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including Ashley Down, Horfield & St. Andrews

Matters

issue 85, April 2015



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Or find out about our local events at:
actionforchildren.org.uk/get-involved/events



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Dear Readers...

Wow, what a month! I was overwhelmed with the support you generous readers, local businesses and of course my family and friends showed at the 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. Join in the fun on the centre pages.

It was also my pleasure to witness Dale the Dalek's creator Keith and Window Wanderland organiser Lucy, hand over a cheque for a fantastic £1016.53 to the local Children's Hospice South West. See page 5.

This month we 'Focus on' Glos Rd Central and their forthcoming Mayfest event that promises to be another fabulous, creative Spring day for the whole family to enjoy. Read more from page 6.

Mayfest marks the start of the 3rd

Please follow @bishommatters on Twitter,
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Community Festival, organised in association with the Bishopston, Cotham and Redland Neighbourhood Partnership. Bishopston Matters is pleased to be sponsoring this event that has the community at its heart, see page 45 to see what free events you can take part in.

It was great fun to visit Brunel Field School on World Book Day; enjoy some of the inspired costumes on page 17.

It was extremely interesting to take part in the, 'Memories of Horfield Common' event. Local people recounted some wonderful memories of times gone by on our common; you can share in some of these on page 53.

I wish you all a fun-filled Easter; if you are looking for some Spring gifts for your loved ones, please do support the local traders that feature throughout the magazine.

Kerry X



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

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Wanderful amount of money raised

It is wonderful when something good comes out of creativity and the community coming together. Thanks to Dale the Dalek and Window Wanderland this is just

what has happened – with over £1,000 raised for Children's Hospice South West (CHSW).

It was a pleasure to witness Dale the Dalek creator Keith, along with Window Wanderland organiser Lucy Reeves, hand over a cheque to Community fundraiser Tamara Downes from CHSW.

Keith was keen to raise funds for this worthy charity as he knows first-hand about the wonderful work they carry out. Ten years ago, his nephew passed away at the Children's Hospice. Despite it being such a sad time for the family, the hospice was always a warm, wonderful place for them to visit.

Dale was created by Keith as his nephew loved Daleks. This year, a beach scene was set up in the front garden of Thornleigh Road, so Dale could have a holiday! People were encouraged to give a donation, then don their beachwear and have their photo taken in the deck chair – a local version of the ice bucket challenge!

When I asked Keith how he felt about raising £1,000, he told me he still couldn't believe it! He attributes a good deal of the success of the campaign to the involvement of Window Wanderland, which drew crowds of hundreds on the evening of the event.

Window Wanderland was a truly magical, creative trail; there was a wonderful sense of excitement and anticipation as you turned each corner to discover what delights the next road would bring. All ages were out together, laughing, talking and joining in



Fabulous community gathering on Thornleigh Road



L to R: Lucy Reeves, Tamara Downes, Keith & Dale

the fun. This event did exactly what it set out to achieve – brighten a dark February evening.

Lucy told me that raising this money for CHSW was, "the icing on the cake". From the very start, she had wanted to raise funds for a charity and was delighted to collaborate with Keith. The masses that turned out to enjoy the window trail responded brilliantly to the beach scene, "It shows when people come together, good stuff happens!"

A sentiment that I couldn't agree with more, and one that Tamara from CHSW echoes: "We are always pleased when money has been raised for our charity by a community uniting and having a

great time. Window Wanderland has a real synergy with what we do. At the hospice our work is all about having fun and creating memories that will last."

When I asked Tamara what the money raised for CHSW meant, she replied, "It is fantastic. We look after 200 families at the local hospice and 100 bereaved families. We are virtually entirely reliant on donations to keep the hospice going."

I asked Keith if we could look forward to a new imaginative scene being created in his front garden with Dale next winter? He enthusiastically responded with, "Oh yes, the question is what?"



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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 45) and the Jack on the Green Procession, which begins in the town centre and moves up Gloucester Road, culminating with an appearance from Jack on the Green and Morris dancing at 3.30 pm. Bishopston Matters is delighted to be sponsoring the festival, and looks forward to meeting with many local people over the course of the week. News on MayFest continues on page 10



Billie-Jean Cashmere Event

Glos Rd Central Mayfest Saturday 2 May
on forecourt of

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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

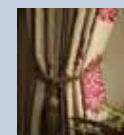
daily life of local families."

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.

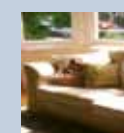
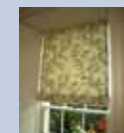
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A Successful 25 years at JOE'S BAKERY

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

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

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

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

Bristol Good Food Awards 2015

Joe's Bakery have been delighted to scoop 'Best Local Baker' and 'Best Local Cakes' in the Bristol Good Food awards over recent years.

They have received huge support with local people voting for them again this year and they look forward to taking further part in the competition.

Winners will be announced at the award ceremony in June, so watch this space!

River Cottage Canteen - Supplier of the Month

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

Image courtesy of
louisewender.com



Jane & Martin Hunt

Bristol Good Food 2014 Award



their different breads. The neighbouring area was busy but Jane said on returning to Gloucester Road later that afternoon and witnessing the buzz on our local high street, there is still no better place to have a business.

Easter Bread, Biscuits & Hot cross buns!

Their famous Easter biscuits made with oil of cassia are now available. Such are the popularity of these delicious biscuits that Joe's estimates they will bake a staggering 12,000 over the coming weeks!

Don't forget to place your orders for fresh, white, wholemeal or Spelt hot cross buns, they are delicious.



Image courtesy of louisewender.com

Due to popular demand, Joe's special Easter Bread is back on sale. Jane told me she recently had an e-mail from a customer in Swindon, who will be making the trip to Bristol to purchase this special bake.

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

Joe's Bakery

0117 975 5551

240-242 Glos Road
Bishopston, BS7 8NZ



Joe's Easter Bread



www.joesbakery.co.uk



Focus on Glos Rd Central cont

► Following last year's huge success, Glos Rd Central will be holding the Glos

Rd Central Mayfest, on Saturday 2 May. 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 at 3.30 pm. There will be biscuit decorating with Joe's Bakery, 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, the recognition makes all the hard work worthwhile for himself and his excellent team.

Choirs and musicians such as the Bishop Road 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, Lifecycle and the Avon Wildlife Trust.

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.

All in all, 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.

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.

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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.

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T: 0117 944 5353



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

Read all about it!

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

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

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

Before cutting the ribbon, Tony shared with us his thoughts,

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

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

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

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

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



School Champion Tony Nelson opening the new library

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BIBLOS comes to Bishopston

Popular food outlet *Biblos on the Hill* is delighted to have opened its doors on Gloucester Road. I can thoroughly recommend their delicious wrap meals, created with home-made flat bread.

