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Celebrate Mayfest
on Glos Rd Central
Saturday 2 May!

Matters

issue 86, May 2015



Read more on page 30 inside



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Dear Readers...

I hope this good weather is putting you in the party mood! I look forward to seeing many of you joining in the Bishopston Cotham and Redland 'Community Festival' that takes place during the first week of May.

The Golden Hill Community Garden, along with The Friends of Horfield Common and St Andrew's Park, all have fabulous activities lined up for you throughout the festival, so please do go along and support them. See the full line up on the centre pages.

The festival kicks off with the fabulous Glos Rd Central's 'Mayfest'! As the front page cover illustrates, much merriment was had on the day last year. See from page 30.

I had the pleasure of attending a local 'Sporting Memories' session held at the Bristol County Ground this month. Read more about these free, reminiscence sessions open to all with a passion for sport on page 11.

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

Bishopston Matters, PO Box 337, Bristol, BS9 4WT Tel: 07881 924 059 / 0117 349 4483 @bishmatters

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For those I haven't yet seen, a huge thank you to all you generous readers and local businesses that supported our first MS charity quiz. The evening was packed full of fun and community spirit, amongst the laughs and good food, a great amount of money was raised for the Bristol MS Society. Share in the evening on page 55.

The Bishopston Walking Map Project launches mid-May outside Room 212. Find out more about this local project on page 5.

I recently enjoyed a cuppa and delicious cake (all fair trade) at the new 'Higher Ground', set within the Salvation Army shop on the Prom, find out more on page 4.

There are many more articles on community groups and our amazing local businesses throughout that I hope you enjoy!

Kerry X

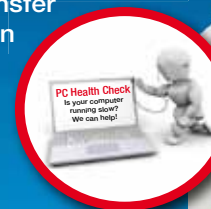


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'Higher Ground Cafe' – new to the Prom Salvation Army

Always pleased to stop for tea and cake! This month it was lovely to visit the new Higher Ground Cafe situated with the Salvation Army charity shop on the Prom. Whilst munching my way through a slice of delicious coffee and walnut cake, I chatted to assistant manager Leah, who has been with the charity for 13 years and was honoured to cut the ribbon when the Gloucester Road venue opened. She explained that their wide range of coffees, speciality teas, snacks and cakes (provided by award winning Cake further up Gloucester Road) are fair trade. Take-away is available and all the quality products are very reasonably priced – tea and coffee starts at just £1. Please visit this new local cafe soon.

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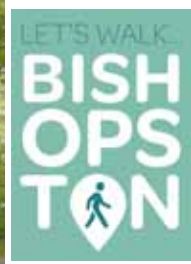
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Donkey Lane (Deadmans Lane) that goes from Kings Drive to Longmead Avenue



Let's Walk Bishopston

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

The Let's Walk Bishopston project was instigated by Daniella Radice, local Green Councillor and Liz Kew, head of Street Scene for our area, who drew together a team of Bishopston residents, all passionate about creating an easy to use walking map of our area. They successfully acquired funding for the project from the BCR Neighbourhood Partnership and then set about talking to residents and walking the area in order to map out the routes. Local design agency, The Way Design, headed by India Rabey (already known for her illustrations of the Gloucester Rd WI cookbook) has created the map, which includes symbols and guides to useful aspects such as gradients, location of benches, public toilets and bus stops. The main aim of the map is to encourage people to get out and about on foot by suggesting useful walks around the area, linking up local services and green spaces.

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

The map will be launched outside Room 212 on Saturday 16 May from 10 am to 4 pm.

Please come along, take a free copy of the map and try out a route. A Let's Walk Bishopston facebook page and twitter account has been



Top of Egerton Lane



Stoney Lane



set up so do use them to post images from the walks and let us know what you spot on your way. www.facebook.com/pages/Lets-Walk-Bishopston twitter.com/WalkBishopston.

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Golden Hill Community Garden May Spring Fair!

Hi everyone,

It's May so that can only mean one thing...

Come and join us for our **Big Spring Fair on Saturday 9 May 1-4 pm**; and this year we're going bigger and better than ever as it's the launch of The Bishopston Bale House. We've reached the final phase of our beautiful straw bale building. It's off grid, it couldn't be any greener if we tried and it's ready for you to come and see. We'll then be using it to keep cosy in winter and cool in summer and hiring it out for folks who'd like to have their meeting, workshop, or (well behaved) event somewhere a little unusual and totally eco! Get in touch to find out more.

To celebrate, we've gotten hold of Pip the Human jukebox who'll be inside playing requests on the day (anything from Doctor Dre to Joni Mitchell!), as well as Pigsty Morris, live brass and choir music and the always fab Trevor! We'll have free fun kids' activities, facepainting, pond dipping and well as pizzas from the clay frog, loads of delicious cakes, tool sharpening, tours, talks, tadpoles and tea!!

And the volunteers have been busy planting HUNDREDS of seeds so we'll have loads of healthy and happy veg plants, flowers and herbs ready for the plant sale.

So come one, come all and bring everyone you know to welcome the Bishopston Bale House to Bishopston and eat pizza and cake, and listen to the sounds of music and laughter filling our beautiful garden.

Also, please get in touch if you've got a spare hour and could help on the day!

See you in the garden!

Lucy Mitchell Community Project Worker

For more info - 07506 905 394

www.thegoldenhillcommunitygarden.com



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

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



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

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

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

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



Bristol's Number 1 Parenting Community Hub

BABS – Boobs and Bottle Support: From April, KudaCan will be host to a new inclusive group for mums to gather, be supported and share experiences, regardless of their infant feeding choices.

BABS is about offering a non-judgmental space for mums to get support whether they are breast-feeding, bottle-feeding or combination feeding. Each has its own challenges. Then when solid food is brought into the mix, that introduces a whole other dimension of challenges.

KudaCan owner, Pegah Esmalili is a trained Breast-feeding Peer Support Worker, and having experience with both bottle and breast-feeding, is passionate about building a strong group that supports every feeding choice.

The group will be run by trained Breast-feeding Peer Support Workers, and as with all community groups that meet at KudaCan, entry is just £1 per family. Full details are available on the KudaCan website.

The growing KudaFamily: The launch of the Positive Feeding Movement is one of the many ways KudaCan has responded to their customer needs. Pegah 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."

Also from community feedback, KudaClub - offering breakfast, after school and holiday clubs for school-aged children, has been very well received. The venue is Ofsted registered with a dedicated team of staff. 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. 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. Open 7 days: Mon-Sat 9.30-5 pm & Sun 10-4 pm.



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The Bishopston Society is a local organisation of residents volunteering time, energy and skills to preserve and enhance the character and amenities of Bishopston. It provides a framework and a collective voice for members who care about their neighbourhood, its amenities and atmosphere. Not least, we annually elect a representative to the Neighbourhood Partnership who participates in prioritising local projects and allocating funds for them.

We monitor and comment on planning applications, suggesting amendments to sub-standard designs or objecting to over-intensive development – a current trend in Bishopston, already highly developed and densely populated.

We also monitor and comment on an apparently limitless succession of license applications to sell alcohol, despite Bishopston's designation as a 'Cumulative Impact Area', which Bristol City Council (and Avon and Somerset Constabulary) intended as a policy brake on the proliferation of licensed premises.

The Society has provided interesting and high-profile speakers at our public meetings: George Ferguson presenting his Vision for Bristol in March 2013; Clive Stevens, the Bristol Tree Champion, setting out possibilities for improving tree-cover in Bishopston and in the city generally; and at our AGM in 2014, a Green Space in Bishopston evening, where we learned about the Golden Hill Community Garden, Horfield Organic Orchard and developments from the Chair of Friends of Horfield Common. At our latest Public Meeting at the end of March, Barra Mac Ruairi, Strategic Director

for Place at Bristol City Council talked about the infrastructure changes he hopes to bring about; Liz Kew joined by Rob Umphray, Chair of Bishopston, Cotham and Redland Streetscene Group, told us about the work they were doing; and Daniella Radice updated us on the Walking Map Project. Martin Foder was also able to tell us about progress on the Bristol Baths/Library project. A full report of the meeting can be seen on our website www.bishopstonsociety.org.uk.

However, we are continuing in our search for local residents who feel they have a little time to give to the society – our current Chair and our Secretary are stepping down after a number of years in the post at the AGM in September so we are currently looking for new committee members. If you feel you would like to join the committee, please get in touch with us via our website. Or, if you would like to join the Society and find out more, get in touch via the website.

