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issue 92, Dec 2015



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## Dear Readers...

Welcome to the festive edition of your community magazine. The Ashley Down Infants have once again helped us get into the Christmas spirit with their wonderful drawings on the front and centre pages.

This Christmas James and I wait for our own special gift to arrive with the birth of our first child that is due on Christmas Eve!

It was a privilege to join in the remembrance service at St Bart's and then travel to the new 63rd Scout Hut (see pages 27 and 51) to witness their annual award ceremony. It was both wonderful and moving to see the shield, in memory of my late father, presented to a passionate young scout.

Throughout the pages of the magazine you will find inspiration for fabulous Christmas gifts ranging from jewellery to artwork, vintage glass wear to beauty and hair vouchers. I can also recommend purchasing

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two books created in our community - the Let's Eat recipe book by Sefton Park School (see page 5) and Olly Rigby's The Bristol Giants save Christmas (see page 23). We are delighted to have some copies of both books to give away so do get involved.

The Gloucester Road traders have some seasonal activities planned with their Christmas lights switch on, competitions, late opening, fairs... discover more in their write-ups on pages 19 and 22.

There is a fantastic selection of seasonal activities and services to take part in listed within the magazine. Please do support the 'Santa Paws' event on page 16.

I wish you all a very happy festive season, I know this time of year is not easy for everybody, my thoughts and best wishes go out to you all. See you in 2016!

Kerry X

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

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**I never ceased to be amazed at the talented people that live within our community. This month I caught up with a group of parents from Sefton Park School, who had come together to combine their skills to produce a fabulous recipe book! With all proceeds going to their school.**

What better way to discuss the book than over tea and Chocolate and banana cake (I felt it my duty to sample at least one recipe from the book, which I give two thumbs up to – delicious!).

Debbie Hunt was chair of the PTA last year and explained she inherited the idea of the book from the previous committee. She was delighted to find a small team of local parents to take the project forward. Cinead Ingram was pleased to take on the role as editor (which was fantastic for the project as her profession is an editor of gardening publications), Kate Lendrem put her skills as a professional baker to good use, selecting from the fantastic range of recipes contributed by people linked with Sefton Park School and trialling the bakes. Dawn Heuff drew on her skills as a fundraiser to secure sponsorship from a number of Gloucester Road traders. Graphic designer Tim Farr, who sits on the PTA board, brilliantly put the book together. This was not the first cook book he had designed.

So the end result is a beautiful, user-friendly recipe book. Cinead told me, it was important for the team that the included recipes reflected Sefton Park School life and were appropriate and helpful to families with children of primary school age.

A huge inspiration for the book was Sefton Park's annual 'World on a Plate Day', which sees families across numerous cultures bring in food that they love to share with all the school members. There is a chapter celebrating this event, as well as cooking themes of 'Spontaneous Playdates', 'Cooking with Kids' and 'Cake Sales'.

Within the pages of the book are some enchanting

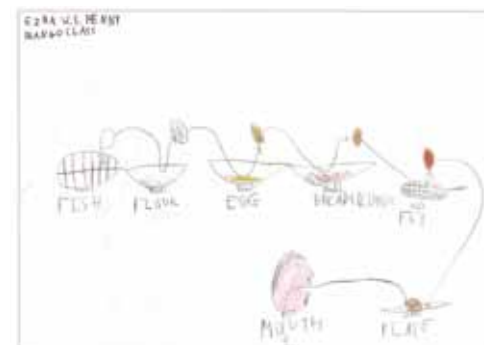
illustrations provided by the pupils; this is a lovely touch that contributes to making this book special.

Sefton Park would like to thank their local sponsors (some who contributed their own recipe) – Biblos on the Hill, Planet Pizza, ScoopAway, The Cider Press and The Prince of Wales. You can buy copies of the *Let's Eat* Recipe Book from their main sponsor, the Gloucester Road Co-op, 117–121 Gloucester Road.

As well as featuring recipes from Sefton Park parents and pupils, the team was delighted to receive contributions from Bristol-based food writer and stylist Genevieve Taylor and Chef Claire Thomson, of The 5 O'Clock Apron fame!

I hope this article has whet your appetite, to buy *Let's Eat*, which has been wonderfully put together with love by local people for the benefit of a local school – another fine example of what can be achieved when members of the community pull together. You can pick up a copy from the Gloucester Road Co-ops or from Sefton Park School, at just £8 per copy or two for £15! What a fabulous gift this would make.

**Reader Competition!** We are lucky to have a few copies to give away, simply e-mail [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) with the answer to the following question – **What local school has created this recipe book?** Closing date 13/12/15.





## Family Mediation Bishopston



**Family Mediation helps divorcing and separating couples find solutions to disagreements over dividing their money and the arrangements for their children.**

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**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 worked as a family court advisor for Cafcass for over 10 years.

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.



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

*"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."*

Frances talking of their excellent success rate.

## Redland High School to grow seeds from space!

**Pupils at Redland High School are preparing to become space biologists and embark on a voyage of discovery by growing seeds that have been into space.**

In September, 2kg of rocket seeds were flown to the International Space Station (ISS) on Soyuz 44S where they will spend several months in microgravity before returning to Earth in March 2016. The seeds have been sent as part of Rocket Science, an educational project launched by the RHS Campaign for School Gardening and the UK Space Agency.

Redland High School will be one of up to 10,000 schools to receive a packet of 100 seeds from space, which they will grow alongside seeds that haven't been to space and measure the differences over seven weeks. The pupils won't know which seed packet contains which seeds until all results have been collected by the RHS Campaign for School Gardening and analysed by professional biostatisticians.

The out-of-this-world, science experiment will enable the pupils to think more about how we could preserve human life on another planet in the future, what astronauts need to survive long-term missions in space and the difficulties surrounding growing fresh food in challenging climates.

Mr Sloan, Science Teacher at Redland High School

for Girl, says "We are delighted to be taking part in Rocket Science. It will be an

exciting way for our young scientists to contribute to a National experiment and share their learning with the whole school community. Study of the STEM subjects is important at Redland and is something we are very good at. We hope that their experience with Rocket Science will encourage our girls further, inspire them to get involved with gardening and also motivate them to find out more about careers such as horticulture, plant science and the space industry as a whole."

Rocket Science is just one educational project from a programme developed by the UK Space Agency to celebrate British ESA astronaut Tim Peake's Principia mission to the ISS and inspire young people to look into careers in STEM (science, technology, engineering and maths) subjects, including horticulture.

To find out more about Redland High School visit [www.redlandhigh.com](http://www.redlandhigh.com)



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Kerry & James, Ashley Down residents.



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## 'Round the World Day' with St Bon's

What a treat to be taken on a 'round the world' trip with the enthusiastic pupils of St Bon's recently. This term the school have enjoyed the Geography based topic, 'Who are we and where do we come from?'

Each pupil was given a map to chart where their parents and grandparents had descended from, this information was then transferred to one large class map, the findings were extremely interesting. Every class focused on a different country – Year 1 studied the UK and Republic of Ireland; Year 2, Poland and France; Year 3, Scotland; Year 4, Democratic Republic of the Congo and Italy; Year 5, USA; and Year 6, India.

It was wonderful to visit each year group who were showcasing their work and sharing their learning with fellow classes. Everybody had been issued with a Passport with fact-finding questions and were touring each classroom to learn about the different countries that had been studied. This style of learning brought the countries to life for the pupils who were completely engaged with the topic. Everywhere I went hands shot up to share the knowledge of the country their class was representing, telling me all about the important landmarks and culture of their countries.

The standard of work was fantastic; highlights of what I saw included beautifully written reports, stunning models of Italian and Scottish landmarks along with detailed re-creations of rainforests in the Congo. Representations of Polish Cut Out artwork and sensitive watercolours painted in the style of Monet. Venetian masks and gorgeous Indian batik-inspired fabric work.

It was good to hear that, where possible, learning had been linked back to the school community. Children from the different countries that were studied, presented information to fellow pupils. Gloucester Road L'Artisan cafe owner Sally, gave a demonstration on making eclairs to the class studying France, the pupils then enjoyed decorating the delicious treats!

Congratulations St Bon's on your excellent learning and vibrant presentations.



Miranda & Isla with their Scottish models



Fabulous Venetian masks



Ella, Archie, Alice & Emilia with their impressive Italian models



Detailed representation of the Congo Rainforest



A taste of India



Passports at the ready!



Monet inspired artwork



When I visited it was also 'Mad Hair Day' to raise for Children in Need



Alex with his Loch Ness Monster!



Olmo with his stunning model of Italian mountain ranges





## News from Golden Hill Community Garden



Season's greetings everyone! It's the time of year when people start asking me if we close the garden... Of course not! And what do

we get up to in the winter in the garden? – All sorts! We layer up, get the wellies on and we've winter veg to harvest, things to build and drink lots of tea in the cosy straw bale building. Though we do get beaten back a little by the darkness and our Dec/Jan opening times are Wednesday 10–4.

I'm happy to announce the return of our fabulous and very popular **Christmas Wreath Making Workshop, Saturday 5 December**; drop in between 10 am and 4 pm though no new wreaths will be started after 3 pm as it's nice to spend a good hour putting together one of these beauties. We'll provide the willow and the greenery though please feel free to bring any extras along, especially things with berries! And it just costs £10! BARGAIN! And you'll be the envy of your street with your unique and ethical creation!

Our **Golden Buds toddler group** runs all year as well and we'll be starting what we like to call Spring term One in January with new timings and an extra morning group so lots of new places for fans of digging, ponds, singing and exploring in our beautiful garden! Get in touch to find out more or to book your free taster session! See you in the garden!

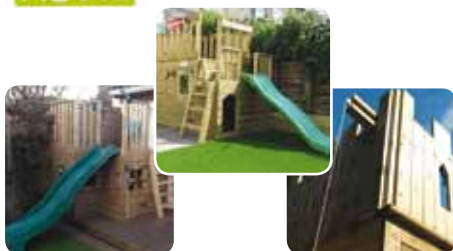


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## Top inspection rating for Bristol Grammar School

**Bristol Grammar School (BGS) is celebrating after being declared 'Excellent' across all eight categories in its recent Independent Schools Inspectorate (ISI) inspection.**

The Inspection report, which can be read in full on the BGS website, states that BGS 'fulfils its aim to achieve excellence in all it does within and beyond the classroom for its pupils, from EYFS to the sixth form.' A team of thirteen ISI inspectors visited the School over four days in September, considering categories including the level of pupil achievement, the quality of personal development, the pastoral care provided, the quality of governance and the quality of links with parents. Across the whole of Bristol Grammar School's provision, from Reception to Sixth Form, each category was found to be excellent by the ISI, equivalent to OFSTED's 'Outstanding'.

This was the first inspection for BGS Infants, which opened in 2010, and the School is particularly delighted with the praise it received from inspectors. Peter Huckle, Headmaster of BGS Infants and Juniors said: "Thanks to the dedication and vision of our wonderful staff team, an exceptional educational experience has evolved. It is very rewarding that the first ISI inspection of our EYFS and Infant provision has recognised the excellence which our children and families benefit from on a daily basis."

Reflecting on the report, Bristol Grammar School Headmaster, Roderick MacKinnon said: "I am delighted that our first ever integrated ISI inspection has found excellence across all aspects of school life at BGS. The report is well-deserved recognition of all that our staff and community do for the children here."

"It is especially pleasing that the inspectors have recognised the positive impact of the innovations and changes which have taken place at BGS and that the School possesses the capacity for continuous, on-going improvement."

"Our inspection report is not an end point, but it is a highly significant and encouraging marker on our journey. We are already looking forward to our new Performing Arts Centre, currently being built. This will further enhance the many opportunities the School offers for pupils to flourish both in and beyond the classroom which are central to enabling every child to reach their full potential."



BGS Headmaster Mr Roderick MacKinnon with Mr Peter Huckle, Headmaster BGS Infants and Juniors, and Bristol Grammar School students.

"...excellence in all it does within and beyond the classroom..."  
ISI Inspection Report, October 2015

Entrance Examinations and Assessments for entry in September 2016 are being held on:

Saturday 9 January 2016 Year 7–10 Entrance Examination	Saturday 23 January 2016 Reception assessments and Year 3–5 tests
Wednesday 13 January 2016 Sixth Form Interview Evening	Saturday 30 January 2016 Reception assessments
Saturday 16 January 2016 Year 7 Entrance Examination	

To arrange a visit or to request further information, please call Hollie Skerritt on 0117 933 9885.



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## Bristol's Number 1 Parenting Community Hub



**KudaClub is expanding!** – KudaClub continues to grow from strength to strength; this September saw their After-school club open its doors to Brunel Field for the first time. The addition of Brunel Field comes in response to demand from local parents and the school itself, which owner Pegah has been pleased to work closely with.