The passionate, welcoming owners – Ariel Czaczkes and William Clarke, are excited about the launch of their new venue. The partnership founded the well-liked fast food cafe *Biblos*, with venues located in St Werburghs, Stokes Croft and now at 225 Gloucester Road (the previous site of Zazu's).

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

Will, who also lives in Bishopston, knows the area well, and is confident their casual dining restaurant is perfectly placed on our buzzing High Street, *"Biblos on the hill will not be fast food like our other cafes, the new site will allow us to push all our delicious offerings up to the next level. Bread fresh out of the oven, delicious marinated meats straight off the grill and a nice glass of wine to go with it. If you enjoyed our wraps before, and you have time to sit and join us for a meal, we think you will like what we have to offer on the Hill"*.

The new venue has been attractively re-fitted, a bright space with bespoke wooden booths and tables created in re-claimed scaffolding, the burnt effect, hand applied makes for an impressive finish. The creative art on the wall gives a nod to their Stokes Croft Venue and works brilliantly. The venue can seat 46 inside and 40 outside, so book in your parties now!

I had the pleasure of experiencing some of their scrumptious food; if you love meat, are vegetarian like myself or vegan, there are delicious options on the menu.

Ariel explained, *"Our signature wraps are well-known, fresh flat bread (made on the premises) filled with Caribbean and Middle eastern fillings – like Jerk chicken or falafel with fresh salad, homemade sauces and pickles not found anywhere else."*

Being a father of three, Will understands satisfying everybody's palate can be challenging! *Biblos* hopes they have made family eating out easy, *"We have incorporated the little Biblers children's menu with mini mezzes and Halloumi pizza, all fresh, healthy and most importantly kid-friendly"*.

Ariel added, *"We have created much less kid-friendly things as well – our house cocktails. Rum based (of course), along with a couple of classic cocktails with a few modern twists, are going down a storm - perfect to enjoy relaxing in our outdoor space this Spring!"*

I am sure *Biblos on the Hill* is going to be a welcome addition to our special High Street. They are open daily 11.30 am to 11 pm so do pop in soon.

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William Clarke & Ariel Czaczkes



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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

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.



Andy bringing 'Welly Beat' to Badger Forest School



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are happy, vibrant and caring with a
warm welcoming feel that is friendly
and reassuring for both parents and
children. Class sizes are small and
children are taught by specialist

teachers and experienced, well qualified teaching assistants. The School is
set in the most beautiful grounds, with a south facing aspect it is leafy and
sunny, and it puts a real emphasis on its environment. As well as dedicated
outdoor play space, Nursery and Reception children enjoy the wildflower
meadow, the School has developed a mature wildlife garden, has its own

pond for supervised wildlife encounters and also keeps its own bees. Indoors the facilities are just as good,
with both Reception and Nursery classes having had a full refurbishment in the summer of 2014.

For many parents, the beauty of Clifton High is that it is mid-sized. With a total of 500 pupils, the school is
well known for its outstanding pastoral care and the emphasis it puts on getting to know each individual child.

To find out more about Clifton High School come to one of our Open Mornings:-

Nursery School and Reception Open Morning: Thursday 23rd April

Whole School Open Morning: Thursday 11th June

Alternatively visit our website www.cliftonhigh.bristol.sch.uk,
Facebook page /CliftonHighSchoolBristol or contact our Admissions Registrar on
0117 933 9087 or email admissions@cliftonhigh.bristol.sch.uk



Choose Clifton High School. 10 reasons why:

- 1 Co-educational – because in life, men and women work together
- 2 Boys and girls taught separately – when it matters most
- 3 Small enough so everyone is known but big enough to offer a wide variety of opportunities
- 4 Small class sizes with excellent pupil:teacher ratios
- 5 Outstanding support and guidance for university selection and applications
- 6 Excellent sports facilities including an indoor heated pool on-site
- 7 Spacious grounds in a sunny aspect to play, socialise and learn
- 8 Nursery school with fully-qualified and trained teaching staff
- 9 Outstanding teacher-pupil relationships based on trust and respect
- 10 Forward looking, embracing change and providing an education relevant for the 21st Century

Nursery School and Reception Open Morning: Thursday 23rd April

Whole School Open Morning: Thursday 11th June

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Team Honk get their dancing shoes on!

On Sunday 8 March, local blogger Kath Bremer headed up to Wembley to join 2000 people (and 40 odd celebrities) for a gruelling 6 hour danceathon in aid of Comic Relief.

Kath was part of a 100 strong group known as Team Honk, who among them raised over £30,000! An amazing achievement. Kath was sponsored by friends, family and had a very generous donation from online teaching tool Reading Eggs of £1000!

Kath told me, "The day was exhilarating and exhausting in equal measures – imagine doing 6 zumba classes on the trot!"



Kath Bremer with the 80s section dance instructor

"These routines were during hour five, it was great to give my brain a rest from thinking about the steps!"

Team Honk was set up by a group of bloggers three years ago, to help Comic Relief use social media as a fundraising tool, with the three founders joining the Comic Relief team in Africa for live blogging each year. In the first year, team members did lots of silly things individually to make money, in year 2 (for Sports Relief), they joined together for a baton relay from Land's End to John O'Groats. On the Bristol leg, they had a Zumba flashmob in Clifton and juggled their way across the suspension bridge.

Bishopston Matters congratulates Kath and the rest of Team Honk for their dedicated support. There is still time to support them by making a donation at -

<http://my.rednoseday.com/sponsor/team-honk-danceathon>

The teams learnt 12 different dance styles. Kath's favourite routine was to 'Thriller' along with the Ballroom/Latin section, run by Natalie Lowe and Ian Waite from Strictly Come Dancing.

They also took part in the routines that the ladies do every Monday at their Fitsteps class at Ashley Down School. Kath said,



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News from Ashley Down Green

Proposed play site

A good number of people turned out to the recent consultation on the proposed play space at Ashley Down Green.

There wasn't a moment during the four hour session, that Neighbourhood Officers John Knowlson and Gary Brentnall weren't kept talking!

The play equipment proposed will be designed to blend in with the tree line – upright wooden structures and ropes. The possibility of a sunken trampoline was also discussed.

Two local children came forward and presented their own visions for their space. The officers told me their pictures contained good design and a number of suggested pieces of equipment have been included on the final plans.

Once the design briefs are complete they will be put out to tender. The Friends of Ashley Down Green look forward to receiving the completed layouts for further consultation, as well as a time line for the project's planned completion.

The Friends have been busy pruning unruly brambles. This work has opened up the space between the trees. They will encourage the hedging to grow back but in a more controlled way. The team plan to sow wild flower seeds now and spring bulbs later in the year.

