looked at neighbourhood decision making, better information to help volunteers who get involved, and how local and citywide transport decisions affect neighbourhoods and need to take account of local issues like safety and travel choices as well as citywide problems like commuting.

Highways Projects

The January meeting of the NP agreed to implement three local highways projects over the next 3 years (as many as it is allowed to), which effectively means to be delivered by the end of March 2017. This included traffic calming schemes in Cotham, Halsbury Rd/ Cairns Rd and one on Sommerville Road. There is still a budget for minor changes to signs and lines which do not need a complicated scheme.

Happy City Index

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

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

making them better.

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

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

School crossings and speeding cars:

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

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

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

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

Buzz Enterprise Hub in North Bristol has 8 desks and 2 small offices for rent, on an ongoing basis or for shorter periods. Based on Gainsborough Square, Lockleaze, it is close to cycle paths, a short distance from UWE and Filton Abbey Wood train station, and has a bus stop outside offering direct links to the city centre and Southmead Hospital. It's fully furnished and rent includes wifi, tea/coffee and all bills (apart from phone). Advice on getting business support, especially if you're a new business just starting out, is available from the Buzz team. For more information call Buzz on 0117 269 00 06.

Get in touch

Bishopston Ward

Cllr Daniella Radice - Green Party

Tel: 07769131097 / Tel: 0117 353 2034

Daniella.radice@bristol.gov.uk

Cllr Tim Malnick - Green Party

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

Redland Ward

Cllr Fi Hance - Liberal Democrats

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

Cllr Martin Fodor - Green Party

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

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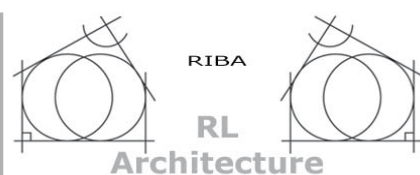
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Colin and Ross are pleased to invite you to join in their 3rd Birthday celebrations, along with the launch of their 3rd level! The grand opening will take place over the weekend of 4-5 April 2015. Go in and see the new-look showroom while enjoying a glass of wine.

After much hard work, the basement level of the flooring business is now fully fitted out to display samples of the quality wood ranges that they carry. The large room is fitted with Bolefloor – the world's first industrial-scale manufactured hardwood flooring with naturally curved lengths that follow a tree's natural growth. The second room is laid with Ted Todd Hardwood flooring, beautifully displaying how



you can create your own unique floor with this product range. Additional, desirable wood ranges on show include Olsen and Woodpecker.

The creation of the third level allows for

the second floor to be dedicated to LVTs – Luxury Vinyl Tiles.

Further Amtico display ranges have been installed; Natural Born Flooring is one of the only outlets in the South West to carry Amtico's signature range. Further sought after LVT ranges include Karndean and Harvey Maria.

Colin and Ross would like to thank their customers for their support over the past 3 years. They look forward to working with many more local people.

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There is customer parking available to the rear of the store, off Sommerville Road.

For a preview of the showroom, search 'Natural Born Flooring' on Google.



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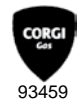


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your plumbing heating and gas work.**
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Community Noticeboard

For free listings contact
kerry@bishopstonmatters.co.uk

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

Call 07881 924059

Bishopston, Horfield and Ashley Down Local History Society

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

17 March 2015
Bristol in the 1930's
Mike Hooper.

bishopstonhistorysociety.wordpress.com



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

March 23, 7.30 pm

Avon Organic Group continues its programme of
'Growing Green'. Growing Salad Greens all year round.
Find out how to grow a variety of interesting salad
leaves – not just lettuce!

£3 Visitors, £1 AOG members Teas etc included -
this is a chance to talk to experienced growers about
your successes and problems.

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

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

Sefton Park School PTA

JUMBLE SALE

Cafe

Sefton Park School
2-4pm, Saturday 7th March
help out

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Sefton Park School - off Williamson Road or Happy Lane

Events at

Cheltenham Road Library,
Bristol, BS6 5QX

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



Baby bounce and rhyme
11-11.30 Wednesdays
(term time only)



Tel: 0117 9038562

Email: cheltenhamrd.library@bristol.gov.uk

www.bristol.gov.uk/libraries

Opening Hours

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

Bring and Buy Bike Sale

at St Bonaventure's School,
Egerton Road. 7th March 1.30-3pm

Clear your shed or come and grab a
bargain – from toddler size to adults.

The Ape Project, Sustrans and
Dr Bike will be there to offer advice
on cycling in Bristol and free health
check on your bike.

£1 Entrance, sellers from 1pm
buyers from 1.30pm

This is intended as a community event
to offer local people the opportunity
to re-cycle bikes, scooter etc.

Redland Green School Car Boot Sale

Get ready, Friends of RGS Car Boot
Sales will be back on...