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Sporting Memories

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- 5 May Meeting at the Memorial Stadium
- 12 May Pirate Bay Adventure Golf
- 19 May Meeting at the Memorial Stadium
- 2 June Oldbury Court Estate
- 9 June The Lamplighters, Shirehampton & River Avon
- 16 June Meeting at the Memorial Stadium
- 23 June Ashton Court Disc Golf
- 30 June Meeting at the Memorial Stadium

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

A Taste of Persia

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

New Beginnings – a labour of love

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

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

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

Delicious Persian Dishes

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

Their tagine dishes and



www.tasteofpersia.kitchen



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

**Persia, 429 Gloucester Rd
BS7 8TZ. T: 0117 909 4433**

Farhad : 07789 997199

Rosa : 07912984998

Facebook - persiacafeandrestaurant



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



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

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

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



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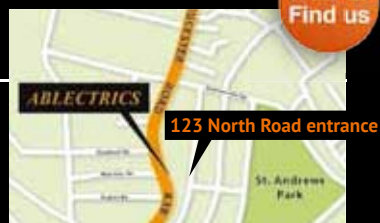
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Our shop refit will be taking place between 5th - 16th May 2015 (Open as usual from Monday 18th), we will be completely rejuvenating the shop, making it much better for our valued customers to come and get everything they need. The front of the shop will be closed, but we will still be **open via our entrance at 123 North Road**, at the back of the shop.

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SMARTFIXTECHNOLOGY

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

THE TEAM

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

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

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

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

MOBILE PHONE, TABLET AND LAPTOP REPAIRS

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

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

MOBILE PHONES & ACCESSORIES

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



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

GOLD PLATING

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

IT SERVICES ON SITE

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

GET IN TOUCH

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

SMARTFIXTECHNOLOGY

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smartfix-technology.co.uk

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

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

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

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

Rupert himself has one of his prints being featured at the station.

Another interesting project the Stokes Croft business has just completed, is work for Microslide Art.

Richard Courtiour came to Niche with a wide range of images he had taken of antique microscope slides. 'Beyond the reach of the human eye, Microslide Art brings a new fascinating glimpse of nature'. They were pleased to assist Richard by printing and framing the stunning images for exhibition on textured fine art paper. Niche carefully cello wrapped each individual print for their print racks at the show. On the recommendation of Niche, all the pieces have a stylish embossed stamp (created specifically for Microslide Art); this detail further illustrates the quality of the work.

If you would like assistance with having your artwork scanned, printed or framed, without a doubt - Niche is the place to go.

*All images displayed will
feature at Temple Meads*



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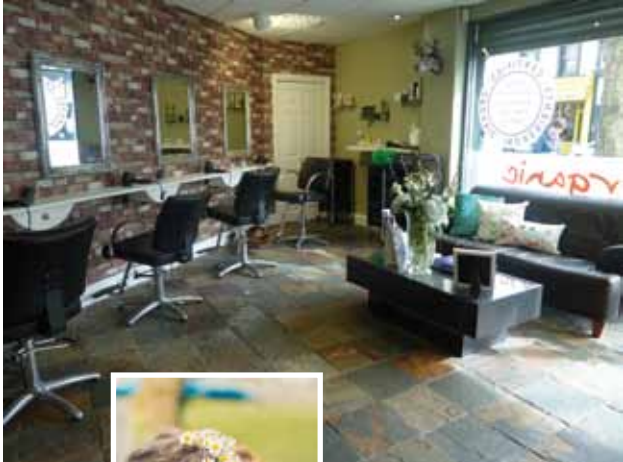
News from... the green room

Looking beautiful for Summer -

With summer fast approaching, now is the perfect time to start thinking about seasonal highlights and cuts to ensure your hair is looking healthy and amazing for the summer!

Wedding Season - We are now entering the wedding season and the team would like to remind you they offer full wedding hair and make-up packages. It is two years this month that the local salon did a fantastic job with myself and brides maids. Starting the day with champagne and these friendly, local stylists was just perfect. I would highly recommend any prospective bride to get in touch with this talented team.

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.



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Music Matters to Graham Sothcott

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

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

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

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

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

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

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

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

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

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



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Putting the customer first –

Why clients get More from Moore Homes



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

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

I have worked in the estate agency business for a number of years.

I quickly worked my way up from sales negotiator, lister to branch manager. This valuable experience has equipped me with a full understanding of the industry.

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

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

Why an online Estate Agency?

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

How have you put together your team?

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

What service can people expect?

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

marketing your home to its full potential.

How is Moore Homes different from its competitors?

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

No up – front costs –

many agents will try to convince you to purchase extra 'marketing packages' – these are up-front costs which lock you in with that agent, which doesn't guarantee a sale. We can offer many of these features within our competitive fee structure.

Open 7 days a week – no other high street agent offers this.

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

Customer service – With the reduced fee, does not come a reduced service.

We look forward to working with many of you soon.

Get in touch - Tel: 0117 9593494

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www.moorehomesbristol.co.uk

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Pleased to welcome BIBLOS on the Hill

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

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

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

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

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

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

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

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



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

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



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

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

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

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

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Bristol Parkhiv

The University of the West of England's Arts, Creative Industries and Education faculty is working with volunteers from Bristol Parks Forum on a city-wide public engagement project as part of Bristol Green Capital 2015.

Bristol Parkhiv is a collaborative exchange project between UWE Bristol and the Bristol Parks Forum (BPF), the umbrella organisation for Bristol's network of community and volunteer-led parks groups.

The project aims to highlight and support the work of Bristol parks volunteers, increasing their skills and capacity to innovate. It links up volunteers, the University and its students with live projects around parks and green spaces in Bristol to help improve and safeguard these 'green lungs' for the future.

Sam Thomson, Director of Civic and Cultural Engagement at UWE (and Chair of the Friends of Horfield Common) told me,

"Parks and green spaces are crucial for good health and wellbeing, and provide multiple social, economic and environmental benefits."

More than 83% of Bristol residents use their local park - meaning that Bristol's parks are the most used leisure facility in the city - and hundreds of Bristol residents volunteer their time to be involved in, fundraise for and manage improvements to their local parks.

But funding for parks is not statutory, meaning that nationwide - including across Bristol - parks are facing an uncertain future."

Bristol Parkhiv will run throughout European Green Capital Year 2015, and aims to explore how UWE and BPF can work together effectively and sustainably to improve parks and green spaces across the city in 2015 and beyond.

In 2015, Bristol Parkhiv will create:

- A new digital photographic archive celebrating all of Bristol's parks and green spaces in our European Green Capital Year, 2015. All residents and visitors are invited to contribute photographs to the archive - whether they visit only once during the year, or use their local park every day.

- A new App making all of Bristol's parks and green spaces (and the facilities they offer) easy to find - including travel information, links to events and activities and information about facilities.
- A series of 'showcase projects' which demonstrate how UWE staff and students from subject areas across the University can collaborate with Bristol Parks Forum members to achieve improved civic outcomes. This will develop a series of case-studies which can be used by other parks groups in the city and will also test approaches and examples of the ways in which we can continue to work together sustainably post-2015.

Bristol Parkhiv will also deliver a programme of skills development activities for Bristol Parks Forum volunteers. These skills include training in activities and event organisation, fundraising, app and website development, the creation of new wildlife walks and trails, promotion and marketing enhancement using social media. This training will be delivered by UWE Learning and Teaching Fellows, Academic and Technical Staff, masters and undergraduate students -all of whom are volunteering to share their skills and contribute to the work being undertaken by volunteers in Bristol's parks and green spaces.

In addition the project will also include an extensive programme of UWE student volunteering which aims to enable students to develop their skills and experience whilst supporting community-based and voluntary organisations to achieve improvements to parks and local areas across the city.

Find out how your local park can benefit at

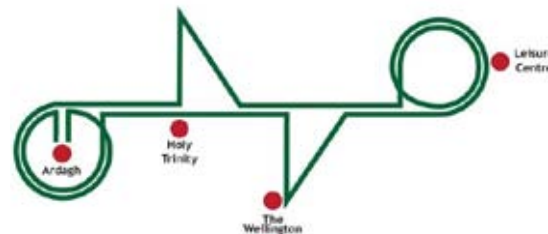
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"Parks and green spaces are crucial for good health and wellbeing, and provide multiple social, economic and environmental benefits."

Sam Thomson

FOHC Walking/Running Map & Cafe Launch event! Saturday 9 May



Horfield Common Walking / Running Routes: Launch and Sponsored Walk

If you are involved in or run a local community group, you are invited to join the Friends of Horfield Common to raise some funds, by taking part in their sponsored walk. It would be wonderful to have lots of local organisations joining together to celebrate the launch of the new Horfield Common 5k (including 500m and 1k) Walk/Run routes. The Ardagh Toddlers are already geared up to take part in a competitive toddle!

Find out more and register your local group via - www.friendsofhorfieldcommon.com

The sponsored walks will get underway at 9 am to be back in time for the opening of the new Ardagh Cafe!

New Pop Up Cafe at the Ardagh - whoop!

After a huge amount of work from many members of the FOHC, the team are delighted to invite you come along to the launch of their new cafe, within the grounds of the Ardagh. Those taking part in the sponsored walk can return to some delicious, well-earned refreshments! The kettle will be on from 10 am on Saturday 9 May. See you there!



Successful grant applications to benefit projects on the common - Incredible Edible & Wildlife Pond

FOHC were delighted to receive confirmation that two of their recent funding applications to the Bishopston, Cotham and Redland Neighbourhood Partnership have been successful!