If you would like to join the friends or receive further information on this

green site, please e-mail: ashleydowngreen@gmail.com or follow them on twitter: @FriendsADG



Thank you to Polly and Oliver for sharing their designs



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Welcoming tigerlily to Gloucester Road

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

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

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

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

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

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

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

Marj looks forward to meeting more lovely customers.

I recommend you a pay a visit to



Owner Marj Cook



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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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Egg-ceptional gifts for Easter at Scrumptiously Sweet

Easter – Lose yourself in all kinds of wonderful Easter goodies – Fondant bunnies and chicks, beautifully illustrated egg shells, that can be filled with a whole array of chocolate foiled bunnies, eggs and fluffy chicks. The chocolate ducklings make an adorable present. You will also find a good range of Easter-themed, dairy-free treats.

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

Guess the name of the Easter Bunny for Air Ambulance – You could win the fluffy bunny pictured below, by simply offering a donation for the charity and selecting a name, take part in store.

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



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The perfect family garden

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

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

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

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

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



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

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

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

If you need any advice, or would like a free quotation, please get in touch with us and we will be happy to help.

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Detail Matters to Interior worker - Steve Miller

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

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

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

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



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

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

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

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

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Please contact us at -
lovetoliveinbishopston@gmail.com if you think you may be able to help! Thank you.

Don't forget! If your house is THE ONE and we exchange and complete the sale, you will benefit from a cash reward!

Get on your bike for Cycle Sunday!



The Cycle Sunday group would like to share the fantastic news that they have permission

from the Downs Committee to hold their Cycle Sunday event on 19 April 2015.

Circular Road will be closed from Ivywell Road to Ladies Mile from 8 am to 11 am. This free event will provide a flat, open route of 3 km that children of all ages and abilities can enjoy. It will also open up the Downs to people with disabilities who are anxious about sharing the road with cars, and any other adults who would like to build their confidence on a bike.

During this event, there will be a focus on safety. Activities we have booked include:

- Dr Bike will be on hand to check over bikes and make simple repairs or adjustments
- Bristol Cycle Development Squad will do skills sessions for young cyclists
- Volunteers will help children do ABC (Air, Brakes, Chain) bike checks

- Lifecycle will offer tandem taster sessions, designed for visually impaired riders and equipment try-outs (bike trailers etc.)
- CTC and the Wheels for All Partnership will offer people of all abilities the chance to ride specially adapted bikes



However, this is not just about perfecting the basic skills of riding bicycles. It is also to give children the free-wheeling sense of fun that comes from a meandering ride through the Downs' tranquil parkland, and to encourage them to become the responsible, cycling citizens of the future.

Cycle Sunday is a proactive bunch of families in North Bristol who want all children to grow up fit and healthy. They want them to confidently use a sustainable form of transport and to learn how to ride bicycles on the road in a way that is safe for them and everyone else. They have gained active support from Sustrans, Bristol Public Health, Bikeability, The Bristol Cycling Campaign, Life Cycle UK and Playing Out.

To sign up to our free family event, please visit: cyclesunday.eventbrite.com

Family Mediation Service in St Andrews

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

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

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



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

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



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Spring has Sprung in St Andrew's Park!

Our local park is once again looking beautiful. I was particularly pleased to see the Plum tree, planted in memory of my dear Dad, flourishing with blossom on a recent visit (as centrally above).

It was great to see that the pond access improvements are now complete. I am sure many groups will enjoy exploring the pond from the refurbished viewing platform. Judging by the masses of frogs pawns now present, the pond will soon be teeming with tadpoles!

As part of the Neighbourhood Partnership Festival, Kings Tennis Club will be hosting 'Tennis in the Park'. Everybody is invited to go along on Saturday 9 May, 1 – 3 pm. The event is free and no booking is required. For more information on other community festival events, see page 43.

If you have an interest in this wonderful, local green space, you make like to join the Friends of St Andrew's Park at their next meeting, on Tuesday 14 April, 7.30 pm at St Andrew's Bowling Club, Derby Road. All are welcome to get involved.



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– MUSIC FOR A SPRING EVENING –

**May 15th at 7.30 pm, at
St. Bartholomew's Church, Maurice Rd**

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

Quorum will be performing an inspiring repertoire of baroque and classical music – plus a few surprises – which capture the mood of the season. The evening will include a performance of J.S. Bach's Brandenburg Concerto number 2 with its rousing trumpet solo. The musicians are always very open to meeting the audience so there will be an opportunity to meet them during the interval and after the concert and those who attended the last concert in 2013 will know what a warm and inspirational experience it will be.

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

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

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



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

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

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Lockleaze & Horfield Strollers

Spring programme

Walking is the closest thing to perfect exercise



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

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

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

0117 352 1283 / 07810 506 738

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

Tuesday 14 April - Southville Saunter

Meet at 9.55 am, Horfield Leisure Centre foyer, Dorian Rd Bus 75 (10.10) to Bedminster. A chance to visit some of the Victorian past in Bristol including Princess Caraboo's grave and the oldest theatre pub. Leaders Joan, Sheila 1-2 mile walk with some slopes, refreshments available.

Tuesday 28 April - Kingswood Community Farm

Meet at 10.00 am, Horfield Leisure Centre, Dorian Road Bus 17 (10.15) to Kingswood. Leaders Stuart, Joan. 1-2 or 2-3 mile walks, including some slopes, refreshments available.

Tuesday 12th May - Blaise Hamlet

Meet at 9.55 am, Horfield Leisure Centre Bus 76 (10.06) to Crow Lane. Nine unique cottages designed by John Nash form the Hamlet. Coffee break in Blaise café, then walk through Blaise estate for return journey. Leaders John, Jane. 1-2 mile walk with some steps and slopes.



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

Local Guy Shares his New Approach to Ageing!

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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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How can you tell if your cat is happy?