Saturday 18th April,
16th May, 20th June and
18th July, 1pm-4pm.

In the school car park, (indoors if wet),
at Redland Court Road, BS6 7EH.

Sellers £8 per pitch, book via
forgscarbootsale@hotmail.com or
07968 493013.

Buyer admission 50p. Kids go free.

THE EASTFIELD MARKET, EASTFIELD INN, HENLEAZE RD

Saturday 14 March – 9 am -1 pm

(and every 2nd Saturday of the month thereafter)
A variety of quality stalls selling local produce, meat,
veg, bread, cheese, homemade cakes, pies, preserves
and handmade artisan crafts.

Pub open for beverages and food.

Contact: anniehawksley@blueyonder.co.uk

ANTIQUÉ, VINTAGE AND COLLECTABLES FAIR

Sunday 29 March - 10 am - 4 pm

Ashton Court Mansion, Nr Bristol, BS41 9JN
Step inside this beautiful and historic mansion house
and you will find 40 quality stalls selling antiques,
collectables, vintage fashion vintage and retro items,
antique furniture, fine china and jewellery plus more.
Café open all day for light bites, Teas, coffee, cakes
£2 entry (under 16s free)

Note: Car Park access to Mansion House
via Kennel Lodge Entrance on A369

ACCESSIBLE COACH TRIPS

Lin's Leisure Trips is a not for profit Community
Interest Company which offers leisure outings for
both able bodied and disabled people. A wheelchair
accessible coach will be provided if required and will
pick people up from central locations in or around
Bath and Bristol and surrounding areas requested.

For details of any of the listed trips please contact
us on 0117 9372 364 or e-mail Linb777@outlook.com.
If you are interested in going to a destination
that is not listed, please ask.

SAT 28 FEB - CLARKS VILLAGE – leave 9 am
return 3 pm - £18 (£14 Conc) Age 17 or under £9.

**TUES 3 MARCH - FARMS SHOP,
FARRINGTON GUERNEY** – leave 9 am return 2 pm
- £18 (£16 Conc) Age 17 or under £12.

SAT 7 MARCH - SLIMBRIDGE – leave 9 am return 3
pm - £27 (£24 Conc) Age 17 or under £17,
price includes entrance fee.

TUES 10 MARCH - OAKHAM TREASURES –
leave 9 am return 3 pm - £20 (£18 Conc)
Age 17 or under £14

THURS 12 MARCH - NOAH'S ARK ZOO FARM –
leave 9 am return 3 pm - £28 (£25 Conc) Age 17 or
under £18, price includes entrance fee.

SAT 21 MARCH - BURNHAM-ON-SEA – leave 9 am
return 3 pm - £17 (£14 Conc) Age 17 or under £9.

FRI 27 MARCH - RADSTOCK MUSEUM –
18 (£15 Conc) Age 17 or under £10,
price includes entrance fee.

* If you cancel once a coach or minibus has been booked
your money can only be returned if your seat reservation
is resold. Coach may be cancelled if less than half full.

We are the Bristol U3A –

An organisation of lively and interesting people
who run all sorts of groups for enjoyment,
friendship and learning.

If you are no longer in full-time work, we offer
a wide range of over 100 different activities,
including art, computing, languages, music,
walking, and science.

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.

Don't stay at home, come and join the Bristol U3A!



Community Matters cont...



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

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

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



Local, affordable Art group. The Art group meet for 6-week sessions at the Quaker Meeting House, 300 Gloucester Road, from 1 - 3 pm, on a Tuesday afternoon. It costs £25 for 6 weeks and that includes refreshments and personal tuition. The dates for 2015 are February 3 and 24, March 3 and 24, April 14 and 21. All enquiries to Pauline Duce at paulineduce@gmail.com or Tel: 01454 613 828.

Fancy joining a mixed sport? Korfball is a non-contact sport from the same family as handball, with some similarities to Basketball and Netball and is the only truly mixed sport, with 4 boys and 4 girls playing side by side. Horfield Korfball club trains twice a week at The City Academy, Redfield on Mondays, 8.30 - 9.30 pm and Horfield Leisure Centre on Wednesdays, 9 - 10.30 pm. They also play games at weekends in a South West league and participate in outdoor tournaments in the summer. They are looking for new players to join their growing club and the first month's training sessions are free if you wish to try it out! They are also a very sociable club and arrange regular events during the year. For more information visit www.horfieldkorfball.org.

Sing-A-Long At The Grace - Everybody is invited to join in on the first Sunday of every month starting on Sunday 1 March at the Grace 197 Gloucester Road, BS7 8BG. Guided by the fabulous Joanna Swan and Nick Pullin, have fun singing your heart out with a mixture of old and new classic songs ranging from The Everly Brothers to Radiohead, Cole Porter to The Beatles, Tennessee Ernie Ford to T.Rex - (to name but a few). Joanna is always adorned in her own hand-made jewellery and her flamboyant, colourful, earrings can be found up the road in Room 212.