Funding has been granted to install a new pond-dipping platform and two simple wooden steps, which will make the pond much more accessible for everyone. And funding to enable the Horfield Common Edible Garden project to pay for a tool storage shed and plants/consumables has also been passed. This will enable the volunteers working on it to make great progress this year!

If you would like to join the Incredible Edible team, everybody is welcomed to get involved. Forthcoming work parties will take place on the following Sundays - 17 May, 28 June, 19 July and 16 August. Keep up to date with the group's progress via their Facebook page - www.facebook.com/groups/1414077972229750/

Ardagh set to hit the Silver Screen!

Many of you may have noticed the huge film trucks parked on our common recently. Filming of the comedy heist Golden Years has been taking place, with many of the Ardagh bowling club featuring as extras! Nick Knowles (of DIY SOS fame) and Jeremy Sheldon wrote the script, which involves a retired couple forced into a life of crime after they fall victim to the pensions crisis. The film stars Bernard Hill and Virginia McKenna and is directed by John Miller. Bishopston Matters looks forward to bringing you more on this exciting activity in future issues.

For an account of the Memories of Horfield Common event, please see page 48.

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Summer has arrived at **tigerlily**

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

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

I asked Marj for a hot style tip for the coming months?



tigerlilyshop.co.uk



Her recommendation was – Metallic Body Art. These nontoxic, waterproof designs make for the perfect summer accessories and are available now.

Whilst I was in the shop I was pleased to hear all of the following comments; the first from a lady who had chosen a stunning summer dress, "It is beautifully made in good quality fabric – I just have to have it". The next came from a customer selecting a special piece of jewellery, "This is a gorgeous shop, with so many beautiful things". Another lady left with a huge smile on her face after trying on a printed, well cut skirt, she appeared out of the changing room simply saying, "I love it!". For me there is no better indication that a business has got it right, as to when you witness happy customers freely offering praise. Discover this local delight for yourself soon.

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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?

A wide variety! Current clients include some care homes, hotel groups, cake makers and marketing firms. Getting to know the business is a key part of our service.

How are you able to be competitively priced?

We are not set up as a traditional law firm and so have more flexibility in our pricing structure.

Does this mean that you are not "policed" in the same way as those law firms by people such as the Law Society?

We are "policed" in a different way. Rather than being regulated by the Law Society, we are regulated by the Ministry of Justice. Barristers are also subject to their own professional rules and regulations by the Bar Standards Board.

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?

We are able to provide the complete end-to-end service combining telephone support, training, carrying out internal investigations and disciplinary hearings and if necessary going right the way through to tribunal representation. We also don't tie firms into long contracts, as we are confident that people will want to stay with us.

That is confident. Do you offer any kind of taster for your services?

We are happy to provide a free 30-day no-obligation trial. 24-hour telephone support and any letters that need drafting. We are keen for our clients to sample our excellent service - we take care of their legal concerns allowing them to concentrate on running their business.

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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Sloping Gardens

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

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

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



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

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

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

Ali

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Focus on Glos Rd Central

Local shops, businesses and other community groups around the central part of Gloucester Road are working together to promote the area in which they work and live. They chose the name Glos Rd Central to reflect their place, both as a hub for the community, and as a part of this much-loved street of independent and vibrant businesses.

Their Christmas fair was a great success at the end of last year, and now the excitement is building, as they head towards their second Mayfest. The big event takes place on Saturday 2 May, 10 am to 5 pm.

Mayfest will tie in with 'Our Neighbourhood Community Festival' run by the Neighbourhood Partnership and BCC council during the first week of May (further details on page 41). Bishopston Matters is delighted to be sponsoring the festival, and looks forward to meeting with many local people over the course of the week.

The many Mayfest events will culminate with the arrival of the Jack on the Green at 3.45 pm. This year you will be able to enjoy the Jack in the Green procession and joyous dancing on the first section



of Bishop Road, which will be closed, to safely host the merriment.

Traders will lay on a day of activities leading up to Jack's arrival (see page 36). There will be biscuit decorating with Joe's Bakery, a T-shirt competition with Xpress Printing, May Fair crown making outside of Moodles and needle felting around Room 212.

It will be great to welcome back the much-loved Billie-Jean, who will be holding their Cashmere event on the forecourt of Bristol Furniture Works.

Bishopston Fish Bar will be offering some free mini chips or lollipops to some of the children on the day.



It will be the ideal time to try out their lovely new table and chairs that have been provided for their

customers to enjoy this Spring.

The local fish shop recently received its 8th Award in less than 5 years of trading. Owner Nick told me that the recognition makes all the hard work worthwhile for himself and his excellent team.

Choirs and musicians such as the Bishop Road and Ashley Down Community Choir will be performing and Mr Gotalot – a puppet shopkeeper – will be popping up to entertain the crowds. There will be tea and cake, burgers and Italian sausage stands.

The Friends of Horfield Common and the Golden Hill Community allotments will be joining in, along with larger organisations such as Sus Trans, the Bristol Pound, Your Street Gift Cards and Lifecycle (see page 40).

Avon Wildlife Trust will be launching the *My Wild*

City campaign at Mayfest. Based outside Bristol Tools, they will be giving out wildflower plugs, seeds and information. Residents are being asked to help transform their gardens and open spaces to attract wildlife right up to our doorsteps. This is a Bristol wide campaign, tying in with Green Capital Find. Find out more <http://www.avonwildlifetrust.org.uk/mywildcity>

You can also have a peep down Bishop Lane to catch up on the progress of 212 Straw House, the straw bale building being constructed to the rear of Room 212. Keeping it local and thinking eco all ties in with Bristol being the Green Capital for Europe 2015.

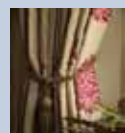
► *Mayfest text continues on page 36.*

Billie-Jean Cashmere Event

Glos Rd Central **Mayfest** Saturday 2 May
on forecourt of

Bristol Furniture Works

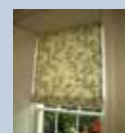
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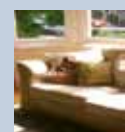
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Bigger and more Beautiful than ever!

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

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

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

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

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

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

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

IPL (Intense Pulsed Light) Hair removal

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

Dermalogica Treatment Room & Skin Bar

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

Body Treatment Wraps

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

Full body scrubs to rejuvenate your skin will also be available soon.

New chill out area

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

A gorgeous new space

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

Treatments for two

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

Keeping it local

Lucy believes in keeping it local, and has been very pleased with the work of Kellaway Avenue-based, Bespoke Builders. She is very extremely happy with what they have delivered.

Exciting Times!

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

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



Jordon Monk



Tanya Inocco

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

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

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

**267-269 Gloucester Road,
Bishopston BS7 8NY**

www.iconbeauty.net • 0117 924 5566

**Open late Tuesday - Friday
Saturday 9 am – 4.30 pm**

At time of writing the finishing touches were being made, look out for more pictures of the stunning new rooms next issue.



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A Successful 25 years at JOE'S BAKERY

Image courtesy of louisewender.com

Joe's enjoyed another hugely successful Easter, with their much sought after Easter bread, biscuits and hot cross buns flying off the shelves in their thousands! Owners Martin and Jane Hunt love to be busy. 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 their birthday celebrations, Bristol Food Connections and Mayfest!

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. Along with their unfaltering commitment to baking their extensive range of products with love and the best possible ingredients, no short cuts are ever taken.

Win local meals out on Joe's!

During their anniversary week - 25 April to 1 May, a free ticket will be handed out to each customer when they come in to buy their bakery goods. A grand draw will take place during Mayfest, where the following great prizes will be up for grabs



who continue to make their job such a pleasure.

Share your memories of Joe's Bakery

As part of their anniversary celebrations, Joe's invites you to share your memories and photos of the local bakery over the years. They would like to create a display illustrating the history of the shop on their entrance notice boards. Please bring anything you have into the bakery.



Glos Rd Central Mayfest - Sat 2 May

As well as drawing the winning ticket for their free draw. Joe's will once again be immersing themselves in the community celebration, with ginger bread decorating and samples of a selection of their delicious products.

Food Connections Bristol, 1 - 9 May

Joe's looks forward to taking part in the Bristol Food Connections trail again this year. The event is a unique, citywide food festival that celebrates Bristol's diverse food culture and community.

Their featured bread will be 'Tsourekí' - a Greek Easter sweet-bread

traditionally given as a gift to family and friends but now eaten more regularly. It is characterised by two particular ingredients: Mahleb, a spice obtained from the stone of the St Lucie cherry, native to the eastern Mediterranean region; and Mastika, from the Greek island of Chios. Tsourekí (pictured left) is perfect as a coffee/tea-time or breakfast bread.

Bristol Good Food Awards 2015 - Finalists!

Joe's Bakery is delighted to once again be in the final 3 in the Best Local Cakes and Best Local Bakery categories. They would like to thank everybody who voted for them. They have won both these awards over recent years. The 2015 winners will be announced at the award ceremony in June, so watch this space!