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

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

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

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

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

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

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

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



Nicky Bromhall

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New this Spring to Roxford's Pet Shop
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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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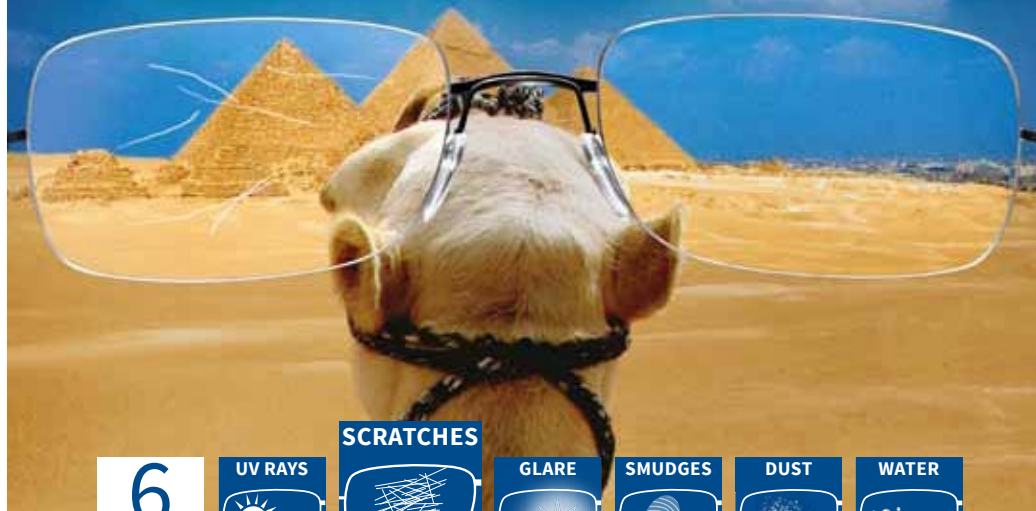
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Make the most of April at Lynne Fernandes - New Website • New Designs • Unbeatable Offers

Unbeatable Crizal Offer - Complimentary second pair!

The unbeatable Crizal spectacle lens offer continues through April. You can have a complimentary second pair of spectacle lenses with every purchase of Crizal lenses. It's a great opportunity to have two new pairs of glasses at a greatly reduced price, via a partnership between a Bristol lens crafter and Lynne Fernandes Optometrists.

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

At Lynne Fernandes Optometrists we don't believe in giving you a 'spare' pair of specs, every pair we dispense has a primary purpose, they aren't for keeping in the back of a dusty cupboard. Your complimentary pair can be clear or sunglass Crizal prescription lenses and when combined with the fabulous frames we currently have in stock, you can achieve two completely different yet stylish looks.

Individual Eyecare

As we are independent optometrists, we treat you as an individual and give your vision the time and attention it deserves. Unlike some retail chains, we have the freedom of choice and only recommend the right products specifically for you.

When wondering if you need two new pairs of glasses, ask yourself how many pairs of shoes you have? You would never compromise with only one pair, so don't compromise on your vision and eye health. Come in and see us today for some expert advice and to have access to the quality of vision you have only ever dreamed of.

Annual Optician Awards

The annual Optician Awards are in mid-April.

Lynne is short listed in a category that a woman has yet to win as Optometrist of the year. 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 there is no one who can demonstrate 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 now up and running. The stand out feature is *MySight*, a system we have developed with our software provider to allow you to book appointments online 24/7. The plan is 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, with price, with the excellent service our teams provide will give you increased confidence in trusting us with your eye care and eye wear.

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

Gerard Fernandes

LynneFernandes
Optometrists

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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MS CHARITY QUIZ

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

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

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

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

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

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

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

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

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

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

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

Paul Bullivant, FoSAP



The Friends of St Andrews Park



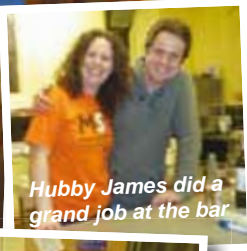
Quiz master Steve!



Your Street & Oddsox united



Friends from St Bon's



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://mssocietybristolsglo.wix.com/mssocietybristol>

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

David Matthews
Chair of the Bristol MS Society



Quiz winners - The Friends of Horfield Common



A packed St Bart's Church Hall

A BIG THANK YOU!

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

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Grape & Grind • Joe's Bakery

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MB Frames • Oddsox Children's Shoes

Playfull Toy Shop • Scrumptiously Sweet

The Flower Shop • The Green Room

The Royal Oak • Wine on Wheels

Yoga West • Your Street Gift Card

"YourStreet and Oddsox were delighted to support this community event that was raising money for MS. Walking in to a packed room was a demonstration of community at it's best!

People of all ages, coming together to support a worthy cause. We can't wait until the next quiz!"



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 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

www.bristolparkhiv.com

Please upload your park pictures to bristolparkhiv.tumblr.com or via Facebook - [bristolparkhiv](https://www.facebook.com/bristolparkhiv) or Twitter - @ParkHive

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

Sam Thomson



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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 3.30pm.

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.

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 Andrews Park, meet inside the main gate of St Andrews 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.

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 (see opposite).

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

St Andrews 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 Andrews Park, meet inside main gate of St Andrews 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. All instruments are welcome. Join is as many or as few of the tunes as you like or sit and relax and listen or get up and dance. £3 to pay on door.

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

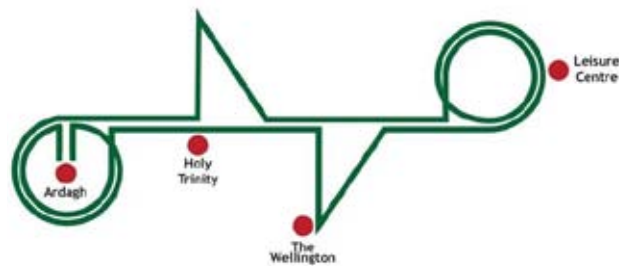
Bishopston Matters is delighted to once again be sponsoring the event. There are lots of great activities taking place in our area, see the schedule - to see how you can get involved.



Horfield Common Walking / Running Routes: Launch Event and Sponsored Walk The Ardagh, Horfield Common, Saturday 9 May, 9 am

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 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 at - www.friendsofhorfieldcommon.com



Proud sponsor of Our Neighbourhood Community Festival 2015

Go the Scorpions!



Sefton Park Scorpions football team (Year 3) are having a great season this year

All the team members are working hard and have greatly improved whilst still having a fun time with it. The goal celebrations are legendary!

Many of the dads are now also working hard to help ensure their continued success. This strategy does include regular 'summit' meetings in the Prince of Wales to ensure everything is on track!

Everybody is looking forward to the Rockleaze and Clifton United Tournaments in the next couple of months. The group would like to thank their kind sponsors, Kindle Stoves on Gloucester Road for their ongoing support. *Go the Scorpions!*



John Rutter is coming to Bristol for a Gala concert with the City of Bristol Choir

This concert will be given in aid of the Wallace and Gromit Grand Appeal, for the Bristol Children's Hospital.

The finest local talent, from the City of Bristol Choir and Exultate Singers will come together with over 200 young singers from Bristol Youth Choir and choristers from Westbury-on-Trym Parish Church, to perform John Rutter's moving 'Mass of the Children'.

John Rutter is one of the world's leading composers, a master of both melody and orchestration. The City of Bristol Choir is delighted to have him as their patron.



Gloucester Road Amnesty Book Shop receives donation worth about £2500!

Our local second hand Bookshop, Books for Amnesty, recently received an amazing donation of collectable books. The donation, which is estimated to be worth about £2500 included over 150 beautiful leather bound classic books published by the Franklin Library and The Easton Press. Titles include works by James Joyce, Mark Twain, John Steinbeck and Franz Kafka among many others.