There is still time to register with the excellent, Ofsted approved KudaClub. The local venue provides a friendly, safe, fun environment for children, run by qualified childcare professionals. The Breakfast and After-school club is available to children in Reception to Year 6. KudaClub runs a pickup service from Ashley Down (Downend Road site), Bishop Road and Brunel Field. Get in touch if you would like to receive a family information pack.

### More Fantastical Birthday parties –

KudaCan is proud to partner with the best kids' entertainers in Bristol, to offer a unique birthday party experience. A further five new packages are now on offer! Jungle Explorer, Dinosaur, Princess, Under the Sea and Disco Dotty! There truly is something to delight everyone! Visit their website to find out more about these fabulous, stress-free, party packages that both kids and parents adore.

**KudaTan** is the latest edition to the Therapy Room upstairs. Pegah has been overwhelmed with the popularity of this professional spray tan service with local mums. Book your Christmas/New Year Spray Tan now for just £15!

**New Activity – TITCH –** Travelling Interactive Theatre for Children. Classes have got off to a great start for this new exciting class. On Wednesdays there's a class for toddlers at 10am and one for babies at 11am.

**Christmas Show!** Make sure you put 12th December in the diary for KudaCan's annual Christmas Show. Father Christmas is missing... can you help find him?

Tel: 0117 9422877 visit [www.kudacan.co.uk](http://www.kudacan.co.uk) or pop into KudaCan, 7 Dongola Ave, BS7 9HG. Open 7 days: Mon–Sat 9.30–5 pm & Sun 10–4 pm.



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## Battle of the bump!

**As I write this, I am 34 weeks pregnant! I feel extremely lucky to be carrying a little one, and although I am enjoying my big bump, it does not come without some strain on the body.**

During the last trimester, the weight you carry at the front of your body is significantly heavier than your body is used to, and we need to adapt our frame and how we walk to accommodate this. Unsurprisingly the extra strain on your lower back can lead to discomfort or even severe pain.

Thankfully, during the latter part of my pregnancy, I have been able to gain regular relief with lower back massage from Osteomyologist, Dawn Clode at her Holistic Health Clinic on Gloucester Road. Lying flat on the treatment table is no longer appropriate, so it is great that Dawn has a massage seat.

As well as massage, Dawn incorporates Acupuncture, Aromatherapy, Cranial Sacral Therapy, Manipulation, Muscle Energy Technique (MET), NeuroLinguistic Programming (NLP) and Reflexology in her work, so is equipped to tackle every problem.

After birth, Dawn would not recommend further treatment for 6–8 weeks, to allow the body to knit back into place. After that time a visit can be beneficial to check your pelvis is aligned and assist in your recovery. If you have had a Caesarean

section (emergency or routine), Dawn can help with the pain and healing of the scars by applying very gentle manipulation to the skin fascia and muscle.

Cranial Sacral Therapy is excellent for treating newborn babies and children; until they are 3 the bones of the child's skull are not fully hardened making it easier to move the joints and bones of the cranium. It is an exceptionally gentle yet powerful healing practice. It can be particularly helpful to babies who are having trouble latching on when breastfeeding, suffering with croup, reflux sickness and assisting with re-shaping a little one's head who has been delivered with forceps and ventouse.

***Dawn is pleased to offer a free Cranial Sacral Therapy treatment to the babies of parents who are existing clients.***

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

***Reader Offer: £10 off your first appointment!***  
Mention Bishopston Matters when you book in.



## Clifton High School celebrates individual brilliance during Marquee Week

Thomas Plant



Between 6th and 12th October 2015, Clifton High School held its third annual Marquee Week celebrations. The exciting week brings together the whole school community including pupils, parents, staff, friends and governors and is one of the highlights in the school's calendar.

The week showcases the outstanding work of Clifton High pupils as well as providing an opportunity to welcome inspiring guest speakers to share their expertise and experiences with the pupils. Highlights this year included the school's annual production of *The Sound of Music*; a visit from clinical anatomist, author and broadcaster, Professor Alice Roberts; an auctioneer masterclass and valuation with BBC's Thomas Plant; storytelling and book signing by author Tanya Landman as well as themed days covering the environment, science, languages and performances by the younger children.

**To find out more about Clifton High School please contact Mrs Melanie Johnson, Admissions Registrar on 0117 933 9087 or email [admissions@cliftonhigh.bristol.sch.uk](mailto:admissions@cliftonhigh.bristol.sch.uk). You can also find further information their website [www.cliftonhigh.bristol.sch.uk](http://www.cliftonhigh.bristol.sch.uk).**



Alice Roberts



The Sound of Music



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**Clifton High School**  
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**Entrance examinations: Saturday 16th January and Saturday 23rd January 2016**



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## Get involved with Santa Paws!

It was lovely to catch up with the Troop family recently to learn more about their forthcoming **Santa Paws** event, in aid of **Hearing Dogs for Deaf People**.

The family are keen to raise much needed funds for this wonderful charity in way of thanks for the amazing support they have shown them.

Tom, Anne and twin daughters Alice and Charlotte enjoy living in Bishopston; Anne has lived in the area her whole life and Tom for the past 46 years! 24-year-old Charlotte attends college in Ashley Down, studying Independent Cooking, Computers, Arts and Crafts.

After being born premature and on oxygen for the first 10 weeks of her life, Charlotte was left deaf and with some physical disability. She has been assessed for a Hearing Dog and the family can't wait for the right canine friends to be placed with them. Mum Anne told me, "*Being deaf can be isolating for Charlotte, who always has to have a communicator with her, this also limits her independence*". The arrival of their Hearing Dog will enable the family to all have a little more of their own space, with the reassurance that Charlotte is safe and in good company. Anne went on to say, "*We think the Hearing Dog will become Charlotte's ears – making her aware of her alarm clock, the doorbell, fire alarms, etc.*" The dog will also be a great companion for Charlotte and assist with communication, notes can be passed in a special purse that the dog carries to family members and friends. Anne said, "*If I want to ask Charlotte if she*

*would like some lunch and she is upstairs, I can call the dog, place the note with him and send him to Charlotte, who can then reply and send a message back to me – brilliant!*"

Tom is a long standing Bowler at the Ardagh, his involvement with this community minded club, meant the Ardagh Sports Club was the obvious venue to host their first fundraiser.

On the day, there will be delicious refreshments, Christmas gifts to buy, members of the charity to talk with and hopefully some of the canine heroes themselves! Anybody reading this who knows somebody with a Hearing Dog – they are all welcome!

**Everybody is invited to go along on Saturday 5 December, 10 am to 12 pm at the Ardagh Pavilion, Horfield Common.**



Charlotte with parents Tom & Anne



## CHRISTMAS FOOD APPEAL

**Please buy and donate some festive items from the shopping list for our local North Bristol Foodbank.**

**Please can all Christmas donations be delivered by Friday 4 December.** This is so we can make them available to people before Christmas. Thank you for your support!

**You can donate locally at Artemis (214 Gloucester Rd), KudaCan (7 Dongola Ave), Pearce's Hardware (295 Gloucester Rd) and Scrumptiously Sweet (83 Gloucester Rd).**

**0117 979 1399 • northbristol.foodbank.org.uk**

- Christmas Toiletries
- Chocolates (tins, boxes, bars)
- Sweets
- Biscuits
- Tinned Ham
- Stuffing
- Gravy
- Christmas Pud
- Mince Pies
- Custard
- Christmas Cake
- Fruit Juice (carton)
- Savoury Snacks, peanuts, crisps etc
- Any other non perishable food items
- toiletries
- baby products



## Christmas Message & Services



### Sunday 13 December

**Scouting and Guiding Carol Service** - Horfield Methodist Church, Churchways Avenue, Horfield, BS7 8SN, 13.30.

**Family Carols** - St Michael's, 160A Gloucester Rd, BS7 8NT 17.30.

**9 Lessons & Carols** - The Good Shepherd, Bishop Rd, BS7 8NA, 18.30.

### Saturday 19 December

**Carol Singing on the Steps** - Bishopston Methodist Church, 245 Gloucester Rd, BS7 8NY, 11.00.

### Sunday 20 December

**Carol Service followed by buffet lunch** - Bishopston Methodist Church, 245 Gloucester Rd, BS7 8NY, 10.30.

**All Age Nativity Service** - Horfield Methodist Church, Churchways Avenue, Horfield, BS7 8SN, 10.00 and **Candlelit Carol Service** 18.00.

**Carols by Candlelight** - Horfield Baptist Church, 279 Gloucester Rd, BS7 8NY, 17.30.

**Christmas Reflections** - St Michael's, 160A Gloucester Rd, BS7 8NT, 10.30 and Carol services 17.00 and 19.00.

**Service of Nine Lessons and Carols** (led by the choir), Horfield Parish Church, Wellington Hill, BS7 8ST, 18.00.

### Tuesday 22 December

**Family Carol Service** - Horfield Parish Church, Wellington Hill, BS7 8ST, 19.00.

### Christmas Eve

**Midnight Service including Holy Communion** - Bishopston Methodist Church, 245 Gloucester Rd, BS7 8NY, 23.30.

**Crib Service** - Horfield Methodist Church, Churchways Avenue, Horfield, BS7 8SN, 16.00.

**Family Celebration** - St Michael's, 160A Gloucester Rd, BS7 8NT, 16.00, 17.00 & 19.00 and **Midnight Communion** - 23.15.

**Midnight Communion** - The Good Shepherd, Bishop Rd, BS7 8NA, 16.30.

**Christingle Service** - Horfield Parish Church, Wellington Hill, BS7 8ST, 19.00 and

**Midnight Mass** - 23.30.

### Christmas Day

**Christmas Day Worship** - Horfield Methodist Church, Churchways Avenue, Horfield, BS7 8SN, 10.00.

**Family service** (bring along a gift to open if you wish). Horfield Baptist Church, 279 Gloucester Rd, BS7 8NY, 10.30

**Communion** - St Michael's, 160A Gloucester Rd, BS7 8NT, 9.15 and **Family Celebration** - 10.30.

**Festival Mass for Everyone** Horfield Parish Church, Wellington Hill, BS7 8ST, 10.00.



Christmas is a strange time.

Even in this sensible century

we do strange things:

hanging up old socks,

carting great trees into our houses,

setting fire to puddings,

even (perhaps) traipsing off to church in the middle of the night.

And we tell strange stories:

shining visitors from another world,

foreign wizards following a star,

a baby being born whose father was... well, not his father.

For children it's a time of speechless wonder:

can we adults also be children again?

not switching off our minds to truth,

but opening our hearts to divine wonder.

Listen to the carols; look up at the stars; give generously to those in need.

Let the wonder flow

over you,

at home,

in the street,

in the church.

May the peace of Christ be with you, and have a wonderful Christmas.

John Hadley.

Rector of Holy Trinity, Horfield





**An ideal gift for all your friends, family and colleagues in Bristol this Christmas....**

### **This Christmas Give Big! Share The BRISTOL Love Of Local**

Christmas... time to say thanks to your lovely friends and family! What better way than with a local Bristol lovin' **YourStreet Gift Card**. Just load it up with the amount you want and then enjoy the warm Christmas huggy feeling of giving a gift that supports local independent shops across Bristol, all while they enjoy 1000s of choices – from over 100 of Bristol's best loved independent shops and services.

**At The Well says:** *"YourStreet Gift Cards are definitely beneficial in attracting us new customers. People come in and spend their card they received as a gift, sample what you have to offer and come back as repeat customers in the future. The card makes a great present and supports the local economy!"*

If you like shopping from the comfort of your home it's easy - just order online!

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

Or take a sunny stroll down the road and pick a card up from your local heroes at:

**Oddsox Shoes** – Gloucester Road  
**Grape & Grind** – Gloucester Road  
**Romantica** (both Shops) – Gloucester Road  
**Brewers Droop** – Gloucester Road  
**Mel's Kitchen** – Downend  
**Tobacco Factory Café** – Southville

To see a full listing of shops of where you can use the YourStreet Gift Card visit –  
**[www.yourstreetgiftcards.com](http://www.yourstreetgiftcards.com)**

Local businesses wanting to say special thanks to staff with a YourStreet Gift Card contact –  
**[anne-louise@yourstreetgiftcards.com](mailto:anne-louise@yourstreetgiftcards.com)**  
 or call 07877 994 290.