Joe's Bakery, 240-242 Glos Road, BS7 8NZ
0117 975 5551 • joesbakery.co.uk



Biscuit decorating with Joe's at Mayfest 14

compliments of Joe's Bakery: a meal for 4 at Zazu's, a meal for 2 at Atomic Burger and a meal for 2 at Loma! Jane and Martin told me this was a way of thanking their loyal customers



Focus on Glos Rd Central cont

► The Glos Rd Central Mayfest promises to be a fantastic day for all the family. For more information, see Glos Rd Central Facebook, Twitter and the new website www.glosrdcentral.co.uk or contact Sarah Thorp at Room 212. www.room212.co.uk.

The free event has been organised to give something back to local people who support our fantastic high street and to celebrate the wealth of wonderful independent shops that live upon it.

Timings detailed below may vary on the day so check Glos Rd Central Facebook and Twitter for details.

Live Music timings - On Bishop Road

(closed section from Glos Rd – Bishop Lane)

- 10.30 am Ashley Down Community choir
- 1.30 pm Bishop Rd Community choir
- 2.30 pm Bristol Folk Choir
- 3.45 pm Arrival of Jack in the Green

Cake will be serving tea and cake on Bishop Road from 10 am - 5.30 pm

Outside Room 212 – 2.30 – 5.30 pm

Grupo Ritmo a Latin, Jazz, Calypso, Salsa mix. Special guests will feature from midday.

Outside Discountants – 11 am to 2.30 pm

Mr Gotalot's Fancy Dress Photo Booth

Throughout the day!

Free balloons and lollies with Bishopston Matters.

Get crafty with nature outside Room 212 and Marialina.

Uncanny Creations needle felting outside Fig.

Crown making outside Moodles.

Face painting – various places.

Biscuit decorating outside Joe's Bakery.

Design a T-shirt outside Xpress Printing.

Avon Wildlife Trust wild flower give away outside Bristol Tools.

Burger Theory at Golden Lion.

Pet goody bags outside Vets for Pets.

Italian Sausage company outside Millards.

BBQ and Pudsey's pickles outside Giles Butcher.

Games outside Area 51.

Back massages outside Osná.

Fun activities at Boston Tea Party.

Market and music at Lashings.

Free chips and lollies for kids at Bishopston Fish Bar.

Also look out for bike powered smoothie maker by Sustrans, Pound swap by Bristol Pound, Bike advice from Lifecycle and stalls by friends of Horfield Common and the Golden Hill Community.

Room 212 exhibition - Scenes of Gloucester Road

In the run up to Glos Rd Central Mayfest, Room 212 will be celebrating its home with an exhibition of paintings, prints and sketches of Gloucester Road.

From the architecturally precise ink drawings by Tim Foster to the minimalist lines of India Rabey (used for the Gloucester Rd WI cook book) and the brightly cheerful paintings by Jenny Urquhart. Jenny's paintings will be even more popular now that her Shaun the Sheep design is being put up at Paddington Station! Room 212 has even specially commissioned Gloucester Road and Glos Rd Central mugs by PRSC.

Room 212 owner Sarah Thorp wishes to join Bishopston Matters raising money for the Bristol MS Society and so will be offering prints by Tim Foster, India Rabey and Jenny Urquhart in a prize draw. Tickets are available for a £1 donation at Room 212 and on the Bishopston Matters stand at the Glos Rd Central Mayfest on 2 May. The prize draw will take place on 16 May when the Bishopston Walking Map, organised by councillor Daniella Radice, will be launched outside Room 212.

Sat 2nd May
10am - 5pm
MAYFEST 2015

GLOS RD CENTRAL

STREET PARTY

Get connected & join in the fun, it's FREE, all welcome

- Jack In The Green (at 3.30pm)
- Live Music
- May Crown Making
- Face Painting
- Creative Activities
- Pavement Art
- Bristol Pound Swap
- Bike Power
- Food & Drink
- Pop Up Gardens
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Where? Glos Rd Central (Top of Pigsty Hill and onwards)

www.glosrdcentral.co.uk
twitter.com/glosrdcentral
facebook.com/GlosRdCentral

designed & printed by Liam www.xpress.com.au

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www.bishopstonfishbar.co.uk

Moodles

Moodles is delighted to be in its second year of trading on Glos Rd Central.

Owner Sarah Ubi continues to cherry pick the best of British children's wear and gifts. Her shop is filled with beautiful items both in design and quality.

Sarah is pleased to support fellow local mums by selling ranges of their hand-made items.



Many of the fabulous garments are hand-made in wonderful fabrics by Sarah herself. She told me that her mother made all of their clothes and her grandmother before that. Sarah takes great joy creating garments in the shop, on her grandmother's sewing machine.

One of the favourite parts of Sarah's job, is unpacking the arrival of new ranges. She is delighted to have some exquisite communion dresses, the likes of which you will not find in other high street stores. Each dress is different, from princess to more simple elegant items – whichever you select, they are all beautiful. Moodles also carries accompanying veils and tiaras. Prices range from £60 to £100, a payment plan can be arranged if you wish.

Many local parents have found it extremely handy that Moodles carries school uniform, from tunics to socks. Dresses are 100% cotton.

Sarah would like to thank her loyal customers and she looks forward to welcoming more local people to her lovely shop. You can now also visit -

moodles.biz and click and collect online.

208 Gloucester Road, BS7 8NU

T: 0117 944 5353



Don't forget to mention Bishopston Matters when replying to ads!



Tobacco Factory Debut for Kelvin Players

It is rare that amateur dramatic groups have the opportunity to perform at Tobacco Factory Theatres, so it is a testament to Kelvin Players Theatre

Company that they will be presenting Moliere's classic *Tartuffe* on the Factory Stage this May.

Established in 1929, Kelvin Players' commitment to producing high quality theatre has seen it become one of the largest and most respected non-professional companies in the South West.

Already in 2015, members have won a host of awards at this year's Bristol One Act Drama Festival, and the company premiered new black box facilities at its Gloucester Road studio in February.

Performing at Tobacco Factory Theatres will be another first for Kelvin Players, and *Tartuffe* will become a significant highlight in its rich history. The play is about a wealthy Parisian family cunningly infiltrated by a conman – Tartuffe. His selfish desire for money and power causes chaotic divisions until a plot is devised to reveal his true intentions.

Director Ralf Togneri said: "Tartuffe has been entertaining audiences for 350 years and remains as relevant today. Conmen abound in all areas of life and are part of the human condition. Beware!"

The play will be performed from 12–16 May at



Early rehearsals, with actors Tom Colebrook playing Tartuffe and Nicola Rope playing Elmire

7.30 pm with a Saturday matinee. This is a modern translation by Martin Sellers in association with Nick Hern Books.

Tickets are available from the Tobacco Factory Theatres Box Office, 0117 902 0344 or tobaccofactorytheatres.com/book/ (no transaction charge). Visit kelvinplayers.co.uk to find out more about the company.

See a live rehearsal of Tartuffe as part of the Our Neighbourhood Festival. Visit the Kelvin Players Studio, 253b Gloucester Road between 2 - 4 pm on Saturday 9 May.



Kelvin Players Theatre Company presents by arrangement with Nick Hern Books

At Tobacco Factory Theatres

Tuesday 12 May to Saturday 16 May 8.00 pm

Matinee Saturday 16 May 2.30 pm

Evenings £14 concessions £11 • Matinee £10 concessions £8

To book please contact the box office at Tobacco Factory Theatres on 0117 902 0344 or www.tobaccofactorytheatres.com

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

Massage practitioners from The Relaxation Centre have come together to form a new centre of expertise, following the recent closure of this Bristol Institution. The new massage hub is called Relax and is located at The Family Practice on Gloucester Road.

It offers a wide range of therapeutic treatments, including Holistic, Thai, Aromatherapy, Indian Head massage, Shiatsu, Reflexology, Reiki, Deep Tissue, Sports Massage and Pregnancy Massage.

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

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

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

Steve Mallinson, a massage therapist, adds:

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

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

To book a treatment, call 0117 944 6968.

Find out more at www.thefamilypractice.tv

Or follow the Facebook page -

www.facebook.com/relaxinbristol

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Being quick on the up take, with solid memory and attention to detail. Not being easily offended, open minded, practical, calm and down to earth.

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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. The aim of the celebration 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.

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

Bishopston Matters is delighted to once again be sponsoring the event. There are lots of great activities taking place in our area, view the schedule - to see how you can get involved.

Festival Events

Saturday 2 May – Mayfest, 10 am to 5 pm

Glos Rd Central / Bishop Road. Free community event laid on by Glos Rd Traders offering art, live music, creative workshops, food and drink, biscuit decorating, puppet shows, competitions, bike powered activities, stalls by local and Bristol wide groups. Highlight is the arrival of the Jack in the Green procession at 3.30 pm.

Saturday 2 May – Life Cycle UK's bike sale 10.30 am – 1 pm (Part of Mayfest!)