A shop volunteer told me, "The books are so beautiful – we are blown away by this generous donation."

The Franklin Library and The Easton Press are well known for their high quality 'collectable' books. Think the American version of The Folio Society. The books are fully leather bound, versions of classics in a variety of colours with gold gilt titles and decoration. The Easton Press is still going strong but The Franklin Library ceased production in 2000, so their books are only available on the secondhand market.

Books for Amnesty raises money for the human rights charity Amnesty International. The shop is run entirely by volunteers who are working hard to sort through the donated items. Those priced so far range from £3–£75. The cheaper ones are currently being sold in the shop and the more expensive titles are being sold online on Abe books, although if a customer sees a book they like online, they are welcome to get in touch with the shop to arrange to come and see it.

When the City of Bristol Choir discovered that it takes over £40,000 a year to fund music therapy within Bristol's Children's hospital, and the impact that music therapy has on the children and their families is extraordinary, they decided that a concert with children, about children and for children was the best way they could help to fund that service.

The concert takes place during the Sounds Inspiring Children's music festival on Saturday 20 June 2015, Colston Hall. For tickets call the City of Bristol Ticket Hotline 01454 778477 or book at www.cityofbristolchoir.org.uk



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,

"Making the decision to subscribe to Laveer's helpdesk has provided all of our managers with 24 hour access to unlimited employment law & HR advice. This can be used when an issue arises or in anticipation of a problem, or if we are just looking for general advice without worrying about the cost. The service includes the provision of all necessary letters and documents, which gives us the confidence required in responding to any situation. This piece of mind is priceless, and I would have no hesitation in recommending Laveer Legal"

Gary Glendenning, Finance Director

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?

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

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

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

I'd be pretty confident on that one too!

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

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



Many of you reading this will have followed the 63rd Scouts on their journey over the past few years as they have tried to realise their vision of a new modern building on the site of the current Scout Hut on St Bartholomew's Road, Ashley Down. This month it was great to catch up with Scout leader Mike Evans and learn that their vision is now within touching distance.

The 63rd Bristol St Andrew with St Bartholomew Scout Group has been serving the community for 100 years. They currently meet in the Scout Hut, St Bartholomew's Road. This is a premises that they share with various units of the 88th and 114th Rainbows, Brownies and Guides. The hut is a wooden building that has been in use for more than 50 years. This included a move from the original site in St Andrew's Road, Montpelier in the mid-seventies. It needs replacing urgently.

The group have planning permission and have already raised or been promised just over £320,000 of the total project cost. They have about another £60,000 to raise. They have several funding

applications submitted for which they are awaiting the outcome. The scouts are continuing to hold events to raise funds, with a target to have all the money available by Easter 2015.

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

In February, the popular Beerfest, kindly supported by Ashley Down Brewery, was a great hit raising £1,000! Mid-March saw the Sisters of Swing perform a fundraising gig in St Bartholomew's Church raising £600; the evening certainly went with a swing, with a wonderful time had by all who attended.

On Saturday 9 May, the annual May Fair and raffle at the Scout Hut, will take place, 4-8 pm. Please put this date in your diary, this is likely to be the final event before the hut is demolished. Photographs taken across the years, illustrating some of the many adventures the local scout group has been involved with, will be on display.

It is exciting times for the 63rd Scouts, with their dream of a new, fit for purpose hut in their grasp. The group are now having a final push to raise the remaining funds needed. As parents, members of the local community or as a local businesses, please buy into this worthy cause that supports over 350 young people on a weekly basis. Are you able to make a donation between £50 to £200? – Smaller or larger donations would be most welcome. The scouts encourage taxpayers to gift aid the donation. If they wish, all donors can 'buy a brick' and have their names included on a memorial wall.

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

"We are very grateful for the support of so many people who got us to this position. The whole community has been very generous with their time and money."

Mike Evans



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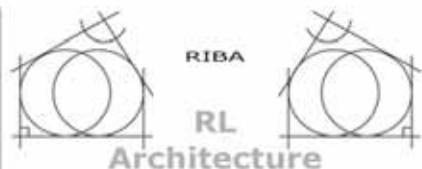
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News from - Golden Hill Community Garden

Hi Everyone,

Spring's here and summer is just around the corner, the frogs are busy in the pond, the polytunnel is full of seedlings and some days we even get to work on our tans! Things are busy as usual in the garden.

Our new toddler group is buzzing; get in touch to find out how your 18 month-4 year olds can come 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.**

Also calling all 5-12 year olds looking for a spring time adventure! Come aboard the Good Ship Golden Hill with Captain Clare and the Able Seabadger, but uh-oh ... hope we don't get shipwrecked and washed up on Garden Island. We'd have to build shelters, forage for pizza, hunt for treasure and try not to get eaten by sharks! Eeeek!! **Tuesday 31 March and Tuesday 7 April 10 a.m. - 4 p.m. £25 - including pizza and snacks.**

And for adults, I'm happy to announce that we were awarded some money by the Bishopston, Cotham and Redland neighbourhood partnership and Green Capital funding and will be building a new area of raised beds. **If you've ever wanted to build a raised bed in your garden or allotment, there is a great, cheap, hands-on workshop that will teach you how to do just that. Saturday 11 April 10 a.m. - 1 p.m. - just £5 - including a light lunch.** Participants of our last course loved it!

And, looking ahead, our **Big Spring Fair and grand opening of our eco building is Saturday 9 May 1 - 4 p.m.** - there'll be a human jukebox! dancing! a brass band! Tadpoles! Kids' activities and cakes, pizzas and a plant sale and MORE! Come along!

And, as ever, everyone is welcome to pop along and get involved or just come for a chat any Wednesday 10-4. Our site is accessible, including the compost toilet.



Lucy Mitchell
Community Project Worker

For more info - 07506 905 394
www.thegoldenhillcommunitygarden.com

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Animal Health Matters

This month it was lovely to catch up with my vet and numerous other people's in the local area – Nicky Bromhall, owner of the Animal Health Centre, Gloucester Road.

Nicky has been a qualified vet for over 30 years, owning the Animal Health Centre since 2002. She previously lectured at Bristol University Vet School and worked part time at the local practice. When the time was right, she was pleased to be able to take the business on.

She now works at the practice with two part-time vets, three nurses and two receptionists. They are a happy team, a bit like a big family, Nicky shares.

Nicky lives in Redland and is passionate about our local area, she meets people she knows wherever she goes and is pleased to feel part of this tight knit community. Nicky feels lucky to have so many loyal, local customers.