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**open:** Tues - Sat, 10am - 5pm  
 Ring for appointments outside these times.  
**tel:** 0117 3290899  
**mob:** 07729997359  
**email:** [info@marialina.co.uk](mailto:info@marialina.co.uk)  
**web:** [www.marialina.co.uk](http://www.marialina.co.uk)

## The Flower Shop

### CHRISTMAS GIFTWARE NOW AVAILABLE

*Now taking orders for Christmas decorations - anything from a simple candle arrangement to a festive mantelpiece arrangement and lots more to suit every ones taste and budget.*

*Handmade, bespoke wreaths are a speciality.*

**You can now order our flowers online and they can be delivered nationally for next day delivery!**

**[www.theflowershopbristol.com](http://www.theflowershopbristol.com)**  
**Tel 0117 942 0050**  
 145 Gloucester Road, Bishopston, Bristol, BS7 8BA

## Get into the Festive Spirit with the Gloucester Road BID

**Gloucester Road traders have worked hard to put together some fabulous, festive activities for all their customers to enjoy!**

The Gloucester Road Business Improvement District (BID) has invested in some new Christmas lights. They hope you are enjoying the twenty lamp-post light displays, four illuminated deciduous trees along with the fifty twinkling Christmas trees.

You can make the most of Thursday late night opening from now until Christmas!

The traders invite you all to take part in their Christmas competitions. Take a trip down Gloucester Road and go into any shop displaying a poster and simply fill in an entry form, the competition is free to enter but the traders are asking for a suggested donation of £1 to support their chosen local charities – Julian Trust Night

Shelter and North Bristol Foodbank. There are some Gloucester Road vouchers up for grabs! You can enter until 16 December when the prize draw will take place – allowing the lucky winners plenty of time before Christmas to spend their local vouchers.

A second competition will take place on social media in the form of an advent calendar, starting on 1 December and running till the 24th. Every day a prize linked to Gloucester Road will be revealed! Visit their social media pages to find out more.

**Facebook: Gloucester Road Bristol.**  
**Twitter: @gloucesterroad.**

**MERRY CHRISTMAS!**  
 SPEND IT ON THE GLOUCESTER ROAD  
**FREE PRIZE DRAW**  
 Don't miss out...  
 KID'S POSTER COMPETITION  
 VOUCHER PRIZES  
 Visit Facebook: Gloucester Road Bristol

**LATE NIGHT OPENING**  
 FROM 19TH NOVEMBER

**WINDOW DISPLAY CONTEST**

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## GOOD REASON TO VISIT

**Reason have celebrated their 5th Birthday on the Gloucester Road with a refit! The new shelving has enabled further gorgeous stock to be added, which is all lit beautifully by their freshly installed lighting.**

When I recently visited this fabulous family business (Sue with daughters Louise and Alice), I was interested to know what were some of their favourite items currently on sale?

Louise recommended, the new to Reason – Michel Design Works soaps and lotions, these lovely products (that last for ages) come packaged in a range of exquisite boxes and papers.

Sue showed me a selection of their vintage metal jugs and salt sellers, a charming china swan and their Turkish coffee pots that are proving popular with the locals.

Alice picked out two charming, vintage bird pictures, some rather fabulous advent calendars and Champagne Saucers.

Whilst I was enjoying the many treasures of this local shop, I picked out the nkuku cream bowls and mugs with blue tear drop design - stunning!

Reason is stocked full of goodies for the festive season. They have some delightful cards, garlands, 2016 calendars, candles and a spectacular selection of Christmas tree decorations – from traditional glass baubles to kitsch metallic parrots! I loved their range of beautiful, home-made crackers from Dorset.

You can't fail to find some wonderful gifts for a loved one, or why not treat yourself!

**Reason Interiors, 73 Gloucester Road  
T: 0117 329 4505**



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### Xmas Gift List

Go down to Niche frames and ...

- Scan old photograph of Grandma and print onto canvas for Mum ... ✓
- Print a lovely photo of us all from last years family gathering and put onto Blockmount for Dad ... ✓
- Buy old kids book and frame the illustrations from it for little brother ... ✓
- Grab drawing little sis did off the fridge, get it scanned and print it on to beautiful archival paper for Auntie ... ✓
- Print off all those awesome memories from last year, straight from facebook or my mobile, and get going on a new photo album ... for me :-)

Call 0117 942 2213 for more info ...

## That's christmas sorted!

26 Stokes Croft • Bristol BS1 3QD



Once again Glos Rd Central will be a hosting a free

**Christmas Street Party on Thursday 3 December, 5.30-8 pm**, which will launch the Thursday late openings for these wonderful independent shops; many will also open later on other days and every Sunday until Christmas.

The Christmas Street Party will offer loads of fun activities, food, drink and festivities for all the family. You can get fit and learn about environmentally friendly energy by riding a bike to light up Christmas tree lights. Following last year's outstanding performance, the Bishop Road Community Choir will be singing outside Room 212 at 7 pm.

**Mr Gotalot** will be appearing in his Pop Up Shop outside Odd Sox, where you can chat with him and Sidney about their New Year show, Mr Gotalot's Gotalot Shop: Santa School, or try your hand at Ms Barnett's fiendishly difficult competition, 'How many cheeses in the jar' and win a Family Ticket to see the show.

**Uncanny Creations** will once again set up next to Moodles to offer children's needelfelting workshops – a great way to make a handmade gift. Billie Jean Clothes will be returning to Gloucester Road to sell vintage cashmeres and lots more, outside Bristol Furniture Works.

**Golden Hill Community Garden** will be hosting a raffle and selling lovely natural wreaths and Friends of Horfield Common also have something up their sleeves.

**Bristol Fairtrade** will be selling fairly traded Christmas gifts and food, as well as providing information about the impact of buying Fairtrade on small producers in developing countries.

**Refreshments** on offer include Giles Butcher's lovely fresh burgers and sausages, Joe's Bakery's samples of their Christmas fare, and luscious cakes and mulled wine from Cake (get your festive food orders in for Christmas). The Italian Sausage Company will set up in their usual spot outside Millard's and Lona Restaurant will have live music during the evening. Boston Tea Party will also be laying on some Christmas delights.

The picture used for the Glos Rd Central Christmas poster is a special commission by Jenny Urquhart and is available as a print of canvas at Room 212.

You may have noticed BOHEMIA, a fab colourful vintage retro shop has opened as a 'popup' at the Emporium, 164 Glos Rd. They will be open until



Christmas Mon to Sat, 11 am till 6 pm.

Moodles has some fantastic gifts for children – which can be personalised – so get your orders in early! Art galleries – Room 212, Artemis, Paper Plane and Fig, sell fabulous gifts and locally made artwork.

**Don't forget to take part in Xpress Computers Reader Competition!** The local computer business is offering readers the opportunity to **WIN a FREE Windows 10 upgrade worth £75!** For your chance to win, simply email your details to: [Xpresscomputers176@gmail.com](mailto:Xpresscomputers176@gmail.com). The winner will be announced on their Facebook/Twitter pages and contacted by email. Terms apply; closing date 30/12/15, prize to be used by 20/01/16. If you have computer problems please call 0117 908 0290 or drop in to 176 Gloucester Road, where they will be happy to help you.

Glos Rd Central traders would like to wish all their customers an exceedingly Merry Christmas and a very Happy New Year! Thank you for your support all year round. [www.glosrdcentral.co.uk](http://www.glosrdcentral.co.uk).



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## The Bristol Giants are back!

Last year local resident Olly Rigby published his first children's book – Goram & Ghyston: The Bristol Giants. We are delighted to announce the launch of his latest story – 'The Bristol Giants save Christmas' – and we have some copies to give away!

It was great to catch up with Olly recently and hear about the exciting events that have taken place in the 12 months since his debut as an author. It was fantastic to learn that the first Bristol Giant story was the bestselling book in the Bristol area last Christmas, and has now sold over 3,000 copies!

Olly, along with brilliant illustrator Tom Bonson, has been to visit 10 schools and enjoyed reading the book to over 4,000 children!

Their second book – 'The Bristol Giants and the Severn Seas' – was launched in association with the Luke Jerram, Withdrawn exhibition that took place in Leigh Woods over the summer. The book can still be downloaded for free at [www.bristolgiants.co.uk](http://www.bristolgiants.co.uk).

Their third book – 'The Bristol Giants save Christmas' – is available now! I was interested to know what we can expect from their Bristol-based tale. I can reveal the following...

It is Christmas Eve and Father Christmas has flu. Everyone at the North Pole is also tucked up in bed and Father Christmas needs to find someone to help deliver presents to all the well behaved children in the land. But who can help? The Tooth Fairy is busy removing one of Dracula's molars, Big Foot has athlete's foot and Nessie says she would feel like a fish out of water! ...that leaves the Bristol Giants, Princess Avona and Digby the Dragon to save the day! Carnage ensues as the Giants try to outcompete

each other and deliver more presents. It is only when they start to work as a team that things improve!

Olly told me, "I am really excited about our new book because for every copy of *The Bristol Giants save Christmas* that we sell, we are going to give a free book to someone that might need their Christmas brightening up. We are partnering with the Lord Mayor of Bristol's Children Appeal and Martha Care charity to deliver books to disadvantaged children in Bristol and to children in local hospitals over the festive period."

**The book is on sale now at Romantica, Room 212, Playfull Toyshop on Gloucester Road and at [www.bristolgiants.co.uk](http://www.bristolgiants.co.uk).**

**Reader Competition!** Bishopston Matters is delighted to have some copies of this enchanting new book to give away. Simply email the answer to the following question to [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk) before 13/12/15 to be entered into the draw.

**Q: Why does Santa need help delivering presents?**

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**0117 968 4809** [care1sthomecare.co.uk](http://care1sthomecare.co.uk)

**Artemis** is a family run shop that is the creation of Catherine Amesbury and her daughter Carrie. A labour of love, Artemis is often described as an Aladdin's Cave of gorgeous gifts and stunning handmade jewellery, the components of which are sourced personally from around the world. Customers often tell us that they come to Artemis because they know they will find something unique and beautiful for themselves or their friends.

### **Catherine Amesbury Jewellery**

Artemis is the home of Catherine Amesbury Contemporary Jewellery Design that started over 11 years ago around the kitchen table. Catherine's aim when designing jewellery is to create gorgeous handcrafted pieces that can be worn and treasured for a lifetime. She works with beautiful elements including silver, semi-precious stones and freshwater pearls, which she sources from around the world. She has recently been working with gold-plated silver and combining it with silver, which is very exciting!

### **A Happy Family Business**

Since opening in July 2011, Catherine's team has grown to eleven members of staff who are all always happy to help. The Artemis family has grown further over the last two years with the birth of Carrie's daughter Isla, in April 2014 and baby Ted this August. Isla is already showing signs of following in her mum's and granny's footsteps with a love of dressing up in jewellery – watch this space!

### **Christmas Gifts at Artemis**

With the festive season upon us, Artemis has an extensive range of gifts including gorgeous velvet bags and purses, hand-painted Sri Lankan pottery, luscious soaps, beautiful scarves and lots of interesting trinkets for those not-so expensive gifts. For the Christmas season, Artemis brings you a unique selection of Christmas decorations including baubles, exquisite glass decorations, fairy lights,



garlands, wreaths and votives. So whether you want something festive for your table or lights to make your home feel cosy, come along and have a browse.

### **Bespoke Jewellery Service**

Clients can come and purchase from the display or sit and take their time to either customise or commission bespoke pieces. If you wish to create your very own design, they can facilitate this. Customers have had unique and personal pieces cast in silver, and as we enter the winter months, it is a great time to think about casting something for a special Christmas gift.

### **Wedding Collection**

Alongside their Classic Collections, Artemis has an exclusive Wedding Collection, which allows them to work with the bride to create a unique and stunning piece of jewellery that she can wear with pride on her special day. The passion that Artemis puts into each piece has to be there every time or it would lose its sparkle! They also specialise in gifts for bridesmaids, mother of the bride and any other members of the wedding party you may wish to spoil.

### **Downstairs @ Artemis**

Downstairs@Artemis is another fabulous floor of jewellery and gifts with a twist – hosting a permanent display of art by some of Bristol's best-loved artists. Together they exhibit a stunning collection of originals, prints and ceramics that will make a perfect gift for yourself or a loved one. Artemis is proud to host Cath Read, Feona Ness, Pip Gillman, Robert Antell and Sylvia Vacher.

### **Celebrating 4 years at Artemis!**

Artemis is delighted to have recently celebrated their 4th Birthday, with a party for all their customers, where they launched their fabulous new Autumn/Winter collections of jewellery and gifts.

Artemis, 214 Gloucester Road (Corner of Bishop Road), Bishopston, Bristol BS7 8NU

**\*\*\*Sunday opening in December\*\*\***

**0117 9241003 ♦ [www.artemisbristol.co.uk](http://www.artemisbristol.co.uk)**  
**[mail@catherineamesbury.com](mailto:mail@catherineamesbury.com)**

## Seasonal thoughts from Divine Ceremony

In her second instalment, Bishopston Undertaker, Dee Ryding from Divine Ceremony, reminds us that Christmas is not just wrapping paper and mince pies.

It's officially Christmas; the season to be jolly. Preparations are well underway for family gatherings, sharing food with friends and the ubiquitous Christmas parties.