Looking for a great-value, high-quality bike? Want to start cycling but not sure where to begin? Got an old bike you'd like to donate to a fantastic local cause? Then pop by and visit Life Cycle UK. They will have a selection of great refurbished bikes for sale on the stretch between Longmead Avenue and Cambridge Road. If you're new to cycling or would like any advice about which type of bike to buy, their friendly mechanics will be on hand to help you find the right one for your needs. Prices start from just £80, and all the professionally-checked bikes come with a full 30 day guarantee. If you have a bikes you can donate to the project you can drop it off. www.lifecycleuk.org.uk.

Saturday 2 May – Whiteladies Road Farmers' and Fair Trading Market, 8.30 am – 2 pm

Junction of Whiteladies Road and Apsley Road. The Whiteladies Road Market will have its usual mix of stalls selling local vegetables, bread, cheese, meat, cakes etc. Sustainable Redland will have a special stall to help promote the BCRNP Community Festival as well as to highlight the benefits of shopping locally.

Sunday 3 May, Guided Bird Walk, 10 – 11 am

With the Friends of St Andrew's Park, meet inside the main gate of St Andrew's Park, near the intersection of Effingham Road and Grenville Road. The walk will be lead by local expert Des Bowring.

Monday 4 May – Redland May Fair, 1 – 5 pm

Redland Green, BS6 7HE. The ever-popular free annual community fair. Go along and enjoy a wide range of 100+ stalls, live music, kids' entertainment, refreshments, and much more.

Wednesday 6 May – Baby Bounce & Rhyme, 2.30 – 3.30 pm

Free, regular nursery rhyme singing session for 0-18 months at Cheltenham Road Library.

Wednesday 6 May – Get Creative with Cob, 4 – 6 pm

Room 212, Gloucester Road. Learn about the Straw bale building being built outside Room 212 and have a play with cob – the straw and mud mix used to render the walls. This is a free workshop open to all ages.

Friday 8 May – Free Launchpad class*, 10 – 10.45 am, and Face Painting**, 10 am to 4 pm

KudaCan, 7 Dongola Avenue, BS7 9HG. Free Launchpad taster (*for anyone not who has not tried it before). Launchpad classes are fun, friendly and educational, aimed towards 2-4 year olds. Each 45-minute session has an exciting and practical approach to learning. Free Face Painting (**normal entry fees apply). Go along to KudaCan and use their play café. Friendly staff will be offering free face painting all day!

Saturday 9 May – Launch of Horfield Common's Walking/Running route, 9 am

Horfield Common (next to Ardagh Sports Pavilion) BS7 0XJ. The Friends of Horfield Common, invite everybody to the launch of their new 5k walking and running routes. The event will kick off with a community sponsored walk (this can be 500m, 1 or 5K), 9 am start. Celebration event at the Ardagh from 10 am. The event is free. Community groups are welcome to register prior to the event and to use the launch event as a fundraiser for their own organisation. (Read more on page 25)

Saturday 9 May – The Golden Hill Community Garden Spring Fair, 1 – 4 pm.

Golden Hill Community Garden, Monk Road, BS7 8NE (behind Bishop Road School and Horfield Prison). The site is wheelchair accessible including the loo. Free, just turn up. £1 donation invited. All sorts of live music from Bristol Voices Choir and Bristol's Learner Brass band. There will be a wide range of veg and flower plants for sale, delicious refreshments and cakes. Soup from the garden and pizzas from the clay frog! Enjoy the garden whilst picking up gardening advice. There will also be lots of free kids activities including badge making, pond dipping, art fun, games and face painting!

Saturday 2 May – Kelvin Players live performance, 2 – 4 pm

Kelvin Players Studio, 253b Gloucester Road. The next Kelvin Production 'Tartuffe',



will be held at the Tobacco Factory Theatres main stage. The local theatre group will be rehearsing two scenes from the play. You are welcome to view a live rehearsal with the actors and Director of the next Kelvin Production.



Proud sponsor of Our Neighbourhood Community Festival 2015

Saturday 9 May – Tennis in the Park, 1-3 pm

St Andrew's Park (the bottom path of the park just above Effingham Road). Kings Tennis Club will bring balls and rackets for people to have a go at free tennis in the park!

Sunday 10 May – History Walk, 3 – 4 pm

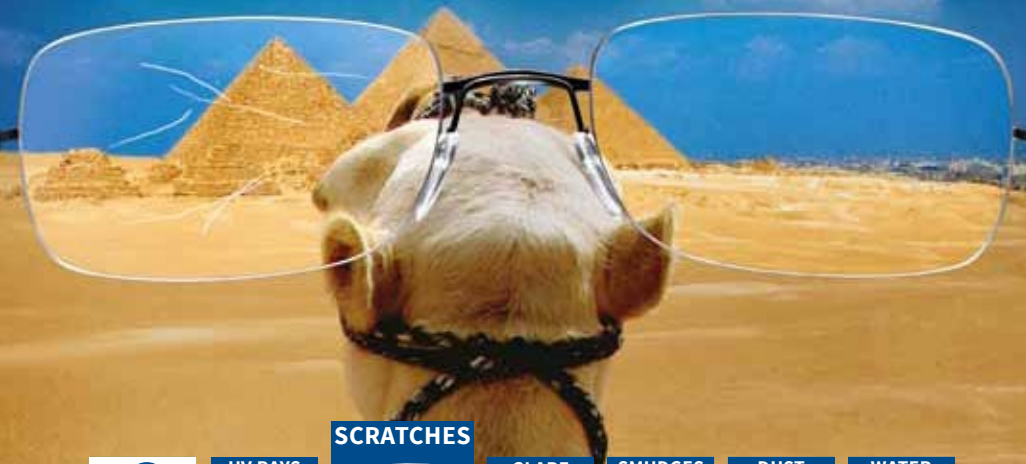
With the Friends of St Andrew's Park, meet inside main gate of St Andrew's Park, near the intersection of Effingham Road and Grenville Road. Enjoy a guided history walk, lead by local expert David Cemlyn.

Sunday 10 May – Bristol Roda de Choro, 7.30 pm

Halo Cafe Bar, 141 Gloucester Road, Bristol BS7 8BA. Join Brejeiro for an informal evening of listening or playing the wonderful Choro music of Brazil. £3 to pay on door.



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Keep it local!



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Independent, Supportive and Fair

I was walking home from tennis with a friend on a Thursday evening, chatting about the election campaign and the various parties. The wonderful thing about the Gloucester Road Independent traders is that we are an eclectic bunch. Although we are all small business owners, I suspect our political affiliations are hugely varied. But we do respect and support each other. I know if I need any community support I can depend on a variety of local businesses such as Tom Murray (Murray's butchers). I asked Dan The Fish (The Fish Shop) about helping out with my cub group and he said yes without hesitation.

One thing we look for from the politicians is a dedication to fairness. I'm very happy to pay corporation tax, income tax and national insurance. I am unhappy that our largest competitors are based overseas or in tax havens. I believe fairness and perception of fairness is vital in encouraging our participation in democracy. As a business we support the Living Wage and follow its principles.

Unbeatable Crizal Offer - Complimentary second pair!

Bringing the focus back to Lynne Fernandes Optometrists, our Crizal lens offer continues for one more month. We're happy to give you a second complimentary pair of spectacle lenses when you buy a complete new pair of glasses. In my view, Crizal coatings are the best available. Please do ask the team why we recommend them over other lenses. 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 prescription lenses and when combined with the fabulous frames we currently have in stock you

can achieve two completely different yet stylish looks.

Annual Optician Awards

By the time this article comes out we will know about Lynne's Optometrist of the Year Award. Yes I'm biased, but



I have worked with many of the country's most qualified, specialised optometrists at Bristol and Manchester Eye Hospitals, I know the leading Independent practice owners, I've worked with the industry expert optometrists, yet I think there is no one who demonstrates the all-round excellence Lynne brings to eye care. Yes I'm very proud of my wife!

Exciting new Website - book online!

Our new website is proving hugely popular. The stand out feature is MySight, a system we have developed with our software provider to allow you to book appointments online 24/7. We will develop this into an app for your phone or tablet that will enable you to have more details about your eye care to hand and even review our service to you. My hope is that our openness with prescriptions, price and the excellent service our team provide will combine to give you increased confidence in trusting us with your eye care and eye wear.

**Book and browse at lynnefernandes.co.uk
or call us on 0117 942 6843.
75 Gloucester Road, BS7 8AS.**

Gerard Fernandes

LynneFernandes
Optometrists



The Royal Voluntary Service (RVS) has been around for over 75 years, but with a brand new hub in Bristol we aim to make a real difference to the lives of older people in the area.

We now have an office in the city centre and a Single Point of Access referral service linked to Bristol Royal Infirmary, which means we can provide a range of services to help older people (over 55) both while they are in hospital and at home.

With concerns in the news about pressures on A&E services locally and the rise in admissions (and delayed discharge), particularly of older people, we believe we can offer some simple solutions; by supporting patients on-ward we can get them home sooner, give them practical assistance when they first go home and then help them live to safely and independently in their own homes for longer. We know from research that this kind of support reduces the numbers of people who will have to be re-admitted to hospital, as well as relieving loneliness and anxiety.