Stoke Lodge History and Archaeology Group Meet on the second Thursday of every month at the Friends Meeting House in Hampton Road, Redland, BS6 6JE. They host a rich diversity of lectures. The next meetings are -12 March, 7 pm - AGM and 'From Incarceration to Caring - The History of Manor Park Hospital' by John Bartlett and 9 April, 7.30 pm - 'Missing, Presumed Emigrated - Children sent to Canada (1870-1912)' by Shirley Hodgson.

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

More Reading Buddies Wanted! Would you enjoy offering reading and language support to children for whom English is a second language? Can you help them improve their reading ability, benefiting both them as individuals and the wider class? Can you commit to giving one hour of reading time a week in term-time? We are working with eleven schools in the Southmead, Brentry and Horfield areas. Training is offered, and your enhanced DBS check is paid for by Bristol City Council. You would read with the same children each week and be part of a growing group of over 100 volunteers. For more information please contact Paul Harrod, at paul.harrod@gmail.com.

Crohn's and Colitis UK Avon & North Somerset Group - Have social events for people with IBD on the following dates - 7 March, 9 May, 8 August, 14 November 2015 at Coffee #1 Fishponds and on 17 June and 16 September 2015 at the Watershed all at 7.30 pm.

They are currently looking for prizes for the tombola that they will be running on their stall at the Harbour Festival 17 - 19 July 2015.

If anybody would like to get in contact about the above items or anything else they can either phone on 0845 434 8513 or email on ans@groups.crohnsandcolitis.org.uk.

Redland wind band will perform its spring concert this year at a new venue, in the Tyndale Hall at

Westbury-on-Trym Baptist Church. An exciting and varied evening of wind band music will include pieces from the stage, screen and the classical repertoire.

The band was formed nearly 20 years ago and plays under the baton of Steve Ellis. This local ensemble of about 45 musicians performs regularly throughout the region and over the last few years has played concert tours in Hungary and Austria. For further information visit www.redlandwindband.co.uk. The Spring Concert takes place on Saturday 18 April 7.30 pm at Westbury-on-Trym Baptist Church, Reedley Road, Bristol BS9 3TD. Tickets £8 (14 and under free). Please email: redlandwindband@gmail.com or you can purchase them on the door.

Good use for used stamps - Volunteers working at Horfield Baptist Church's community café on Gloucester Road are keen to receive your used postage stamps.

Any donated stamps will help raise money for Baptist Missionary Society (BMS) - working on four continents to support development, disaster relief, education, health services and church communities.

Used postage stamps - with at least 5 mm or quarter of an inch of paper around them, can be dropped into the church's Fresh Ground Café, 279 Gloucester Road, BS7 8NY, from 10 am to 2 pm Mondays to Fridays. Volunteers working at the community café will be happy to accept them.

Horfield Baptist Church is actively involved in supporting the BMS Gulu Project in northern Uganda. The project is about rebuilding communities after civil war, establishing people's land rights and legal title, agricultural improvements and church development.

Adrian Brown, from the church, said: "Any used stamps we receive will make a big difference and we'll be grateful to anyone who brings them in. We also hope it'll mean more people finding out about what our community café has to offer."

More details on the church's website at www.horfieldbaptist.net.



Bristol St Andrew Bowls Club News

The new outdoor bowls season starts in early April and we would like to invite anyone from the Bishopston area and beyond to our Open Day on Sunday 12 April from 2 pm.

Free coaching will be on offer and refreshments available. New or experienced bowlers, including under 18s welcome. We play league matches in the B & D and North East Bristol leagues and enter a large number of external cup competitions during the season (including internal competitions). We also have a good selection of friendly matches which are ideal for any couples wishing to join.

The membership fees are £80 Men and £40 Women and a special rate for any junior members. A number of social events are being planned throughout the summer and winter on Saturday evenings, associate club membership is £10.

We welcome new sponsors this year, The Co-Operative Funeralcare, Richardson's Will's, Able Waste Skip Hire and Waste Management, Great Western Brewery, J & C Bowls and BS1 Electronic Security.

If you are looking for venue hire for a function, we can offer this at a good rate, locally we support Friends of St Andrews Park and Gloucester Rd Women's Institute using our club room regularly.

For more information please contact us via one of the following options:

Web: www.bristolstandrewsbowlingclub.co.uk
E: bristolstandrewsbowlingclub@hotmail.co.uk
Tel: Club Secretary: 07505 107260

Golden Hill - Cleaner required

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

Wimbledon Road.

4 hours per week -

2 hours Mon, 2 hours Wed

Can be done in school hours.

£7.50 per hour.

Please contact -

sue.watchurst@goldenhillsports.com

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