Well, for most of us. However, for some of us this time of year will be a painful reminder of those who are missing. Loved ones who were here this time last year, will be present only in their very absence. For many, it can be a lonely, difficult time of year.

The Christmas bubble is all around me, but I am firmly on the other side at the moment; supporting families for whom Christmas is a world away. Many of my families tell me that the run up to Christmas can be harder to deal with than the day itself. It's difficult to shop for cards and presents, when your mind is elsewhere.

I have been so touched by the families I have been able to help over the last few months, and it will be those people who will be uppermost in my mind over the coming weeks as they face their first Christmas after a bereavement.

A quick search on the internet throws up all sorts of advice on how to deal with bereavement around the festive period. My own thoughts are shaped by the people I work with, who tell me:

- Be kind to yourself. It is important to make time to acknowledge your feelings.
- It's important to laugh, to cry and to remember. Spend time with close friends who understand you, however you are.
- Do something special in their memory; a visit to a significant place, hang a special decoration on the tree, or light a candle that burns in their memory.



Local undertaker Dee Ryding

- Some people tell me they find comfort in doing the things they always did, as a way of remembering that person, others find it more helpful to do something completely different.
- Don't put too much pressure on yourself; grieving is exhausting and, especially in the early days, can leave you with little energy for much else.
- What matters most is that, as far as possible, you are able to do whatever feels right for you and your family.

As my own Christmas preparations come into view, I shall make time to remember, but more than anything, I shall try my hardest to be thankful for my family - no matter how much we wind each other up over the dinner table.

Perhaps our greatest gifts to each other this time of year should be love and time. Think of those around you who may find Christmas difficult. May they find kindness and warmth in their family, friends and neighbours. May they find the space and strength to remember, to honour and to celebrate those lives that are lost to us in the real world, but continue through our memories, and the sharing of those memories with others.

With all best wishes for the season, from Dee and the Divine Ceremony family.

For further information on how Divine Ceremony can help - visit the website: [www.divineceremony.org](http://www.divineceremony.org), find us on Facebook or call 07989 402 476.

## A Day to Remember & be Thankful

On Remembrance Sunday, it was quite a sight to witness hundreds of young members of the 63rd Scouting Group march, with their flags proudly aloft, through St Andrew's Park to St Bart's Church in St Andrew's.



The venue was filled with community members of all ages. A moving service took place that encouraged us to both remember those that had given their lives for our future and thanks for the special people that remain with us.

The launch of a shoebox appeal to send gifts and practical items to the thousands of refugee children that will sadly not enjoy the same luxuries of Christmas as us was a stark reminder of all that we have to give thanks for. Our family was one of many who were pleased to take some boxes to fill with goodies.

After the service, many of the congregation travelled to the fabulous new 63rd Scout Hut (see more on page 51) to witness their annual award ceremony. The group has over 350 young members and it was lovely to see their enthusiastic faces and energy as they gathered for the event.



Worthy winners Ella Bragonier, Millie Sibson & Hannah Miller

As a family we have been delighted to donate a shield in loving memory of my late Father, who spent some of the happiest years of his life with the Scouts. Appropriately, the John Macleod Challenge Cup has the words, "A Scout is friendly and considerate" engraved, this was something my father carried throughout his life and is testament to the fantastic work of the scouting organisation.

This year a lovely young lady, Ella Bragonier, who has been with the scouting group for 8 years, won Dad's award. She told me it had been a lovely surprise. Ella won the award for her efforts in organising a camping expedition earlier this year called the 8 Trip. Ella was in good company with her two fellow organisers - Millie Sibson being awarded Scout of the Year and Hannah Miller receiving an award for Outdoor Activity. This lovely trio sung the praises of their local scouting group; they told me how they feel like a community who can share adventures trying new things. After all being at Sefton Park Primary and then going on to different Secondary schools, the scouts is also a great opportunity for good friends to catch up. The three scouts are now embarking on their next challenge of 10 Tors!

At the end of the Award ceremony, Scout leader Mike Evans told me how increasingly difficult it is to select scouts for the awards, as they are all so good!



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References available.  
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## Local MNDa Charity Night is great success!

Local residents and business owners Dale and Jon, would like to thank all those who supported their first charity evening that raised a fantastic £2645 for MNDa (Motor Neurone Disease Association).

Dale and Jon told me they knew little about this charity until a couple of years ago, when their friend was diagnosed with MND. Maureen - pictured above with her husband Alan - sadly passed away this summer.

140 people attended the event, which was an opportunity for family and friends to come together and celebrate Maureen's life, whilst raising funds and awareness of this disease. During the evening, Jon said a few words encouraging everybody to dig deep and toast their dear friend, who was a great party lover and enjoyed a Bacardi and coke!

There was live music from 'Oh Panda', Bibi and DJ Tomas, along with some great food. The evening was a huge success with people already asking when is the next one?!

## Thanks to the following individuals and businesses that donated to the event -

Alan Wiley, Ashgrove Pharmacy, Bishopston Matters, Brendan Carmody and Employer, Brookfield Garage, Colin May, Dale Wright - Bristol Building Co, Dalton Butchers, Foresters Arms, Hair Mechanics, Karen Parker, Keep it Clean, Lounger Group, Maureen's Family, Mike & Jill Hawker, Queen Victoria, Rachel Pugh, Redcliffe Pharmacy, Sharon, Steam Gleam, Tesco Winterbourne, The Royal Oak, Wella UK.



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## News from your local Hair Mechanics

I am sure everybody local is familiar with the fabulous seasonal window dressing that can be enjoyed at Hair Mechanics on Ashley Down Road, thanks to owner Jon. This month it was great to find out more about this popular, hardworking salon.

Jon has been successfully running Hair Mechanics for the past 25 years! Testament to how well the salon is received both by locals and across Bristol and beyond. Their clients range from toddlers to those in their 90s. The talented team of seven, brings a huge range of skills to the business.

They are delighted to welcome back stylist Vickie, who after two years of teaching NVQ hairdressing, found she missed the interaction with clients and professional hairdressing too much!

Vickie, along with stylist Becky, have a particular interest in colouring, they also enjoy taking part in courses keeping them up to date with all the latest products and styles. They are available for colour, cuts, styling, prom, wedding and party hair!

Hair Mechanics is a dedicated Wella Hair product salon. Jon explained they have great confidence in the extensive ranges and know what works well for all hair types. You can buy from the System Professional range, they will be pleased to advise the perfect products for you. They highly recommend Nioxin, for people looking to add strength and volume to their hair. Wella offer a 30 day trial and if you don't notice improvement you can have your money back, Wella have only had 0.01% returned over the years!

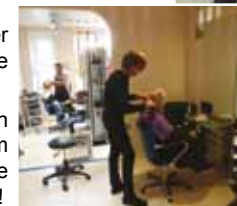
**They are pleased to offer a 10% discount on all services to students who book in with Vickie or Becky, from Monday to Wednesday. They also offer OAP discount on Tuesdays, ask in salon for more details.**

I found Hair Mechanics to have a relaxed, happy atmosphere. The space is light, bright and deceptively big! Do get in touch soon to book an appointment.

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## Winter Survival Tips for our pets

**As the weather gets colder so our habits and way of life changes – as it does for our pets, there are a few things to take into consideration at this time of year to make the season safer and healthier for all.**

**Arthritis** in ourselves as well as our pets is often worse as the temperature drops. Dogs will find it harder to get out of bed and get moving in the mornings, feeling stiff after rest. This is particularly the case if they have had a long walk the day before. Don't let your dog get cold especially after a wet walk, dry him thoroughly. Consider buying your older dog a soft comfy warm bed, orthopaedic mattresses are available for dogs and work well.

Cats are more subtle about aches and pains and you may just see your cat moving about less and changing their pattern of behaviour. Warm beds work well for cats too.

Consider using joint supplements and if you are concerned then do see your vet who will often prescribe a trial course of anti-inflammatories to help.

**Weight gain** is another problem for us as well as our pets in winter as we are less active and tend often to comfort eat. Be careful not to overfeed your dog or cat especially if they are getting less exercise than they have in the warmer months. Weight gain is also the greatest contributor to arthritic conditions.

**Be safe, be seen!** Cats are in particular danger crossing roads in the dark evenings; why not buy a fluorescent collar for your cat, or better still, avoid letting him out after dark. Fluorescent high-vis coats, leads and flashing lights for dogs will also help you to stay safe as well as your dog when out walking.

**Consider having a trim for your dog around his toes**, this will prevent balls of ice forming when out walking and have the added benefit of less mud being carried into your house on the return from walks.

**Fleas** are still a problem in the winter as we turn on our central heating and dormant flea eggs are stimulated to hatch. An environmental household spray will help you to stay in control in the home. If the weather stays mild, fleas can still survive outside – particularly if you have a fox or hedgehog in your garden – so you may also need to keep up your monthly flea control on your pet.

**Small pets need special care at this time if kept outside.** Small animals need more calories to stay warm so make sure you feed plenty and also give plenty of fresh vegetables to ensure adequate fluid intake. Rabbits and guinea pigs in hutches need extra bedding and a drop down

cover for their hutch if they can't be brought inside to a shed or garage; reposition the hutch to avoid the worst of the weather if possible. Check water bottles at least twice daily to ensure they are not frozen. Bottle jackets are available to help prevent this and are a good idea. Even in cold weather rabbits do need daily exercise so do allow out in a run every day..

**And finally** a plea to ask that you take extra care when using antifreeze for your car. Any spills should be mopped up thoroughly as it is highly toxic to cats and dogs. Cats seem to be attracted to the taste and only a very small amount licked up off the ground can cause a fatal kidney failure.

Wishing you a safe and healthy winter and if you have any questions please do call in at the surgery to see us.

*Nicky Bromhall*

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## Festive news from **Roxford's Pet Shop** Open 7 days a week • Free local delivery

**Christmas Goodies Galore!** – Yes, it is that time of year again when Roxford's is packed full of seasonal treats and toys for all of your furry and feathered friends. New this year is a fab cracker-shape toy that contains a crinkly bottle (that can be replaced), a soft turkey with stretchy neck – ideal for tug of war, Christmas sock monkeys and long-legged Santas and reindeers. All these add to the festive favourites of cat wands, squeaky rubber ball-balls, Xmas pudding catnip and Roxford's own gift bags. Owner Sarah's favourite dog treat is the mini net sacks of pig ears, 10 for £8.50.

**Wicker Wonderland!** – Roxford's have a new range of beautiful wicker products, with all sizes of pet bed baskets, a two tier cat basket, a fancy 'chaise longue' style dog bed, travel baskets and a super basket that can be attached to the front of your bicycle, enabling you and your little dog to travel in style.

**The Dog Treat Company** – These home-made treats from Devon, contain no added salt, sugar, chemical, dyes or meat meal. They are packed full of natural ingredients to enhance the nutrition and wellbeing of your dog. Within the range there are

treats to improve mobility, coat, breath, vitality and to help calm your pet.

**Torus Water Bowl** – This new product is designed to dispense water as your pet drinks it, to avoid stale water and mess. The clever bowl has a water filter and keeps the liquid cool. Available for cats and dogs.

**New Kong Jumbler!** – These fab round and oval toys (in a range of sizes), have an inviting rubber feel, handles that allow you to throw them or your pet to carry them around, a ball within the shape and they squeak! Perfect for a Christmas gift.



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## News from the Friends of Horfield Common

### The inaugural FOHC Halloween Party

The Café on the Common was transformed for our first Horfield Common Halloween Party on Saturday 31 October and it was a blast!

There was fantastic fancy dress, a wonderful costume parade and games and fun galore! It was wonderful to see so many people enjoying themselves in this wonderful new community space at the Ardagh. Sara – with the support of an army of volunteers – did an incredible job dressing up the Café yard with spooks, spiders, ghosts, skeletons and zombies and the effort was appreciated by the hundreds of local residents, children and

families who came along to join the party! Thank you very much to everyone who joined in – some of the costumes were amazing and all were so imaginative! It was a brilliant evening that was enjoyed by all who came along – and we are already looking forwards to next year's! Congratulations to the winners of the inaugural fancy dress competition, to the judges and thank you very much to the Wellington & the Ardagh Bowling Club for providing the prizes – they were very much enjoyed!

**Junior Wildlife Explorers Club** – We are planning to develop a 'Junior Wildlife Explorers Club' (and one for grown-ups!) – run by Steve on Horfield Common as a weekly or monthly activity, and would

be really interested to hear from any local parents whose children would like to be involved in this. We will be running a programme of wildlife-focused events throughout 2016 as 'My Wild Park' – part of Avon Wildlife Trust's citywide 'My Wild City' project. Do get in touch if you would like further information about what we are planning or of there are any specific wildlife activities you would like to come along to.