Our trained volunteers can visit patients in hospital, assist them going home via our Home from Hospital service and offer befriending through our Good Neighbours scheme. We also have a new Home Library service, bringing books and a friendly visit to your door.

In order to offer help to as many people as we can across the city we need lots more volunteers, so if you have a few hours to spare every week please think about giving us your time (we provide full training and support). You can do something amazing to change lives here in Bristol.

Of course you can also refer yourself or someone you know to us for help.

Get in touch with us on 0117 204 7540 or email BristolSomersetHub@royalvoluntaryservice.org.uk. You can follow us on Facebook <https://www.facebook.com/RVSBristol> and on Twitter www.twitter.com/RVSBristol

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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 over joyed 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**



Dawn with her Osteomyologist of the Year award



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How can you tell if your cat is happy?

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

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

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

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

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

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

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

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



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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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Memories of Horfield Common

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

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

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

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

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

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

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

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



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

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

If you would like more information on this fantastic project, please visit friendsofhorfieldcommon.com

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AGEING IS INEVITABLE -
BUT GETTING 'OLD' IS OPTIONAL!



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

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

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

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

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

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

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

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

www.positiveageing.org.uk or Guy is happy for you to contact him - guyrobertson@positiveageingassociates.com or 07923 483587



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L to R: Camera man
Darren, Rob David,
Dan Delor & Andy Day,
in Cape Town.

Angels Welly Beat Challenge!

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

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

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

Andy recently made a surprise visit to Badgers Forest



Andy bringing
'Welly Beat'
to Badger
Forest School

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

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

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



Help for busy families ... A real life 'Mrs Doubt fire'

LIKEMYMUM was started by 2 working mums and as working mums we recognised the need for support at home whilst we were at work. We found that the best support came from those who had brought up their own families especially those where their children had flown the nest and they wanted to help other families with their childcare needs.

In today's, busy working society, **LIKEMYMUM** is a childcare agency based in and around Bristol who has recognised that a lot of families with children of school age need help with the school pick up, taking children to clubs and societies, making the tea and helping children with homework in the comfort of the family's own home.

We don't only do wrap around childcare but also can assist with full time nannies; we have over 200 nannies on our books ranging from all ages. All our nannies are interviewed by us face to face, CRB/DBS checked and references obtained.

LIKEMYMUM are looking to provide families with a so-called 'Mrs Doubtfire' or 'Mary Poppins' which means someone who already has experience of bringing up their own children and can help other families by working flexible hours and providing

necessary childcare support. So for children at school that want to come back home at the end of a long school day, **LIKEMYMUM** can find someone to help make that happen. These childcare helpers are called 'MUMs' and they do not necessarily have childcare qualifications but will be qualified in bringing up their own children and will be asked to obtain an Enhanced CRB when they join the **LIKEMYMUM** team, they will work flexible hours to suit what the family needs and most of them will have their own car.

Find out more on www.likemymum.com

Juggling Work and Childcare?

We specialise in finding you an experienced MUM to look after your children in your home at times to suit you and your family.

Most of our Mums are either experienced nannies or have experience in bringing up their own children and will be DBS certified and reference checked. They are happy to fetch and collect and take your children to school sports clubs or activities or just let them have friends back home for tea, help with homework and follow your family routine.

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63rd Bristol Scout Group. Our Dream is nearly a reality!



Many of you reading this will have followed our journey over the past few years as the 63rd Scouts 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.

Could you buy a brick?

We are now on the verge of signing the contract for the build to start, hopefully at the beginning of June. Most of the funds are now in place. We are very grateful to all those people and businesses that have already supported us in this venture. The local publicity that we have received, particularly from Bishopston Matters has been invaluable. We received many offers of help as a result, plus a lot of positive comments.

It is not too late to buy a brick to build the new hut and help secure the future of Scouting and Guiding

in St Andrews and Ashley Down. We need to raise about £40,000 to avoid using loans that have been pledged. Please consider making a donation.

Saturday 9 May is our May Fair! The next fundraising event for the hut rebuild, at Hut 6388, St Bartholomew's Road, Ashley Down, BS7 9BJ. Please put it in your diary and tell your friends.

It will be an open day from 2 pm with a bar and refreshments. A hog roast and BBQ will be available from 3 pm. The day will continue with a range of stalls and games from 4.30 until about 7 pm, when we will hold a Grand Raffle draw.

The bar will remain open until 9pm.

Sefton Park School are holding an Inflatable afternoon from 2 until 5 pm for the children.

There will be old photographs and copies of the plans to view. We hope to see many former group members during the day as we bid farewell to the old hut and look forward to the new.

Please visit www.hut6388.org to donate or for more information, e-mail: mikeevans3@virginmedia.com

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MS CHARITY QUIZ



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

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

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

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

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

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

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

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

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

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

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

Paul Bullivant, FoSAP



The Friends of St Andrews Park



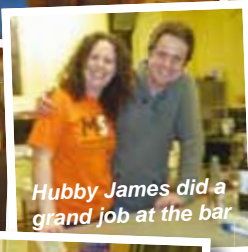
Your Street & Oddsox united



Friends from St Bon's



Quiz master Steve!



Hubby James did a grand job at the bar



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



Bristol MS Society team

I was pleased to be able to attend the Quiz Night on 14 April, together with another committee member and friends. It was a really fun evening, with a tremendously happy atmosphere, and a feeling of support from all those who joined in. We thought the organisation was extremely good, the quiz challenging and supper excellent – the carrot cake was an absolute delight!

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

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

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

David Matthews
Chair of the Bristol MS Society



Quiz winners - The Friends of Horfield Common



A packed St Bart's Church Hall

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Community Mentoring

Young people need positive figures in their lives

An article by 1625 Independent People

Mentoring is very successful when supporting vulnerable young people, and here

at 1625 Independent People, we have recently developed two new successful programmes.

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

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

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

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

Email: Thomas.Dunn@1625ip

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www.1625ip.co.uk

Bespoke Rooms

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



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

Steve told me, "Customer satisfaction is essential for me; taking into consideration the client's personality when designing a space is crucial".

Steve specialises in hand-made kitchens, bedrooms and bathrooms but with 30 years of experience, can turn his hand to any interior brief.

He can manage a project from start to finish – utilising his links with excellent electricians and plumbers, if the job requires, whom he will organise and oversee, to make life as simple as possible for you.

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

Steve chooses not have a showroom in order to keep costs down for customers but he can create any style that you wish, with additional bespoke details. If you would like to arrange a visit, or discuss your interior project, please call Steve on -

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Meeting with St Andrew's resident

- Stephen Williams

It was interesting to meet with local resident Stephen Williams, our Liberal Democrat MP for Bristol West, in his Bishopston based offices.

When did you first come to Bristol?

I first came to Bristol in 1985 to study history at university and have never left! I have lived in various locations across the city and am now pleased to call St Andrews my home.

How do you spread your time between London and Bristol?

I stay in London Monday to Thursday but Bristol is home. I think living within your constituency and not being a visitor is an important part of doing the job well. Numerous people approach me to discuss what is important to them on a weekly basis – as I am shopping or even on the treadmill at the gym!

What do you enjoy most about Gloucester Road?

I use Gloucester Road for leisure. Books For Amnesty is a favourite of mine and I am a regular at Mad About Sarnies, they know my two favourite fillings! Our team regularly frequent the Prince of Wales, Flyer or the Sports Man for a game of pool and pizza. When my mother visits, we have a full tour of all of the charity shops!

2015 marks your tenth year serving as our MP, what are you most proud of achieving in that time nationally?

Tobacco control is my oldest political interest and through persistent campaigning, I feel we have taken big strides forward. My father died of a respiratory illness when I was 13 and he was just 42. During my first year as an MP, I was appointed as the Liberal Democrat public health spokesperson. I worked hard to bring about the ban of smoking in public places in 2007. In recognition of this work, it was an honour to receive an award from Cancer Research UK for my advocacy of a full smoking ban in public places, and to be awarded a WHO award for outstanding contributions to tobacco control.

Since the smoking ban in public places, we have continued to work for further restrictions, and are pleased that the ban on smoking in cars with children will come into play this October. Last week I voted to support the standardised plain packaging.

I led the campaign for the Lib Dems for two years, on the passing of law for same sex marriage. Something I would like to take advantage of myself, but am still looking!

And on a more local level?

I am proud of making a difference to Bristol schools. There is a big divide in education from people in poor to more privileged backgrounds.

I am passionate about making sure children aren't left behind. I am therefore pleased to have pushed forward the Pupil Premium, a key Liberal Democrat policy that has constituted £2.5bn of extra education funding, specifically targeted towards helping disadvantaged students in school. It is all about social mobility, we can't keep people trapped. The People Premium gives every child that is on free meals extra money, that is not only used to improve literacy and numeracy but their life environment, ensuring there are the funds for everybody to go on a school trip together.

It was moving to visit a school in Easton recently and observe members of the school orchestra playing the cello and oboe; every child now has the opportunity to play an instrument. I think in five to ten years' time, this will be seen as the best social legacy our government has left.