It is easy to see why people chose to support this practice, you can tell that Nicky and her team really care about the service they are offering, both to their patients and their owners. Nicky told me, "Providing our community with a friendly, honest service has always been the driving force of the Animal Health Centre. We never take anyone for a ride by

carrying out unnecessary procedures. We all have pets, so can empathise with our customers. We have a huge amount of respect for our clients and their much loved animals."

I was amazed to learn, when her daughter was growing up (she is now in her last year at Vet school), they owned over 50 pets! Nicky told me many of these were her daughter's tropical spiders or snakes; personally she prefers pets of the fluffy variety!

Lulu is Nicky's gorgeous miniature, wire haired dachshund, who is a joy to have around the clinic. It was lovely to hear Lulu is great friends with their rabbit – Stew! The bunny is almost the same size as dear Lulu. Nicky is a great fan of little dogs, a smile spread across her face as she talked of a tiny chihuahua that had showed great character that morning, barking at dogs several times its size!

If you would like to register with the Animal Health Centre please get in touch on **0117 9247832**. 358 Gloucester Road, Horfield, Bristol BS7 8TP



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

More great stuff on the Common!

The Friends of Horfield Common have received 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!

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The Bishopston Society was established in 2002 in response to local people's concerns about houses being built in rear gardens. After all, much of the special character of the area comes from the large gardens in many streets and the sense of calm and harmony which results. The Society's mission statement is to promote high standards of planning and architecture and to challenge planning applications which are thought to be detrimental to the area. We hold two public meetings every year when guest speakers are invited to 'hold forth' on topics which relate to the local area. We also publish two newsletters annually with a variety of articles about life in Bishopston and the history of the area. However, the resources of the committee are strictly limited and there is an opportunity for new faces to make a contribution. If you would like to become a member or would like to join us in our efforts then please take a look at our website and feel free to make contact with us.

On the planning front there are two recent planning applications which demonstrate current pressures on the area;

NEW WETHERSPOONS PUB AT 349-353

GLOUCESTER ROAD - Wetherspoons lodged an application in 2014 to open one of their large late night drinking establishments next door to the former Bet Fred betting shop at 349-353 Gloucester Road. This application received a considerable number of objections, not only from residents but also from local councillors. The main concern expressed was that this application marked the first really large alcohol outlet on the Gloucester Road, on a scale normally associated with the city centre, and that the public nuisance and antisocial behaviour normally associated with such premises is totally incompatible with Bishopston, which is predominantly a family area. To our relief, the application was withdrawn.

Unfortunately, this was not the end of the matter and a second application was submitted in the early part of this year with the unwelcome addition of a 2217 sq. ft. open terrace to the rear of the premises, which heightens the concern about noise and disruption, particularly for those local residents unfortunate enough to be living nearby. The Bishopston Society puts a considerable effort into monitoring and opposing licencing applications on the Gloucester Road, which has been designated as a CIA (Cumulative Impact Area) specifically at the behest

of the police, so that the overall impact of licencing applications on the quality of life within Bishopston can be monitored and further applications controlled where appropriate. In practice, we have been greatly disappointed to find that almost every application over the last 3-4 year period has been passed. The result of this loose approach to licensing is the on going 'alcoholisation' of the Gloucester Road, which is becoming more and more like the Whiteladies Road in Clifton, with all its attendant problems of public disorder and litter.

The Bishopston Society feels very strongly that this is not the future we want for our area.

NEW HOUSES WITHIN THE GARDEN OF

29 SEYMOUR ROAD - The four planning applications to build houses within the rear garden of this Georgian villa in Seymour Road clearly demonstrate the intense pressure Bishopston is under to develop any available plot of land, regardless of the impact on local residents. The first application was for 5 flat roofed and heavily overglazed small terraced houses in a style which can best be described as 'industrial' and in blatant contempt of the historic character of the main house. This was roundly refused only to be followed by two further applications for the same 5 houses (clad with a more domestic treatment) and then for 4 houses, both of which were refused on numerous grounds including over development, overlooking, overshadowing, design incompatible with an historic building etc. However, in February a fourth scheme for 3 larger houses was granted permission by the planning committee by 5 votes to 4, with three abstentions. Whilst being an improvement on the first three applications, it was still far from ideal and will have a considerable impact on the immediate neighbours by way of development right up to the boundary (much higher than the existing garden walls) and general over development of the space available. It is disappointing that even when a large number of perfectly reasonable objections are raised to certain planning applications, the local planning process is rarely able to influence the design to produce a satisfactory outcome.

The Society is very concerned about the increasing pressure on the area and the frequent lack of respect both for the history of Bishopston and for the interests of residents.

www.bishopstonsociety.org.uk

The Climate Change March, 2015

We marched – from Lincoln's Inn Fields to Parliament Square. It was a demonstration – both serious and light-hearted. Many thousands took part – under 30's and a few oldies. We came from Bristol, Manchester, Nottingham, London and many towns and villages from North and South.

We assembled in Lincoln's Inn Fields – a flow commenced and we took part out of the gate and into the road. Barristers and The Royal College of Surgeons kept us in check. We poured into Kingsway and travelled to Aldwych and into The Strand.

Police were attentive, but kept a low profile. Some were on bikes and some were Liaison Officers, from which we had a joke or two. We sat down in The Strand. Not often you do that sort of thing – and we observed the passers-by on the pavements. Some were busy, some were curious. Hopefully, a few thought of curtailing our carbon emissions!

Onwards to Trafalgar Square, where a choir entertained us – then down into Whitehall, past Field-M Marshalls and Viscounts, the Cenotaph and Downing Street – closed for the day! Into Parliament Square – much drumming, dancing and jollity – relief for the Demonstration. Solar panels, wind turbines and insulation for our buildings are a must. Paris at the end of the year, where treaties have failed before. Can China and the USA agree? Asia and Africa have

become short of water and food and migrants ponder.

We must play our part. 'Keep the coal in the hole' and disinvest from deep oil extraction. A placard warned – Baked Alaska! We must keep the global temperature rise to under 2 degrees. Planet Earth is changing.

Ian Baker & Deborah Evans

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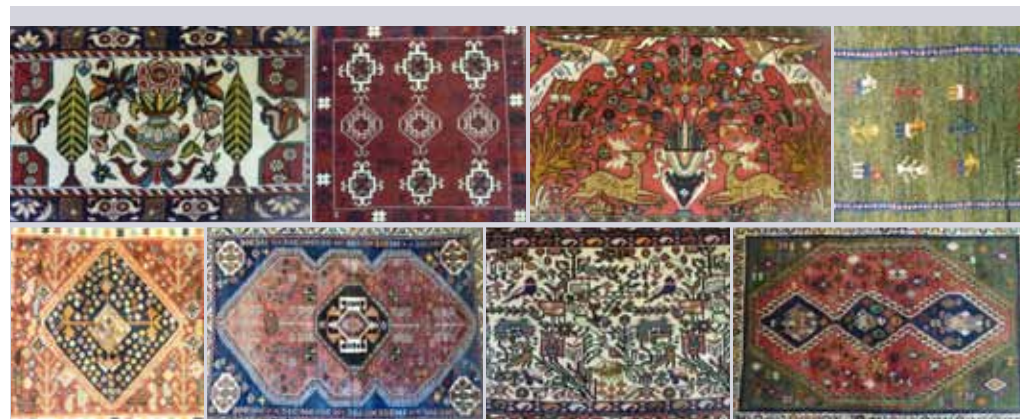
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Meeting with St Andrew's resident

- 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.