### Yate Ukele Players

Join Ardagh and Sports Club for an evening of music and Christmas songs with Yate Ukele Players on **Saturday 5 December, 7.30 pm til late!**

### Carols on Horfield Common

Come and join FOHC, friends and neighbours for **Carols on the Common on 22 December from 5.30 in the Café yard**. The café will be open for hot chocolates, warming mugs of soup and mice pies. We have some wonderful local musicians who will lead a sing-a-long of carols and Christmas songs to set us up for the festive season celebrations.

We will be also debuting our new café container-space on the evening itself. It is currently in the process of being transformed by a group of brilliant volunteers as I write and we can't wait to have it open and available for shelter from the winter weather while the café is open, and so that it can be used for a range of activities and events as



Photo thanks to Wayne Hatch

we move into 2016! Do come along and join us, 5.30–7.00 pm – All are welcome!

### Merry Christmas 2015

FOHC have made considerable progress on a range of projects throughout 2015, and we can't wait to see what 2016 has in store! Merry Christmas to all BM readers from FOHC – we look forward to seeing you on the common in 2016!

[www.friendsofhorfieldcommon.com](http://www.friendsofhorfieldcommon.com)



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**8 week course running in January and February 2016 at the Family Practice, 116 Gloucester Road**

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## Sleep Therapy

Christabel Majendie BSc, MSc, MBSPs

### Can't sleep?

**Try sleep therapy or The Sleep Course at the Family Practice.**

I am a psychologist working in the Bristol area, providing therapy for sleep problems. This uses a combination of cognitive and behavioural techniques together with motivational interviewing.

Cognitive techniques address the mental factors that contribute to insomnia such as thoughts and beliefs about sleep and a racing mind. Behavioural therapy aims to re-establish lost connections between the bedroom and sleep and to help individuals establish a healthy sleep routine. In this way sleep becomes a more automatic process and a more reliable sleep pattern is established. Motivational interviewing focuses on the motivational processes within an individual that bring about change.

Evidence shows that these techniques help to overcome insomnia and sleep problems in the long term, whereas the effects of sleeping pills are mostly short-term.

**I run individual sessions and The Sleep Course at the Family Practice. For more information contact me on 07881 651091 or visit [www.christabelmajendie.co.uk](http://www.christabelmajendie.co.uk)**



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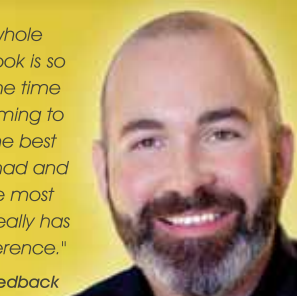
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## News from Icon Beauty

**IPL Permanent Hair Reduction** – Icon Beauty is delighted to announce they now offer IPL Permanent Hair reduction and skin rejuvenation treatments, with their new Phaser EPL Machine. Owner Lucy told me, "We are extremely excited about this new line of treatments, there has been a huge demand, especially for the permanent hair removal, and now with the new extension to the salon we have the space to accommodate this machine and offer these new treatments."

Phaser EPL is the biggest innovation in hair removal method and technology for over fifty years! It offers a clinically proven, fast safe and effective method for removing hair, leaving you with smooth skin every day, so no more waxing or shaving!

**How does it work?** – Phaser EPL delivers pulses of light into the skin at a specific wavelength, which is absorbed into the hair follicle. The light energy effectively disables the hair follicle without damaging the surrounding skin, the hair will then gradually slip out over the next 7–10 days, leaving the skin smooth and hair free. Once the hair follicle has been treated, the hair should not regrow.

**How many treatments are required and how much does it cost?** – The number of treatments varies between individuals, but Icon generally advise to start with a course of 6 treatments, with a 4-8 week interval between treatments. The cost depends on the areas treated and number of sessions required. Overtime, compared with a lifetime of waxing or electrolysis, Phaser EPL hair removal is more cost effective and achieves faster and more permanent results.

**Call Icon Beauty to book in for a consultation and patch test soon!**

**Book in for 5 treatments and get the 6th FREE!**

**PLUS: 10% OFF First course of IPL Hair Reduction**

### Christmas Party Season –

The festive party season is now upon us! The therapists at Icon are ready to make you look beautiful, and feel fabulous for all your Christmas parties! They have all the latest shellac and OPI colour collections in the salon, including the sensational OPI Starlight collection – a stunning collection of rich dark winter reds and purples and lots of shimmering and sparkling glitters! Book in soon to avoid missing out!



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**Monday 21st to Wednesday 23rd December -**  
**9.30 am – 8 pm**

**Thursday 24th December 9.30 am – 2 pm**

**Friday 25th December - CLOSED**

**Saturday 26th to Monday 28th December -**  
**CLOSED**

**Tuesday 29th Thursday 31st December -**  
**10.00 am – 5 pm**

**Friday 1st Jan to Sunday 3rd January -**  
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**Back to normal from Monday 4th January**



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## Lynne Fernandes – Festival of Frames

### Update your look this winter

Our Festival of Frames, showcasing new eye wear ranges including Superdry, Barton Perreira and Moscot, continues throughout December. It's a great opportunity to update your look with individual, stylish, high quality glasses, at a price to suit you including free lenses\*!

### Superdry

Just like its clothing range, Superdry eye wear is stylish, urban and easy to wear. It's also competitively priced at only £150 for the frame and lenses\*.

### Barton Perreira – exclusive to Lynne Fernandes

These retro style frames are right on-trend and with a high quality finish they're extremely comfortable to wear. But don't take our word for it. Brad Pitt, Samuel L Jackson, Ann Hathaway and Jennifer Anniston all wear these 'must-have' frames! Barton Perreira, the sister brand to Moscot which we introduced last year, is the vital accessory to express your individuality and style. Don't forget, you can only buy Barton Perreira in Bristol at Lynne Fernandes!

### Ray Ban

We've increased our collection of Ray Bans this season to reflect their broad appeal, range of colours and designs that suit everyone. Come in and experience for yourself the comfort Light-Ray and Light-Force styles.

### Eye health: Tips for tired and dry eyes

Do you find yourself edging your phone or tablet a little further away or rubbing our eyes after staring at your screen? If you do, you're not alone. Talk to us about screen specific lenses such as Anti-Fatigue or Eyezen. These lenses use unique light filtering technology and personalised parameters for screen distances. If this all sounds a bit technical don't worry our highly skilled team can help you. Call us or pop into the practice to find out more.

### Season's greetings

Beautiful frames make a wonderful Christmas gift. Visit us and a member of our team will be happy to advise you on our stylish ranges.

We would like to take this opportunity to thank our customers for their loyalty and custom throughout 2015 and to wish you a fabulous festive season! We look forward to seeing you again in the New Year.

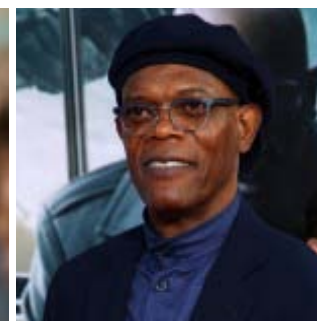
*\* Join our Lens Club and get free lenses saving you £50.*

*Gerard Fernandes*

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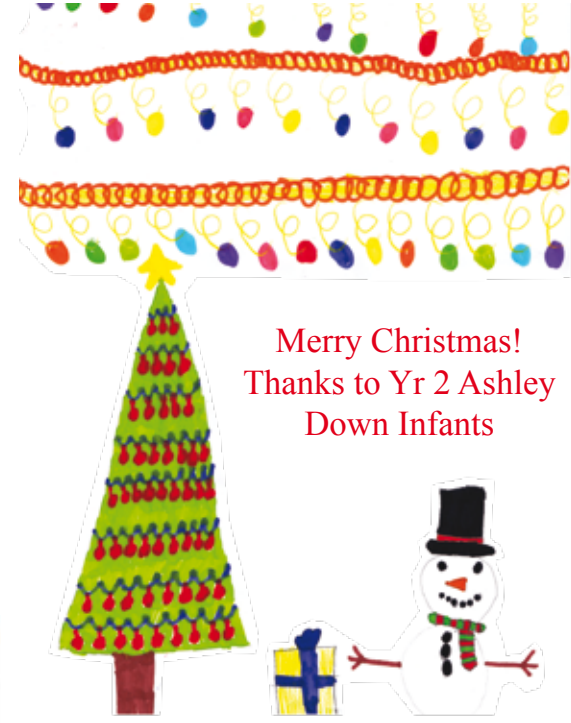
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Merry Christmas!  
Thanks to Yr 2 Ashley  
Down Infants





There are young people across the country facing a Christmas on their own.

If you have room in your life to foster, call **0800 022 4012**.

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finding room to foster



**0800 022 4012**  
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without  
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## Take time this festive season to consider changing a young person's life, and yours

At this time of year thoughts often turn to family and friends, however for dozens of children awaiting foster placements in Bristol it can be a time of loneliness and uncertainty.

With a shortage of foster carers across the region Foster Care Associates (FCA) wants to hear from potential carers who can find room in their lives to provide a safe, stable and happy home to children and young people.

In the UK there are almost 55,000 foster families. With more than 12 per cent of the workforce retiring or leaving every year, and record numbers of children in care, it is estimated that fostering services across the UK need to recruit at least a further 8370 foster families during 2015.

There are all kinds of families and individuals who can begin the hugely rewarding journey into foster care, but what all carers have in common is the energy and commitment to make a difference to the lives of those in their care.

Sherree Cole, registered manager for FCA Western, said: *"We've been working with children and young people for 21 years and our experience shows that one-to-one support in a family setting is the best way to help these children overcome their issues and deal with their past. Our team of social care professionals work closely with our foster*



*carers to deliver intensive, holistic support tailored to the individual needs of each young person and carer.*

*"We have some fabulous foster carers across Bristol and hope our 'Finding Room to Foster' campaign will encourage more people in the region to make room in their life and seriously consider becoming a foster carer."*

Foster carers with FCA receive frequent visits and contact from a dedicated and qualified social worker. Support is also provided through an education officer, support workers and therapist to help carers meet the individual needs a child or young person.

Ongoing training, a financial allowance, access to carer support groups and organised family activities are all contributing factors as to why FCA placements are 22% more stable than the national average.

**For more information on becoming a foster carer with FCA call 0800 022 4012 and speak to the FCA Recruitment Team, or enquire online at [www.thefca.co.uk](http://www.thefca.co.uk).**

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## Winter Styling Tips from –

# BLOGGS

hair design

### Styling

This seasons Autumn/Winter 2015 hair trends are based on Hollywood waves, braids and Parisian chic. Think iconic curves and superstar softness. Texture is key this season from the catwalks of Roberto Cavalli and Versace.

To create this glamorous look at home use L'Oréal's Waves Fatales. This gel product is fantastic for long lasting waves that won't drop.

Apply this product to clean, towel dried hair, blowdry and barrel tong the hair curly. If you would like to have a soft waves gently brush out the curls only once they have fully cooled. This style looks super chic for days.

Don't be afraid to jazz it up. Braids are soft and festival inspired. Whether it's a loose ponytail braid or a braid going round the head. Accessories for your hair are also cool this season.

The long bob is still a favourite, think Sienna Miller. Side swept, wavy, or if you are feeling daring go wet look - its a really versatile option.



### Colour

This season its all about Hair Contouring - the make-up inspired technique that uses careful placement of colour to accentuate your face shape. Bronde is still a big trend and mixes of blonde and brown tones are great for those considering Contouring.

Top colours for Autumn/Winter are also rich burnt coppers as seen on Emma Stone (pictured right) and deep Violet Black seen on blogger Nicola Warne.



### Consultation Corner

At Bloggs we've created a new in-salon Consultation service where you can pop in and discuss ideas about hair colour or styling options.

If you would like to find out more or book in with us for a complimentary consultation please give us a call on 0117 922 4006 or e-mail us at – [salon@bloggshairdesign.co.uk](mailto:salon@bloggshairdesign.co.uk)

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HJ British Hairdressing Business Awards 2105  
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## News from... the green room

### The Party Season is upon us!

The festive party season is here! The Green Room has a talented stylist that can create fabulous party hair ups and styling. Perfect to make you look and feel special at seasonal work parties, balls, family gatherings and party nights out!

Book in for your festive appointments now to avoid disappointment!

### Christmas Gift Specials!

You can currently pick up the fabulous Kent Styling brushes for just £11.99 each (normally £16!).

The Green Room is committed to providing a less toxic alternative to conventional salon products, only using ranges that are less abrasive to the hair and skin. They have a great selection of Kevin Murphy, OCS and Macademia gift packages, as well as a fantastic range of Christmas Tangle Teasers.

Gift Vouchers for the Green Room also make an ideal gift for those difficult to buy for. Who doesn't love to receive a pampering present!