Three local council positions previously held by Lib Dems have now seen Green Councillors elected. What would you say to try and win local people back?

The Greens are not the only party to care and take action on environmental issues. If you vote for a party that is in government, we can get things done. For instance, I am working hard to re-instate local rail. A dual track between Temple Meads and Parkway will have a local station re-instated (hopefully at the bottom of Station Road, Ashley Down). I am badgering the government to get this confirmed.

Bristol as European City 2015 is a great accolade for the council, but they needed budget. I was able to persuade the treasury to allocate seven million. When I secured the funding, I was clear that I would like to see this money spent on tangible things that will have long-term environmental benefits to the city.



- 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 Ruszala – ruszala@blueyonder.co.uk

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



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News from our Bishopston & Redland Councillors

Neighbourhood Festival -

Is the first week in May – We look forward to seeing you there!

Green Capital – stay informed

bristolgreencapital.org/ You can sign up (at the very bottom of the web-site) to the Green Capital newsletter, which will tell you about all the Green Capital things going on (too many to list here)! We are looking forward to what the Green capital community arts grant for our Neighbourhood Partnership will be.

Bristol City Council – be informed

Sign up for Our City e-news on **www.bristol.gov.uk/ourcitynews**.

Reporting improvements to Highways

The Tracker element to Traffic Choices (www.trafficchoices.co.uk) was launched recently. The Tracker system is an important development in the way Council officers deliver Highway schemes for the Neighbourhood Partnerships. It is designed to greatly improve communication with the public, and bring additional transparency to the process.

The system enables citizens to easily track the progress of Partnership highway schemes online, right from the stage where issues are reported to the City Council, through the discussion and design process, and finally onto construction and completion. It will show a detailed log of highway issues raised with the Council, plotted on the Pinpoint maps service. This should enable easier identification of problem areas within any Partnership.

We are trying to get a 20 mph flashing sign for Ashley Down Road, as traffic tends to speed and the pavement feels really exposed. Please write to the Neighbourhood Partnership to lobby for it (neighbourhood.partnership@bristol.gov.uk).

Please use this system to report your road and highways issues – you will be able to see what is being done about your queries.

Street scene News

Big Give – Students Moving Out - The Bristol Big Give is a city-wide collection and recycling scheme which encourages students to donate their unwanted items to charity. As of 1 May, the 'Bristol Big Give' campaign will be returning to the City after a record-breaking campaign in 2014.

Last year, a record breaking 88 tonnes of goods, including clothes, shoes, food, kitchenware and bedding were donated at the designated collection points. The overall estimated value could reach up to £200,000, which will benefit 14

different charities, including St Peter's Hospice, Foodcycle, 16-25 Independent People, Lifecycle and British Heart Foundation.

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

The project is a collaboration between Bristol City Council, University of Bristol, Bristol SU, University of the West of England and UWESU, and is part of the Love Where You Live campaign (www.lovewhereyoulivebristol.co.uk/).

Further details can be found at facebook.com/BristolBigGive and you can join in the conversation on Twitter using #BristolBigGive.

If you have any questions or comments on the campaign please submit them through www.lovewhereyoulive.co.uk/bristol-big-give and the relevant partner will be in touch.

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 at <https://www.bristol.gov.uk/forms/graffiti-fly-posting#step1>.

Planning

Gloucestershire County Cricket Club Floodlight

Application - The second meeting for the Cricket Club was held on 29 April. At the time of writing, the Club has come forward with some amended designs for the lighting heads – rounded rather than curved – but have confirmed that they need to retain

six light columns.

The Howzat residents group have been liaising with the club over the floodlight user management plan (FLUMP) and the following has been proposed:

In addition to lights being fully off by 23.00, the Club has agreed that for

Non-televised matches, play will finish by 22.00 and lights will be dimmed to 10% immediately;

For televised matches, play will finish by 22.30 and lights will be dimmed to 50% immediately (to allow de-rigging).

There will still be a maximum of 15 days' usage of the floodlights per year (this is to cover the World Cup year in 2019 when there will be extra matches.)

With the exception of those areas designated for hospitality use (currently the Grace room and Premier Lounge) that all public bars and catering outlets will close at the completion of play or 22:00 (other than for the purpose of cleaning/maintenance), whichever is the later, and that spectators (other than those in hospitality areas) will be asked to leave the ground simultaneously.

The Club will also inform residents about proposed floodlit fixtures by leaflets, notices outside the ground and by their website, including phone numbers for the Club and the Council in case of complaints.

Wetherspoon - Wetherspoon has reapplied for planning permission to open a pub at the old news and booze site on Gloucester Road.

Parking

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

RPZ - The new Redland and Cotham North Residents' schemes have been in place since August 2014. Redland councillors are now compiling issues that can be dealt with in the 6 monthly review so please do feed in suggestions in writing to the RPZ team with copies to us. There is a possibility of scheme extensions for some streets now affected by commuter parking around the edge of the zone if residents request this, though this would be limited to streets in the original proposed area at this stage.

This does not include streets around Claremont Avenue and Elton Road, however, as they were not in the zones approved by Cabinet previously. Residents there will therefore have to make their views 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.

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

Bristol North Baths redevelopment update

- We are very disappointed at the slow pace of the Bath redevelopment work. It is clear that a May completion is not going to happen. We are also concerned about the effect these delays have had on our local doctors, who have now had an 18 month delay in moving. As Councillors, we are planning to visit the site again to check on progress.

Search for Heroes

Mary Colwell, a well know Bristol based writer and broadcaster about nature, says:

"I'm looking for stories of the unsung heroes of the conservation world, people who give their time and skills for free, on a large or small scale, to help nature - for a new book. It can be as simple as designing a wildlife garden or spending time teaching youngsters or as big as starting a new charity - anyone, anywhere who is kind to nature and is never recognised. People who help out on surveys year on year, who turn up unfailingly to help with the menial tasks etc. You know who I mean. Can you let me know? It's time the kind, ordinary folk got a thank you; contact me on marycolwell1@mac.com."

Struggling Financially?

The North Bristol Advice centre can help. It has drop-in sessions see its website: http://www.northbristoladvice.org.uk/images/NBAC_news_Jan15_web.pdf

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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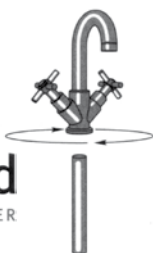
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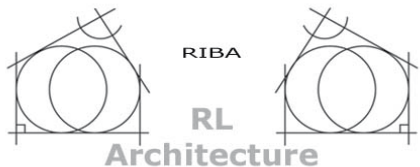
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Community Matters

Global Club Volunteers Wanted – Global Club is a facilitator of after-school clubs in Bristol primary schools on behalf of African Initiatives. Global Club aims to teach children in innovative ways about global issues and themes (the environment, sustainability, different cultures). They need volunteers to run a 50 minute session once a week over a 6 week school term. Training will be provided and travel costs up to £10 will be reimbursed. No qualifications necessary but must be passionate about education and/or global issues, confident and a good communicator.

Contact holly@african-initiatives.org.uk or aiglobalclub@gmail.com for more details.

The return of Mr Gotalot! Still want something? Still need anything? Well, you're in luck – Mr Gotalot's Gotalot Shop is opening once more!

Step inside the magical Gotalot Shop where you can buy anything and everything you could ever think of. Meet the shopkeeper Mr Gotalot and his ever-eager shop boy Sidney, as they strive to find a superhero some brand new pants of power. Will they be able to provide Super Alan with what he needs before the conniving landlady Mrs Barnet arrives to collect her

rent?

Following the sell-out shows over the Easter weekend, Monkey Trousers Theatre is proud to announce that on Sunday 24 May, Mr Gotalot's Gotalot Shop: The Pants of Power will be performed again at the Kelvin Players Studio, 253b Gloucester Road, Bishopston, BS7 8NY.

There are three performances on that day: at 10.30, 1.30 and 4.30. Tickets are £7 each aged 3 and above (babies on laps are free) or £25 for a family of four. Tickets are available through the Tobacco Factory Theatre box office www.tobaccofactorytheatres.com or by telephoning 0117 902 0344. For more information, please go to www.monkeytrouserstheatre.com.

And, watch out for Monkey Trousers Theatre's new show, Mr Gotalot's Gotalot Shop: The Snot Rocket – landing in Bishopston at the end of June!




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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.

19 May 2015

Women at War - Dawn Dyer

16 June 2015

Kings Weston House - David Martyn

bishopstonhistorysociety.wordpress.com

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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!



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

Tuesday 26 May 7.30 pm (NB this is a Tuesday due
to the Bank Holiday) - **The challenges of organic
growing by Kate Collyns.** Kate runs an Organic
smallholding. There will also be a Plant Swap – please
bring spare vegetable and herb plants.

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

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

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



BIG SCREEN – Bishop Road Community Cinema

On Friday 8 May

At Bishop Road Primary School
Showing 'Birdman or (The
Unexpected Virtue of Ignorance)'
starring the fabulous Michael Keaton
in a multiple Oscar: Best Film, Best
Director, Best Original Screenplay
and Best Cinematography, Screen Actors Guild and
Golden Globe winning black comedy!