Fairfield High Headlines

Bloodhound sets students' interest in engineering soaring

A team of British engineers is aiming to smash the land-speed record by building a supersonic car that will travel at 1,000mph, beating the current record by nearly 250mph. Bloodhound is one of several schemes that aims to interest schoolchildren in engineering by using its educational materials and data in the classroom. Pupils from FHS recently visited the project, "I think it's really interesting because it is quite inspirational and a lot of us at school have been talking about it," says Jenny Taylor, aged 13.

Open evening

Nearly 300 people attended 'Meet the Fairfield Family', an open evening that gave prospective students and their parents the opportunity to hear about the school's plans for the future and about Fairfield's unique Transition Programme. The programme aims to alleviate concerns from students and parents before they join the school by offering a free 2-week summer school and many other opportunities in advance of September. One visitor commented, "I love it here. The vibe is special and I love the fact that Fairfield clearly sees every child as an individual in their own right."



Success at maths and debating competitions

Emmanuel Leach and Abdul Ali (Year 8) and Libby Rush and Finlay Suttie (Year 9) have taken part in the Regional Final of the UK Maths Challenge. Despite incredibly talented opposition, the Fairfield team finished 7th out of 25. All four students are to be congratulated after this hugely successful and enjoyable day.

Congratulations also go to Erin Copp, Maya Davies, Christopher Jenkins and Alex Brownbridge for their excellent debating skills. With two wins secured in the Urban Debate League, next month, the students will compete in a debate in London against schools across the country – good luck to them all!

And finally...

'Labour's Future Jobs Tour of Britain' visited FHS recently – Darren Jones, who is aiming to be Labour MP for Bristol North West, and Shadow Business Secretary, Chuka Umunna (pictured above), visited the students to talk about their career choices. They learnt that Darren Jones originally wanted to become a doctor but switched to a career in law (to the disappointment of his Nan!), and that Mr Umunna also thought about going into medicine but instead became a solicitor before being elected to Parliament. Both politicians stressed to the students that they should not base decisions about their futures on what their parents had done – instead they urged them to develop skills and make the most of any opportunities that came their way.

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

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

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

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

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

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

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

(written in English) somehow survived. The official record (in Latin) simply omitted all reference to the case.

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

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

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

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



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

bishopstonhistorysociety.wordpress.com

News on the new Bishopston Library & Medical Centre

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

There is good momentum on the site. Starting in the Old baths - the hydrotherapy pool's balance tank (that keeps the water levels of the pool consistent as people enter and leave the pool) is now fully waterproof. Drainage has been installed and the pool floor concreted. The concrete surround has been poured and form work struck, so you can now see the whole construction and the overall size. Kevin and I both agreed the day the pool is filled with water will be one to celebrate!

Moving to the new build next door. The facade and cladding work outside is being finished off and the coloured render topcoats are progressing well.

Kevin explained that working on a grade 2 listed building alongside a new build, that is to reflect the old baths, was not without its challenges! But this was what made this project so interesting. The circular stair tower enclosure is now complete. It is a complicated construction built out of specially made curved bricks. Set amongst the layers of bricks is beautiful bath stone, as used in the original baths building. The walls of the new building have been carefully constructed to ensure the lines of bath stone perfectly match across the whole of the frontage. Kevin told me in order to resolve some building challenges of the new building, the team had been pleased to embrace some of the traditional building techniques and materials, used 100 years ago, before so much high technology was employed.

The impressive feature staircase in the new Bishopston library is installed and balustrades fitted.

This spirals round a centre metal tree that grows into a sun tube in the centre of the space. This tube will increase the natural light in the community venue. The sun tube has been created with 16 panels of 6 mm mirror acrylic. Kevin told me this material was perfect for the job - the same end result was created as with glass mirror, at a quarter of the weight.

The high level tower windows are being installed along with the stone work, that is being 'faced' in situ.



Fabulous view from the new apartment balconies

The flats above the library are being completed, with second fix items underway, soon ready to be decorated. I had the privilege of stepping out onto one of the new apartment's balcony to take in an impressive view of the much loved Gloucester Road.

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



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



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



News from our Bishopston & Redland Councillors

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.

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

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

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

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

Flooding on Station Lane

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

some survey work and will think of a way to improve drainage.

Planning

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

Gloucestershire County Cricket Club Floodlight Application - The Council Planning Committee agreed to defer the decision on the floodlights in order to further explore alternative options. Daniella spoke at the meeting to ask for controls to be put on the use of the floodlights to safeguard the amenity of residents. Both Tim and Daniella support the idea of floodlights, and having international cricket in our ward.

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

Wetherspoons - Wetherspoons have 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

Although we had previously reported a completion date of 28 February you will have noticed that date passing and the scaffolding still in place. We will not be giving you a new date, but are hoping for a May completion.

Search for Heroes

Mary Colwell, a well-known 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: www.northbristoladvice.org.uk/images/NBAC_news_Jan15_web.pdf

Bus Changes

Some major bus routes through our area have been changed.

Service 70/71 (Bristol Temple Meads – UWE): The timetables are being adjusted with an extra bus being added to improve the punctuality and reliability.

Service 72 (Centre – UWE): The route that buses take is changing. Following the opening of the Romney Avenue Bus Link, we will use that rather than having to divert via Filton Avenue, Station Road, Filton Road and Coldharbour Lane. The punctuality and reliability of buses is expected to improve as a result.

Service 73/X73 (Centre – Cribbs Causeway / Aztec West): The timetables are being changed to improve punctuality and reliability. There will also be

two route changes affecting both the buses in the city centre and in the north of the city.

All buses will start and terminate at Lewins Mead instead of Colston Avenue to reduce the likelihood of them being caught in congestion around the centre, and enable all driver changes to be completed at the end of a journey (rather than part-way through).

Two extra vehicles will be used; this will mean that the frequency of Monday to Friday peak-time journeys on Service 73 can be improved (to every 12–15 minutes). This should avoid the need for journeys to be cancelled, or cut short due to excessive late running because of congestion. The evening timetable is being overhauled to make it more punctual and reliable.