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*Wishing our customers a Merry Christmas*

### Seasonal Opening Hours

Thurs 24 Dec, 10 – 2.

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## An evening at *Food Nation*

This month we spent a delightful evening at Gloucester Road's Food Nation, where we were spoilt with the many tasty treats on offer.

We were welcomed to our seats and then taken through the culinary experience we would enjoy during the evening.

Food Nation offers you the unique experience of a live BBQ at your table!

After the appetiser of a warming lentil soup (perfect on a rainy Monday in September), the BBQ was set up within the centre of our dining table. Shortly after a series of delicious skewers arrived including marinated paneer, chicken in mint, spiced lamb, prawns, beautifully seasoned broccoli all set off perfectly with chunks of juicy pineapple. This was just the first round of skewers! You will continue to be brought a variety of different spiced meat, fish and vegetables until you 'dip the elephant flag' on your table to indicate you are then ready to move onto the buffet.

The wide selection of well spiced but not too hot skewers were served with potato salad and three sauces – mint and herb, chilli and garlic, and olive oil with lime and herbs. Food arriving at your table in this way was a fun, sociable way to enjoy a meal.

Once the BBQ was cleared, we were invited to enjoy the buffet. In the past, I have found buffets to often mean the quality and variety of dishes has been compromised. Nothing could be further from the truth at Food Nation. We were spoilt with the tasty dishes available – Kerala dal curry, lamb Malayi, cabbage thoran, vegetable korma, coconut rice, mutton biriyani, egg roast, Allepey fish curry... all with your favourite accompanying poppadoms, paratha bread, chutneys and sauces. You can also have a dosa created for you. The presentation was appealing in authentic Indian ceramic pots.

The exceptional meal was completed with an invitation to the dessert counter. A mixture of traditional Indian puddings with favourites such as Tiramisu and Creme Brulee with an Asian twist – the Brulee delicately laced with ginger and Tiramisu infused with Chai. Serving the desserts in shot glasses and espresso cups enabled us to enjoy more than one!

The extensive meal was terrific value at £14.99 (weekdays) and £16.99 per person at weekends. We suggest you won't go hungry as there is so much scrumptious food on offer!

We had a fantastic time at this local venue that has clearly given a lot of thought to not only the delicious menu but the high level of service and the venue's layout. The funky printed walls in warm colours mixed with traditional wooden tables and chairs strikes the right balance of contemporary but comfortable dining. It is a happy environment in which to eat.

As well as evening meals, Food Nation is now offering breakfast and lunch. You can order dishes such as – Spicy savoury pancakes, an Indian twist on a full English, Bombay scrambled eggs, Paneer Masala or Chicken Tikka wraps, with chips or salad for an extremely reasonable £4 to £7!

If you haven't yet tried this vibrant local restaurant, I recommend you get along and visit them soon!

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## Brunel Field PSA Raises £600 for Save the Children's Syria Crisis Appeal



**Parents at Ashley Down Brunel Field Primary School have raised £600 for Save the Children's Syria Crisis Appeal through a family disco.**

The fundraising efforts were in response to the growing number of children affected by the ongoing conflict in Syria and are now either refugees seeking help across Europe or remain perilously within the country itself.

The disco was organised by the school's PSA and took place at Gloucestershire County Cricket Ground. Fifty family tickets were sold, which resulted in more than 200 people attending the event.

Marieke Strange, PSA chair, said: "Parents and children alike are deeply concerned by the refugee

*crisis as it continues to escalate and were keen to do something to support young refugees in particular."*

More than 10,000 children have been already been killed as part of the conflict and Save the Children estimates that 5.6 million children need humanitarian aid.

Helena Wiltshire, a spokesperson for Save the Children, says: "The outpouring of support from the British public has been outstanding and the Ashley Down Primary Brunel Field School Disco is further proof just how much everybody wants to support the child refugee crisis.

"So far this year, more than 380,000 desperate people made the perilous journey across the Mediterranean Sea – tragically 2,850 people have died or are missing and nearly 9,000 children have arrived in Europe without any parents or family at all.

"This is unacceptable, no child should be left behind. Thank you to all those who bought tickets for the disco or donated their money and a wider thank you to the people of Bristol who have shown such generosity and eagerness to support child refugees."

[www.savethechildren.org.uk/about-us/emergencies/syria-appeal](http://www.savethechildren.org.uk/about-us/emergencies/syria-appeal)

[www.ashleydownpsa.org.uk](http://www.ashleydownpsa.org.uk)

## The New Hut 6388!

**After years of hard work and prolific fundraising, it is wonderful to see the completed new build of Hut 6388!**

I had the pleasure of joining a tour of this new fabulous facility on handover day. The building project has been successfully undertaken by South West Contractors and Emmett Russell architects.

The new building is stunning, as Scout Leader Mike Evans confirmed, "When I walked into the new hut it was amazing. The only word that came into my head was WOW! We now have a beautiful and functional building that will meet the needs of Scouting and Guiding for many years. Thank you to everyone who has helped to make this dream a reality."

The greater height of this new hut has enabled a second level, which provides much needed storage for the scouting group that serves hundreds of local young people every week. Other great additions include the installation of solar panels and four automatic Velux

windows. The whole space is lighter and brighter with large windows running down the side of the hut that look out onto their outdoor green space. The venue will also be warmer, with lots of insulation fitted within the walls and under the floor.

The scouts are still looking to raise final funds for the build. About £40,000 is needed to avoid using loans that have been pledged.

**Please consider making a donation.**

**Visit [www.hut6388.org](http://www.hut6388.org).**



Architect Chris Browne, Project manager Jon Ticehurst, Scout leader Mike Evans, Architect Tom Russell & Site manager Tom Sperring





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# Tidy up, put to bed & plan!

Now the nights have drawn in and the leaves have fallen from the trees, it's time to tidy up your garden and put it to bed for the winter.

Make sure you rake up all the leaves from your lawn; if you leave them, they will not only become slippery as they rot away, but will also leave your lawn with bare patches that will need to be repaired. Why not keep all your leaves in a pile in the corner of your garden and as they compost down, they will make perfect leaf mulch for next year.

Now is the time to clear away the beds, cut back all your plants so that their foliage doesn't rot over winter and take up any corms like Dahlias to overwinter in the shed. It's also time to move any less hardy plants to a more sheltered spot out of harm's way until spring. Why not look at adding some winter colour to your empty beds by planting a Hellebore; there are lots of different varieties available, or a winter jasmine to brighten up a trellis or wall.

Once the garden is cleared and tidied, it's a good time to look at your hard landscaping. Make sure all your patios and decks are in good repair. You can then consider if you need any new additions, like a path to the washing line, any raised beds for the coming year to grow some vegetables in or a new seating area with a pergola to add a bit of shade on a really hot day.

At Secret Garden Landscaping, we try and design gardens so you can get the most out of it for each season. One way we have done this is to create and



plant hedges. In the Autumn, hedges can really stand out in the garden. With less daylight, leaves turn to beautiful fiery colours, giving a garden a colourful background. Also in the Autumn, many hedge plants produce fruits and nuts. These are good in the kitchen, as well as providing a feast

for wildlife. It's great to see the different types of birds attracted to the nuts and berries. Native hedge plants, such as hazel and hawthorn, are good, as more local wildlife use these plants.

This time of year is definitely a good time to start planning any changes, however large or small, so that everything is ready and done in time for the start of spring, when we will all be out enjoying our outdoor space again.

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

*Ali*

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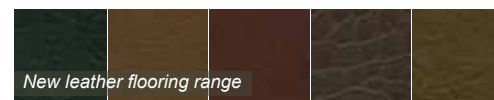
Natural Born Flooring currently have a great stock of quality rugs, many from Crucial trading, with up to 50% off! The items, in a variety of tasteful designs and patterns, come in linen, wool and sisal in a wide range of sizes. Do pop in soon to take a look.

## New Leather Flooring Range

The local flooring showroom now carries a range of luxurious leather flooring. You will find samples in the freshly re-furnished shop window with chez lounge (being enjoyed by one of the team right!).

## Another Great Year - Thank you!

Colin and Ross thank their customers for another great year and wish you all a very Happy Christmas!



New leather flooring range



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## The Memorial Stadium has been declared an Asset of Community Value (ACV) by Bristol City Council.

ACV status means that if the Memorial Stadium comes up for sale, a group of residents, or a group of Bristol Rovers FC fans, or another

group with a sympathetic plan, would have a brief opportunity to purchase the site, and to ensure that sport can carry on being played there.

The ACV application was submitted by The Bishopston Society, thanks to the Localism Act (2011) – see [www.bishopstonsociety.org.uk](http://www.bishopstonsociety.org.uk).

Furthermore, it has been announced that the Ceremony of Remembrance in 2016 will be held at the Memorial Stadium and not at the Cenotaph in the centre, which is being remodelled for Metrobus. Bristol Rovers FC have kindly offered to host the parade and service.

Sainsbury's is believed to no longer wish to buy the Memorial Ground, but the directors of Rovers may still be seeking to sell off the land, perhaps for housing.

Many local people and sport fans hope that the Memorial Ground carries on being a major and historic team sport venue for Bristol. However, any proposed re-development of the site should:

1. **respect the war memorial status of the site**
2. **be appropriate to its residential setting and**
3. **conform to the Covenant on the land which states that it must be used for sport or recreation in perpetuity.**

Councillors, Daniella Radice and Tim Malnick, welcome imaginative ideas about possible alternative future uses, which keep (at the very least) the playing pitch area for sport, games, or recreation, such as a school, or retirement homes, sport rehabilitation, or even a velodrome.

The President of Bristol Rugby Former Players stated that **"The memorial is not only for those who wore the famous blue and white jersey, but for all rugby players who died for their country."** Lest we forget.

Article by TRASHorfield Group



## Students and staff at Fairfield High School in Horfield were joined by former pupils to mark Armistice Day.

Members of the Old Fairfieldians Society attended the Remembrance ceremony at the school in Allfoxton Road on 11 November.

Students Romi Bhakerd and Dorothy Williams read a poem before the Last Post was played by bugler Ian Beattie, of the Rotary Club of Bristol.

At 11 am, the hundreds of students and staff who had turned out on the balconies surrounding the school's atrium observed two minutes' silence.

The visitors, accompanied by deputy principal Janice Callow, then went outside to the war memorial plaque – which was transferred from the original school when the new one opened a decade ago – to watch head girl Venetia Bon and head boy Rakye Ashford lay a wreath.

Past president of the Old Fairfieldians, Laurie Hayward, said he was pleased to have been invited to the event. *"When we were at school in the 1950s, many of us had parents who had served in the Second World War. I was born in 1941 and did not meet my father until he was demobbed in 1945."*

The ceremony also brought back memories for the society's current president, Pauline King, who recalled that railings from the girls' playground went down to wartime underground air-raid shelters. *"We weren't supposed to go down there but that didn't stop people!"*

The Old Fairfieldians Society, established in 1910, has more than 300 members all over the world and holds several events each year.

Taking part in the poppy event at Fairfield High School was also special for Mr Beattie, who started playing the bugle 67 years ago as a Boys Brigade member in Northern Ireland. He was away on a Rotary visit on Remembrance Sunday so the ceremony was his opportunity to pay tribute to the fallen.

## Local History Matters – Downend Park Farm

BHA local history research - text by Andy Buchan ©

Downend Park Farm stands at the end of October Lane, off Downend Road, and after the west tower of Horfield parish church, is the oldest standing building in the Bishopston, Horfield and Ashley Down area, but few people know of it. It is built in a style that was common in Gloucestershire in the late 16th and early to mid-17th centuries.

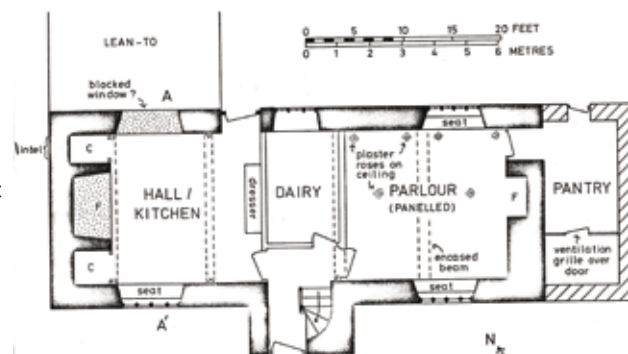
On stylistic grounds the house is considered to have been built in the early part of the 17th century and it was run as a working dairy until after the 2nd World War. The site has had a chequered history and it is thanks first to successive members of the Sherrell family, who lived in the house from the end of the 19th century until the early 1980s, that it still stands and to owners since then who have maintained the building. All the original outbuildings are now gone.

The farm was one of three that formed a small hamlet within the parish of Horfield; Downend House Farm was the second, and between the two and slightly to the north was the third farm, which was demolished when Dovercourt Road was built.