Doors: 7.30pm, film begins at 8.00pm
Licensed cash bar through until 10.30pm
Sorry no children.

Become involved in improving our area by attending a
Neighbourhood Forum, held quarterly in each of the 3
wards. The next meetings are as follows:

Monday 18 May Redland Forum

Venue to be confirmed

(please see www.BCRNP.org.uk)

Tuesday 19 May Bishopston Forum

The Memorial Stadium, Filton Avenue, BS7 0BF

Thursday 21 May Cotham Forum

Redland Library, Whiteladies Road, BS8 2PY

All meetings run from 7pm - 9pm.

See you there!

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Redland Green School Car Boot Sales

**Saturday 16 April,
Redland Court Road, BS6 7EH.**

Sellers £8 per pitch, from 12 noon, book
via forgscarbootsale@hotmail.com or
07968 493013.

Buyers 1pm-4pm 50p admission, kids go
free. Further sales on 20 June, 18 July.

New Golden Hill Community Garden Toddler Group

Get in touch to find out how your 18 month-4
year olds can go along to enjoy digging, pond
dipping, singing, Crafting, nature spotting,
barrowing, harvesting
and munching!

Groups run on Tuesdays 10-11:30 and 1:30-3,
booking is essential.

To book in call Lucy on 07506 905 394
www.thegoldenhillcommunitygarden.com

A study of urban hedgehog conservation needs you!

Have hedgehogs ever visited your garden?
Have you tried to encourage hedgehogs into
your garden, but to no avail?

Have your neighbours ever alerted you to
the presence of hedgehogs in your street?

If so, I would love to talk with you! I'm an
anthropology PhD student looking at the
human aspects of hedgehog conservation.
As hedgehog numbers decline in the UK,
I'm interested in the work urban people
are doing to welcome hedgehogs into their
gardens as well as the challenges people
have experienced along the way. If you've
got an hour or so to spare to take part in an
interview, please get in touch.

Laura McLauchlan mclauchlan.laura@gmail.com
07585654581



Bishopston Moggery -

**Urgent appeal for Foster Homes
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**The Moggery in Bishopston
urgently needs new foster homes
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informal discussion.

Christine Bayka, Chair

Tel: 0117 924 3128

www.themoggeryrehomingcentre.co.uk

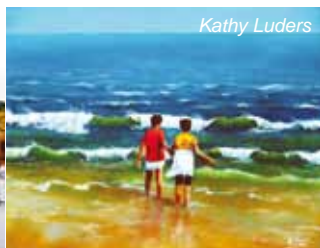


Community Matters cont...

Magda Goss



Kathy Luders



Springtime Art Extravaganza The BS9 Art Trail takes place on Saturday 9 to Sunday 10 May, 11 am to 5 pm in Stoke Bishop, Henleaze and Westbury-on-Trym. Seventy-four artists will be showing their work in a huge variety of mediums including paintings, handmade prints, glass work, mosaics, jewellery, textile, sculpture and photography.

Refreshments are available at many of the venues, which include the Scout Hall at Stoke Bishop, the theatre hall at St Monica's Nursing Home, Westbury Village Hall and numerous private homes and studios. A new venue is the Botanical Gardens at the University, which will feature several artists along with the bonus of free access to the gardens for visitors to the Trail. There will be also be a drop in studio painting/craft sessions for children. All venues are free to enter and there will be the opportunity to meet the artists and watch some of them at work. Leaflets showing the trail map and artist details will be available at local libraries, cafes, shops, galleries and some delivered to your door. For more information or to download a map of the art trail visit www.bs9arts.co.uk or BS9 Arts on Facebook or Twitter.

Out There Music Bristol – Orchestra Concert Saturday 9 May, 7 pm at Trinity Henleaze URC Church, Waterford Road, BS9 4BT. Tickets £8 (£5 under 18s) available from admin@outtheremusicbristol.co.uk / 07866 587424. An uplifting, musical event for all the community. Come and hear OTMB Orchestra play a broad range of music including Pomp and Circumstance, Symphonie Fantastique and The Marriage of Figaro Overture. In aid of Music Space. www.outtheremusicbristol.co.uk



Concern Universal is an amazing charity working in 9 countries across Africa, Asia and Latin America. They are an international development organisation tackling poverty from the grass roots. The charity has teamed up with the Bath Run or Dye 5k on 16 May. Concern Universal will receive £15 for each volunteer. If you can give your time on race day, between 7.30 am to 1 pm at Bath Racecourse, please contact the regional fundraising manager Amber Andrews at amber.andrews@concern-universal.org or on 07989442567. www.runordye.co.uk/uk-locations/bath

You must be prepared to get colourful!

The Noise is an enormous volunteering event run every year by Bristol churches since 2001. Each May Bank Holiday, rain or shine, local people roll up their sleeves, put on a blue T-shirt and get stuck in. They dig gardens and pick litter, paint community centres, make cream teas for senior citizens, put on free football coaching, and run family fun afternoons across the city.

This May bank holiday weekend, volunteers from churches, schools and communities will be doing positive things in Barton Hill, Horfield, Lawrence Weston, Lockleaze, Manor Farm, Southmead, Sea Mills, Shirehampton, Upper Horfield and Easton – look out for the blue T-shirts!

850 people volunteered last year, giving nearly 8,000 hours of volunteer time, completing over 100 community transformation projects! Over a third of the volunteers were children and young people.

This year, the Noise takes place from 2 – 4 May, and everything that goes on over the weekend is completely free. The family fun afternoons include free bouncy castles and inflatable games, face painting, football tournaments, a craft zone, a café area, and an all-afternoon roadshow including a talent show.

Times and locations for the free family fun afternoons are listed at: www.thenoise.org.uk/weekend

Want to join the volunteer army? Register online at www.thenoise.org.uk/volunteer.



'Reflections' group of artists: Christine Howes, Jo Hyam, Denise Lonsdale, Simon Melican, Julia Rowe, Jenny Urquhart and for the first time Huw Richards Evans, are busy preparing for their latest exhibition at The Bristol Guild Gallery, Park Street. The show will run from 16 May to 6 June.

The well-established, popular group will be showing an eclectic mix of artworks, including paintings, prints, ceramics, glass, enamels and textiles. All seven artists are also members of the highly successful North Bristol Artists group.

With each artist having their own highly original style, this show will include a strong and varied line up of work. It is well worth going along to see what the artists have been creating over the winter.

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

There will be over 200 young singers from Bristol Youth Choir and choristers from Westbury-on-Trym Parish Church joining forces with 2 local choirs to perform John Rutter's joyful 'Mass of the Children' and a new work by Jonathan Dove 'There Was a Child', which celebrates childhood & is a big, warm-hearted modern piece.

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

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

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

Growing Support volunteers needed – We all know gardening is good for you. Growing Support, a local social enterprise, supports residents of care homes to get outdoors and get gardening, to socialise and have fun. Growing Support uses social and therapeutic horticulture to engage people living in care homes in activity sessions in the homes' own gardens, particularly working with people with dementia. Many people with dementia experience loneliness, depression or anxiety. An important part of the gardening sessions is to

alleviate this by working as a group and having fun together, helping improve people's health and quality of life. Volunteers help to run these gardening sessions, enabling residents to take part, and are essential to the work of Growing Support.

If you want to try something new, are interested in gardening and want to help Growing Support help older people, please get in touch. Volunteers commit to at least 2 hours a week and help in several homes across Bristol and South Gloucestershire. Experience of supporting vulnerable people and horticulture is desirable but not essential, as training will be given. For more information and an application form, please email info@growingsupport.org.uk or phone 07717 826 474. Applications close on 3 May 2015. You can also find out more online at <http://growingsupport.co.uk/get-involved>.

Neighbourhood Watch

We would like to start a Neighbourhood Watch scheme in your street.

NHW is about looking out for your neighbours, protecting your home, your street and your processions.

The aim of Neighbourhood Watch is to bring neighbours together to create strong, cohesive, friendly, active communities where crime and anti-social behaviour are less likely to occur. It reduces the fear of crime, especially amongst the more vulnerable and elderly to ensure no one has to feel afraid or isolated in the place that they live.

Each scheme is led by a co-ordinator, supported by a deputy, which the police will feed important information to and is then passed onto the residents in their preferred way ie. Email, word of mouth.

Leading a NHW is not boring or time consuming and most co-ordinators would say that it is a rewarding job.

Benefits of Neighbourhood Watch:

- It shows that members of the community are looking out for each other.
- We keep you up to date with what's going on in your area.
- Working closely with the Police, helps to prevent and prevent crime.
- Less likely to be a victim of crime and this is often reflected in your home insurance.

Fact - 1 in 10 people don't know their neighbours. 700 watches in Bristol.

If you would like to find out more about joining NHW, visit: www.avonandsomerset.police.uk/nhw or contact Charlotte Manning on 0117 9529703 or charlotte.manning@avonandsomerset.police.uk

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