Service 75 (Hengrove – Cribbs Causeway) and Service 76 (Hengrove – Cribbs Causeway): The timetables are being overhauled to improve the punctuality and reliability. Four additional vehicles will be used to resolve the ongoing issues with traffic congestion and to provide more recovery time for vehicles. There will be extra early evening journeys to respond to customer demand. There will also be significant improvements to the Sunday and Public Holiday timetable: there will be a bus every 20 minutes on each route, meaning that on combined sections of route, buses will run every 10 minutes (compared with every 15 minutes at present).

Service 76 will operate 24/7 as per Service 75.

The addition of Service 76 to the night bus network means that parts of Hartcliffe and Headley Park will have access to them for the first time. It also means that there will be a 24 h service to and from Southmead Hospital.

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



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

The creation of the third level allows for

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

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

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

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

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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.

♦ ♦ ♦
21 April 2015

Mum is in charge - John O'Neil TBC

19 May 2015

Women at War - Dawn Dyer

bishopstonhistorysociety.wordpress.com

We are the Bristol U3A –

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

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

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

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

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

Events at
Cheltenham Road Library, BS6 5QX

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



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



T: 0117 9038562

E: cheltenhamrd.library@bristol.gov.uk
www.bristol.gov.uk/libraries

Opening Hours

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

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



Redland Green School Car Boot Sales

Clear out your clutter and come and find some treasure at our first of this season's car boot sales.

Saturday 18 April,
Redland Court Road, BS6 7EH.

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

Buyers 1pm-4pm 50p admission, kids go free. Further sales on 16 May, 20 June and 18 July.

Calling all gardening or allotment enthusiasts!

The Golden Hill Community Garden are running a **Raised Bed Workshop** on Saturday 11 April, 10 am - 1 pm.

This will be a fun, practical, hands on workshop and will even include a light lunch. The cost is just £5! To book in call

Lucy on 07506 905 394

www.thegoldenhillcommunitygarden.com

Ardagh Toddlers Fundraising Event

Saturday 18 April
TABLE TOP SALE

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

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

Please come along and support
The Ardagh Toddler Group!

To book a table contact Ali Gilleard:
alison@alisongilleard.com

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

Free Mini Tennis for kids and parents at Kings Lawn Tennis Club!

Easter Holidays;

Weds 1 April 2-4pm, Weds 8 April 2-4pm
Also Sat 25 April 11:30-1pm

See our website and Facebook page for more details and to book in - www.kingstennis.co.uk

Contact Elly for further details ellytennis.kings@hotmail.com



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

Monday 27 April, 7.30 pm - **The no-dig method of cultivation with Charles Dowding.**

Charles runs a very productive intensively grown garden and is well known for his books on organic vegetable growing. Copies will be available.

PLEASE NOTE DIFFERENT VENUE AND CHARGE £5 for NON- MEMBERS - This meeting will be held at The Kitchen, part of The Old Fire Station, BS1 2AG on Silver Street, which runs parallel to the bottom of Union Street in Broadmead.

Tuesday 26 May 7.30 pm (NB this is a Tuesday due to the Bank Holiday) - **The challenges of organic growing by Kate Collins.** 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.

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

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



Bishopston Moggery - Urgent appeal for Foster Homes for Spring/ Summer 2015

The Moggery in Bishopston urgently needs new foster homes before the 2015 kitten season begins.

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

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

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

Christine Bayka, Chair



Community Matters cont...



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

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

Stoke Lodge History and Archaeology Group

Meet on the second Thursday of every month at the Friends Meeting House in Hampton Road, Redland, BS6 6JE. They host a rich diversity of lectures. The next meeting takes place on 9 April, 7.30 pm - 'Missing, Presumed Emigrated - Children sent to Canada (1870-1912)' by Shirley Hodgson.

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

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

Crohn's and Colitis UK Avon & North Somerset Group

Have social events for people with IBD on the following dates - 9 May, 8 August, 14 November 2015 at Coffee #1 Fishponds and on 17 June and 16 September 2015 at the Watershed all at 7.30 pm.

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

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

Redland wind band will perform its spring concert this year at a new venue, in the Tyndale Hall at Westbury-on-Trym Baptist Church. An exciting and varied evening of wind band music will include pieces from the stage, screen and the classical repertoire.

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

Good use for used stamps - Volunteers working at Horfield Baptist Church's community café on Gloucester Road are keen to receive your used postage stamps. Any donated stamps will help raise money for Baptist Missionary Society (BMS) - working on four continents to support development, disaster relief, education, health services and church communities.

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

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

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

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

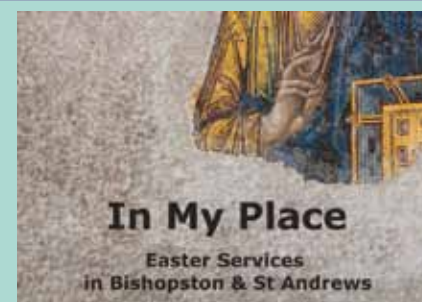
Bristol Cabot Choir will be performing Puccini's Messa di Gloria and Vivaldi's Gloria, along with other wonderful Italian pieces, at Clifton Cathedral on 25 April 2015, 7.30 pm. Conducted by Rebecca Holdeman and accompanied by an orchestra, superb up and coming young soloists, and the talented Joachim Schwander on continuo organ. Tickets: £15

and £10 (under 18s) from Opus 13, 14 St Michael's Hill, Bristol BS2 8DT or on 0117 923 0154; or online at www.bristolcabotchoir.org (+10% booking fee). Retiring collection for the Julian Trust Night Shelter.

Bristol St Andrew Bowls Club News - Their new outdoor bowls season starts this month and they would like to invite anyone from the Bishopston area and beyond to their Open Day on Sunday 12 April from 2 pm.

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

For more information, please get in touch by e-mail: bristolstandrewsbowlingclub@hotmail.co.uk, call the Club Secretary on 07505 107 260 or visit www.bristolstandrewsbowlingclub.co.uk.



29 March Palm Sunday
Candlelit Communion 7.30 pm St Bart's

2 April Maundy Thursday
Candlelit Communion 8 pm
Church of The Good Shepherd

3 April Good Friday
All Age Service 10 am St Bart's
Three Hours Reflections (entry every half hour)
12 pm St Bart's

5 April Easter Day
Worship in St Andrews Park, 7 am followed by
breakfast at St Bart's

Easter Communion 9 am St Bart's
Easter Communion 9.30 am
Church of The Good Shepherd

All Age Communion 10 am St Michael's
All Age Celebration 10.30 am St Bart's
www.bishopstonandstandrews.org.uk

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

Relatively Speaking

by Alan Ayckbourn

St Alban's Players

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www.stalbansplayers.org.uk

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