Downend Park Farm is built of the local white Lias limestone and is two and a half storeys high with a pantile roof; the front door opens onto a small lobby, behind which is a narrow dairy. To the left is the hall or kitchen and to the right is the parlour, each with a fireplace in the end wall. When it was built it would have been considered a good quality house. This is based on various architectural details including the quality of the stone work and the style and design of the window frames and internal ceiling beams.



Downend Park Farm – photo thanks to Andy Buchan



Floor plan of house, as surveyed by Linda Hall in the late 1970s

The windows were fitted with ornate metal catches. The stair goes all the way up to the attic and it has been suggested that this fact and other evidence within the house suggests that originally the attic area was divided into three rooms, probably lit by dormer windows. The extension on the eastern-end of the house was added in the mid-19th century.

The parlour ceiling originally bore plaster Tudor roses of which a few remain, and in the bedroom above the parlour, there used to be a fine mid-18th century fireplace decorated with Delft tiles, which may have been made in Bristol. There was a smaller fireplace in the bedroom over the kitchen that was also tiled.

At the end of the 17th or at the beginning of the 18th century, the wall in the parlour surrounding the fireplace was painted very realistically to resemble wooden panels, with a scene of a ruined castle over the fireplace. The scene was largely lost when the room was remodelled in the mid-18th century, when a new larger fireplace was installed and the walls were panelled with wood. Part of the wall painting survives behind modern wall panelling.



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## Matt Dickinson, Writer, Film-maker and Mountaineer, Visits RGS

Redland Green were delighted to recently welcome Matt Dickinson, to talk to various groups of students about his books, filmmaking and adventures in Antarctica and on Everest.

Matt is a writer of books for young adults, his most recent being The Everest Files, the first of a trilogy looking at the dark side of Everest and the extremes people will go to get to the very top of the world. He has filmed programmes for National Geographic Television, the Discovery Channel and the BBC and is one of the very few director/cameramen to have ever filmed on the summit of Mount Everest.

Matt spent the morning talking to students about his experiences. He described his trips to Antarctica and his climb to the top of Everest. He has a particular interest in the darker side of these expeditions. Students learnt about 'squatters' on Everest; other climbers who carelessly use other people's tents and equipment and leave them trashed and unusable. What also came across from Matt's talk was his interest in the emotional experiences. You learn about the good as well as the bad side of human nature; the best and the worst. And in these sorts of harsh environments, this behaviour is magnified.

He went on to talk about global warming and how it is affecting the glaciers of the Himalayas and the stress that is growing between the Sherpa and the

Western team leaders of expeditions in the Himalayas.

Matt said:  
"Redland Green is one of around 100 schools I will be visiting around the UK, I never get tired of these visits. They are always challenging and a lot of fun. The students at RGS have been very responsive and asked some penetrating questions".



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## WINDOW WANDERLAND 20-21 February 2016

The community initiative encourages all the residents of Bishopston to create window displays to amuse, entertain and enthrall their neighbours for one weekend of fun. Together the windows form a wonderful winter walking trail, which in its inaugural year saw more than 2,500 people come out to enjoy and participate.

What's more, the Bishopston event has inspired other communities in Bristol and beyond to organise their own winter walking trails. Bedford will host a Window Wanderland on 5 December 2015 and Windmill Hill will host theirs on 28 February 2016.

Organiser Lucy Reeves, a local mum of two, came up with the idea to raise spirits in the darkest part of the winter, says, "We've already had almost 50 people sign up to create a display in Bishopston in February and so we're hopeful that next year's event will really build on the energy of our first attempt. Ashley Down School is getting involved and we know several Gloucester Road businesses are preparing window displays – it's great to see the interest is building already. But what's blown me away is the interest we have had from other communities and cities, and I'm thrilled that Windmill Hill and Black Tom in Bedford have been inspired to organise their own trails."

Lucy and her team are still looking for support from Bishopston businesses and residents. If you would like to create a display and need inspiration visit [www.windowwanderland.com](http://www.windowwanderland.com) or email [windowwander@gmail.com](mailto:windowwander@gmail.com).

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## Flagged Up – A Walk on the Wild Side!



Image by  
Frances Gard

**This Autumn an exciting new art trail launched in Horfield and Lockleaze. Designed to connect Horfield Common to the diverse and wonderful natural spaces of Stoke Park Estate.**

Fifty-two large images have been installed on local streets, to inspire visitors to think about, and appreciate, their environment. Flagged Up is the name of the project led by social artist and long-time Bishopston resident, Deborah Weinreb. Hardworking Deborah has collaborated the creation of colourful banners inspired by words and images made during a whole series of community workshops over the summer.

She told me: "It has been a lot of fun and a great privilege to work with such lovely and diverse communities. We have been engaged and creative in many different ways and inspired each other about ideas of sustainability and good practices."

The project was commissioned by the Bristol 2015 Neighbourhood Arts Programme. I was interested to learn more about what made this project green? Deborah explained, "Each of the images communicates a positive message promoting healthy and sustainable behaviours. The banners have been installed on lamp posts along a walkable route across the area, encouraging residents to get out of their homes and follow the flags to the two green spaces at either end."

The process itself has provided community groups and residents with an opportunity to debate the issues and get involved in a variety of nature-themed arts activities – sometimes out in nature itself. This has brought different people together to contribute to something which can

be enjoyed by everyone across the whole area.

The project enjoyed a fantastic launch, with around 35 people starting the art trail from the top of Horfield Common (opposite Wessex Avenue), with

further interested parties joining the group along the way. A delighted Deborah told me, "It was a great culmination of the project and wonderful for me to see people enjoying the banner flags and telling me that they thought they worked well, and lifted the spirits of the area".

The walk finished at the Vench adventure playground in Lockleaze. Deborah would like to thank the Learning Partnership West staff at the club, who have been extremely helpful and friendly throughout the project. The evening before the launch Deborah and her daughters made soup

with the youth group at the Vench, so that the following day there was delicious hot soup to accompany the lovely wholemeal rolls – made by the domestic science students at Orchard school – to welcome people who had enjoyed the trail.

If you explore the ground near the playground by Horfield Sports Centre and by the flags next to Stoke Park entrance on Romney Avenue, you will discover some ceramic pieces created in workshops over the summer with local artist Sophie Howard.

After the success of the recent Green Treasure Trail, it is great to have Flagged Up on our doorstep to enjoy. The banners will be in situ for at least six months, so there's plenty of time for you to follow the route visiting

both the green spaces at either end. The banners will then be donated to community buildings in the neighbourhood, but there will be permanent community reminders in Horfield Common and Stoke Park for residents to discover in years to come.

**To find out more about the Flagged Up project visit [www.bristol2015.co.uk/hl](http://www.bristol2015.co.uk/hl) or Facebook.com.**



Map Showing the Flagged Up  
Trail through Lockleaze

(not to scale)



# News from our Bishopston & Redland Councillors

**Bishopston Forum:** Monday 9 December at Bishopston Methodist Church, 245 Gloucester Road. 7–9 pm

**Development and the Community** – Do you feel strongly about developments in our densely inhabited area?

Please come along to hear about some ongoing and potential development issues in the area. These include the proposed development of Brunel House into flats, Ashley Hill station, and what we think should go where the Prison is? (The government has announced it is going to sell some inner-city prisons and Horfield may be one of them.)

## **Planning and Development – Brunel House**

An application is imminent to turn Brunel House (part of City of Bristol College) into flats. The developers also propose to build a new block on the cricket ground side. Brunel House was built by Muller to look after orphans in the city,

We are putting the case for at least 30% of affordable housing in the development, or housing available for social rent. There is a crisis of lack of social housing in the city and we want all developments to contribute. We also have concerns about how this will affect parking in the area, which is already under high pressure; if you come home after about 6 pm, parking is incredibly tricky to find in the area.

Finally, the sustainability of the building is important; some of the Muller House developments were built with insufficient insulation – there should be outside space for clothes drying and we think some form of sustainable energy generation or solar thermal hot water should be included. If you live nearby and would like us to notify you of the application when it comes out, please let us know.

**LiDL** – LiDL was given planning permission recently to open a new store on Muller Road. The application had taken a long time to go through because of the difficult highways issues around Muller Road.

In the end we didn't object to the application. We felt that there is a case that this store will benefit residents on the east side of Muller Road particularly (Lockleaze), who have less access to affordable food. And we felt that it posed a relatively low risk to Gloucester Road traders. We are pleased that there will be a new pelican crossing on Muller road, and we highlighted concerns about increases in parking and rat-runs through Bishopston to the committee.

**Ashley Hill Station** – We continue to press to ensure that Ashley Hill station remains in the Metro West development plans. We know that the cricket club and the college are equally eager to get the station in.

**Ashley Down Green** – We have been meeting with Friends of Ashley Down Green, and council play and parks officers throughout the year. We expect a consultation on a full design to be available by the end of November. Very local residents will be contacted directly about this and there will also be letter drops at nearby schools. The consultation will invite comments on the final park design and also comments on a proposed gate between Stony Lane and Ashley Down Green.

The play and parks team tell us that, all being well, they will order contractors and play equipment early in the new year with work beginning on the park in spring. If you want us to send you copies of the playground consultation when it is ready, please email us.

**Social Value Policy** – While Tim was chair of the Business Change scrutiny committee he initiated work into how Bristol was putting the Social Value Act into place. This is about making sure that when the council buys goods and services, decisions are based not just on who offers the best price but on which suppliers can create wider social and environmental benefit.

Now, Bristol City Council is aiming to become one of the most successful and innovative authorities for achieving social value. Hopefully this will make it easier for local, voluntary and community based enterprises to offer their goods and services to the council. We are encouraging anyone working for local or social businesses and projects to respond to the consultation: <https://bristol.citizenspace.com/business-change/creating-social-value>

**Car Wash on Gloucester Rd** – We are pleased to report that, after a long time, the car wash has finally built a structure to minimise noise, including windows. The noise has been a real nuisance for nearby residents so we hope this will make a big difference. The council team will monitor new noise levels to ensure that they have reduced sufficiently.

**Lona Bar and Grill** – It is great to have a variety of restaurants on Gloucester road, including one that doesn't serve alcohol like Lona. However, there has been a long-running problem since it opened with smells of cooking meat causing a severe nuisance to nearby residents. We have worked closely with some residents and the council pollution team. Lona has now finally completed installation of equipment that we hope will resolve the issue. If it doesn't, we will press for legal enforcement steps to be taken.

**Bus Service Cancellation** – We have been informed that the Wessex 12 service's last day of operation will be 11 December.

**Cycle stands** – Central government funding is available to install new public bike stands in the area. So if you know of a location that could do with one, please let us know by 10 December 10. Many thanks!

**Scout hut** – Many congratulations to Mike Evans and all those who worked so hard on the new scout hut on Williamson Road. It is beautiful and represents how strong and resourceful our local community can be.

**Event page item:** Find out about draughtproofing The new Bishopston, Cotham and Redland Energy Group helps people take control of energy at home. On 19 November, 8 pm at the Kensington Arms, 35–37 Stanley Road, Redland, Bristol BS6 6NP, there's a draughtproofing workshop with a demonstration from an expert of a range of inexpensive options for different window types and the opportunity to get some hands-on practice on a window frame. Helpful to those in the rental sector, including students, but all are welcome – no technical knowledge needed.

For more information on these surveys, please contact [info.bcrenergy@gmail.com](mailto:info.bcrenergy@gmail.com) You can also follow the group on Facebook at <https://www.facebook.com/BCR.EnergyGroup>.

**Bristol North Baths** – The regeneration process of Bristol North Baths into a library and health centre has been a long-running source of frustration to all your local Councillors.

This whole project started nine years ago and, following delays caused by a judicial review, the decision taken by the administration at the time was that the council would appoint a local developer, but act as the banker in the project and so lent the capital to Chatsworth homes to enable the project.

At the same time, in order to safeguard the council's assets, none of the sites, i.e. the old Cheltenham Road library and the freehold of the new flats above the library or old pool, were handed to Chatsworth homes in order to secure the council's substantial loan of £3.4 m. The consequence of this model of development was that when Chatsworth needed more money, it had no assets to secure against a loan, which made it harder to get loans, as the costs of building work increased.

The project was due for completion in October 2013, well before the work was stopped last year, at the behest of one of the prospective tenants who was incredibly concerned about the quality of the work and brought this to the council's attention. Following the temporary cessation of work (which had resulted in some damage to the property due to Chatsworth starting interior work before finishing the roof), it was recommended by officers that Chatsworth be kept on to finish the work.

## **Bishopston Medical Practice – Committed to finding a new local venue**

**Bishopston Medical Practice has been working with Chatsworth Homes for a number of years, with a view to leasing space at the Bristol North Baths.**

They regret to advise that the practice will not now be moving to Bristol North Baths.

This extremely difficult decision has been made as NHS England primary care funding has been significantly cut and the commercial opportunity is therefore no longer viable. The short-term proposal is to locate all activity to Nevil Road, made possible by the use of porta-cabins, while a new site/location is found.

The practice would like to reassure all of their patients that they are committed to finding a location in the local area that fulfils all of the requirements of a modern day practice. Bishopston Medical Practice is very positive about a new venue and their long-term future serving our community.

Watch this space for further updates.

However, we reach autumn 2015 with the project still not finished and so the council has taken the decision to give notice to Chatsworth that it will take the project back. At the time of going to press, we do not know the final outcome, as Chatsworth was given a final two weeks' notice ending on 17 November. Chatsworth was given a very good chance to finish the job in a timely way. It is hoped that the council will finish the project and that the medical practice will be persuaded to return as a tenant to the site. Although the Bishopston Medical Practice has released a statement to say this will not be the case (*see statement above*). We realise that some people have never liked this project but we would love to see our new library open.

## **Get in touch**

**Bishopston Ward**

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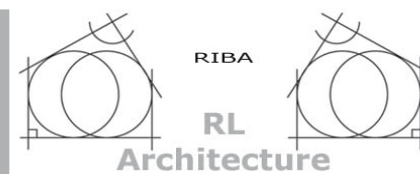
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## Community Noticeboard

For free listings contact  
kerry@bishopstonmatters.co.uk

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

Call 07881 924059

## Charade Drama The Inaccurate Conception

a comic look at The Nativity as done by seven-year olds



by **Geoff Saunders**

Thursday • Friday • Saturday  
26<sup>th</sup> • 27<sup>th</sup> • 28<sup>th</sup> November 2015  
7:30 pm

Methodist Church Hall  
Westbury Hill  
Westbury-on-Trym

Tickets : £7 • £6 • £5  
(Adult • Concession • Child)

Charade Box Office : 0117 9508488  
Tickets also available on the Door

presented by arrangement with New Theatre Publications



### THE MOGGERY CHRISTMAS FAIR

Saturday 5 December, 1 - 4 pm

Books, Gifts, Stalls, Refreshments  
Home Made Cakes, Games and more

St Michael and All Angels Church Hall  
160a Gloucester Road (Pigsty Hill) BS7 8NT

Opened by Ian Fergusson, BBC Weatherman

Admission Free!

### Cricket Talks — Gloucestershire

Cricket Lovers' Society meet at The  
Bristol Pavilion, the County Ground, Nevil  
Road at 7.30 pm on the 2nd Monday of  
each month between October and April.

Past speakers have included ex-Test  
Cricketers, together with authors, umpires  
and commentators of the sport. The cost  
is £15 for seven meetings and a one-off  
joining fee of £2.

For further details, contact David Oates  
on 0117 950 5472 or dj.oates@virgin.net.

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AND CITY OF BRISTOL LEARNERS BAND

## FAMILY CHRISTMAS CONCERT



### FAMILY CHRISTMAS CONCERT

Sunday 6th December 3:30pm  
Adults £5.00, Children £2.50

St Bonaventure's Parish Club, Berkeley Road,  
Bristol BS7 8HU

BRISTOL St. ANDREWS



BOWLING CLUB



### Christmas Carol Concert

SATURDAY 19th  
December 8pm

Derby Rd,  
Bishopston,  
BS7 9AQ

Free Entry



Jason Sparkes of Spiro  
on the Accordion

**Bishopston Forum** : Planning and Development in  
Bishopston. Monday 7 December 2015, 7 pm.

Bishopston Methodist Church, 245 Gloucester Road,  
Bishopston, BS7 8NY

**Redland Forum** : Bristol North Baths redevelopment  
update and Residents' Parking Scheme review.

Tuesday 8 December 2015, 7pm, Cairns Road Baptist  
Centre, Cairns Road, Redland, BS6 7TH



### Bishop Rd Big Screen Family Film

Friday 11th December  
Bishop Rd Primary School

We will be showing the hugely  
popular MINIONS Doors open at  
6pm, film begins at 6.30pm

### Christmas Makers Market Sunday 29

November – 11 am – 5 pm at Freemasons Halls,  
17 Park St, BS1 5NH. 50 handmade artisan stalls.  
Unique quality Christmas gifts for everyone! Lounge  
bar open serving drinks mulled wine, tea, coffee  
cakes. £2 Entry (under 16s free).

E-mail: anniehawksley@blueyonder.co.uk.

St Bonaventure's  
Christmas Fair  
6th December 2015  
2:00pm – 4:30pm

Visit Father  
Christmas in  
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# Community Matters cont...



**Out There Music Bristol's Chamber Choir** will be performing a Christmas Concert at St Monica's, Cote Lane Chapel, Westbury-on-Trym, BS9 3UN, on Sunday 13 December. The concert begins at 7 pm with a programme to include – Lauridsen, Whitacre, Tavener, Rachmaninov, Pete de Rose, Spirituals and a selection of popular Christmas music.

**Out There Music's North Bristol Community Choir** will be performing a Christmas Show at The Elmgrove Centre, Elmgrove Road, Cotham, BS6 6AH on Saturday 5 December. The show begins at 8 pm and music will include – David Bowie, Marvin Gaye, Mumford and Sons, Bonnie Raitt, music from Frozen and classic Christmas songs.

The concerts will be festive celebrations for everyone to enjoy! Both will be directed by Tom Jones and in aid of Changing Tunes. Tickets £10 (£6 under 18s) available from Holly Shannon: admin@outtheremusicbristol.co.uk / 07866 587424 and on door. www.outtheremusicbristol.co.uk

**Bristol Civic Society** has approved the erection of a blue plaque on Walter Ayles' house in Station Road, Ashley Down. Ayles was Bristol's most prominent opponent of World War 1. The wording on the plaque will be – *Walter Ayles, 1879-1953. Labour councillor and Bristol MP, imprisoned for opposition to the First World War. Lived here 1911-1928.*

The plaque will be unveiled in spring 2016. Although it will have Walter Ayles' name on it, the intention is that it should honour all those who bravely opposed the war.

Over £600 has to be raised to pay for the plaque. If you would like to make a donation or to find out more about Walter Ayles and the plaque, please email rememberingrealww1@gmail.com.

**Enjoy listening to Riff Raff**, Bristol's own pop and rock choir, on Wednesday 2 December in St Michael's & All Angels' Church, Gloucester Road at 8 pm. They will get you in a festive mood with a few Christmassy pop songs as well as some other pop favourites. Tickets just £4 in advance. This concert

will be performed by the Bishopston rehearsal group only (who rehearse in St Michael's and All Angels' Church), but they are also gearing up for a concert with all 200+ members of the choir at Colston Hall on Sunday 24 July 2016... so put the date in your diaries now! www.facebook.com/events/490845987750227/

**Change of venue for services at St Bart's.** Many of us know St Bart's Church at the top of St Andrews Park. Perhaps you have been there for a service over Christmas or another time of the year. Recently the church family there had some sad news, their heating system broke down and has been declared unfit to be repaired. With winter fast approaching the two congregations have taken the decision to join in with their other congregation at St Michael's on the Gloucester Road. This is a great opportunity for everyone to come together in one gathering while plans are developed for how Bart's can be used in the years ahead. The new gathering at St Michael's will be at 10.30 am and will be a time of celebration all together as well as continuing with the very popular Kingdom Kid's groups. They'd love to welcome anyone to join them. There will coffee, tea and cakes from 10.00 am on Sundays.

**Postage stamps – not just for Christmas!** Volunteers at Horfield Baptist Church's community café on Gloucester Road are keen to receive the used postage stamps from your cards and other mail. Any donated stamps will help raise money for BMS - working on four continents to support development, disaster relief, education, health services and church communities. Used postage stamps, with at least 5mm or quarter of an inch of paper around them, can be dropped into the church's *Fresh Ground Cafe* from 10 am to 2 pm Mondays to Fridays. Volunteers working at the community café will be happy to accept them. Please note the café is closed after Friday 18 December through to Monday 11 January. Adrian Brown, from the church, told us, "*Any stamps received will make a big difference and we'll be grateful to anyone who brings them in. It's an easy, but important way to get extra value from all those Christmas stamps.*"

You can find more details on the church's website at www.horfieldbaptist.net.

**Lockleaze & Horfield Strollers.** This local group walks fortnightly on a Tuesday morning with numbers of around fifteen. 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. Next meetings: **Tuesday 8th December – Muller Road Gardens** Meet at Horfield Leisure Centre 10.00 Bus 24. A wander from Muller Road to Ashley Down to see gardens by former Muller Homes orphanage, continue to Gloucester Rd for coffee. Leaders Sheila and Joan. **Tuesday 22nd December – Christmas Walk** Meet at City Centre by Neptune Statue 10.00. A walk from Bristol Bridge to Temple Meads for coffee and maybe a mince pie! Leaders Stuart and John.

**The Bristol and District branch of Parkinson's UK** meet every first Saturday of the month at St Monica Trust, Cote Lane, BS9 3UN from 10 am – 12 noon. Carers, relatives, spouses, and people with Parkinson's are all welcome for a social and informative get-together, with speakers from a variety of backgrounds with many diverse interests. Please join them. You are also welcome to join the group at The Eastfield Inn, Henleaze, BS9 4NQ, every second Friday in the month for an informal coffee morning, from 11 am. They are a friendly and supportive bunch, exchanging tactics, information and social banter!



**Did you know you could win a voucher for £50 just by recycling your food?** The Feed Me and Win food recycling reward campaign has been running for nine weeks and over £1,800 in prizes has already been awarded. Every week one resident in the Bristol area who is recycling their food is selected at random to win a £50 voucher of their choice, which

they can either spend or donate to a charity. It means that recycling food has real value to you.

Did you know your recycled food is used to make electricity? All the councils involved in the Feed Me and Win! Campaign send their collected food to be processed at Anaerobic Digestion (AD) plants. This produces methane, which is made into electricity and heat. We could power 79 houses for a whole year using the food collected from Bristol in just one month, but every month we throw away enough food to power another 158 houses – so you can see the value of recycling your food.

For your chance to win, all you have to do is use your food recycling collection service. If you need a food caddy and bin or want to find out more about the campaign visit www.feedmeandwin.co.uk.

**New book from local young author.** This month I was contacted by Ashley Down resident Sue Weekes, who was delighted to have found a new printer in Mockingbird Press within Bishopston Matters. Sue is having her granddaughter Paige's latest book, *Luke the Noisy Lion – the Lion who Lost his Roar* printed by the local business. Like Paige's

## The tragic lack of men willing to sing in choirs is a national crises!

*Text by Sam Burns of Gurt Lush Choir*

The theory is that there are thousands of men up and down the country that would like to try singing in a choir but for whatever reasons are resistant to singing in mixed choirs, and equally wish to avoid the bow ties and blazers associated with traditional Male Voice and Barbershop outfits.

I am starting a new Man Chorus to be part of a growing new movement that hopes to address all that! Please see information below.

**Calling all Gents, Blokes, Geezers, Chaps, Wideboys, Rakes, Dudes, Scoundrels, Lads.... Calling all MEN!**

**No Bow Ties. No Blazers. No Auditions. Just men and song.**

The mighty Male Voice classics from the valleys of the Land of the Dragon. Insane Georgian/Bulgarian repertoire to make the very stones weep. Vintage cheese from the Barbershop tradition (tempered with a small pinch of salt) and anthems concerning the wonders of facial hair, garden sheds, reversing round corners, etc....

Not so much a new idea as a distillation of every great 'man-singing' concept that has ever graced this earth. Rolled into one. In Bristol. By the people who created 'Gurt Lush Choir'.

It will be BIG & fun. Virile and beautiful. Devilishly charming... You know you want to!

Weekly (term-time) rehearsals:

Monday Nights: 7.30 - 9.30 at St Michael and All Angels Church Hall, Gloucester Road, BS7 8NT.  
Tuesday Lunchtimes: 12.30 - 2.30 at The Southville Centre (SCDA), Beaufort Road, BS3 1QG.

first book (which was approved of by *Charlie and Lola* author Lauren Child), this is a story for younger children, but with a message for any age. It is illustrated by 13-year-old Paige, in black and white, so children can also use it for colouring in. You can buy it directly for only £4.50 from Sue, and you can ask for a personal dedication for a family member, which makes it a lovely Christmas gift. For more information, contact Sue on 07729 555 576.

**Tea Garden's Charity Halloween Party!** The fantastic Halloween event, kindly organised by the much loved Tea Garden Cafe in St Andrew's Park, raised a brilliant £283.76 for CLIC Sargent – Cancer support for the young. Congratulations to Faye and her team, local children had a fabulous time whilst raising funds for the charity.



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**Bishopston *Matters* Please call Kerry on 07881 924 059**