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## Matters

issue 94, March 2016



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We celebrate Mother's Day on Sunday 6 March, please do spoil the special ladies in your life; if you are stuck for ideas for gifts you will find plenty of inspiration throughout the pages of the magazine, please do support our local traders.

This year I will be delighted to celebrate the occasion for the first time as a mother myself! James and I are delighted to introduce our gorgeous baby son - Henry Mac Allen who arrived in the early hours of 2 January 2016. Pictures on page 5.

I am blessed to have both a wonderful mother and mother-in-law, without their kind assistance with young Henry this month I would not have been able to bring to you this issue of Bishopston Matters. A huge thank you goes to them both for all their love and support.

We also celebrate Easter at the end of

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

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Kerry x



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## Hurray for Henry!

**2016 could not have got off to a better start for James and I, with the birth of our son Henry Mac Allen on Saturday 2 January 2016, weighing it at 8 lbs 14 oz.**

We would like to thank our nearest and dearest for all their support as well as the many wonderful local groups and traders that have sent such beautiful cards and gifts. He has enjoyed meeting many of you but will be getting out and about further this spring for more cuddles.

He has been busy accompanying me on official Bishopston Matters business during his first few weeks in this world – he even met the Mayor while he was visiting the Friends of Horfield Common.

Monty dog is getting on well with his new brother, never far from his side, he does wish he would share his toys a bit more though, they are so bright and tempting and Henry doesn't even seem that interested at the moment!

We were fortunate enough to spend time at Cosham birth centre, we cannot praise this wonderful facility and the staff within it highly enough. We couldn't quite believe this resource is offered on the NHS. The fantastic, ever calm and reassuring midwife that patiently saw me through the majority of my labour turned out to live off Kellaway Avenue (I always like to have a local connection!). Gill you were brilliant – many thanks! All our experiences both through pregnancy and after Henry's birth has reminded us just how precious the NHS is, certainly worth fighting for.

Our cheeky chappy has already brought so much joy to our lives. We know we are blessed to have him. In the coming weeks we look forward getting along to the local children's groups; this will no doubt be the first of many updates on our gorgeous little boy.



*Henry & Monty Dog, great pals already.*



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## New Season, New Styles & New product range at Hair Mechanics

The team at Hair Mechanics are all geared up for the Spring/Summer 2016 season; they look forward to sharing the latest styles and colours with their customers soon!

Stylist Vickie told me the whole team had recently enjoyed attending a Wella Trend Vision evening, which showcased the season's forthcoming colours and trends. The hair show inspired the local stylists, who can't wait to translate the latest trends from the catwalk to their clients.

You can see some of the soft rounded styles in rose golds, in a couple of images from the evening, above.

Hair Mechanics is a dedicated Wella Hair product salon and is pleased to be one of the salons selected to stock their new System Professional range. Salon owner Jon explained this is a fantastic, premium range. Clients that come to the salon will now have a consultation, similar to that at a beauty salon with face products, to diagnose your hair type and specific needs. The System Professional products selected will be specific to your hair type. The team is excited about the new range and look forward to their forthcoming training day with Wella.

### Mother's Day & Easter Gifts!

Vouchers for Hair Mechanics or their Wella products make the perfect gift for those special ladies in your life – they will be far more appreciated than chocolate!

### Special Offers

Look out for seasonal offers on their Facebook page or A board. They are always pleased to offer a 10% discount on all services to students who book in with Vickie or Becky, from Monday to Wednesday.

**Hair Mechanics, 69 Ashley Down Road, BS7 9JN • Tel: 0117 924 3611**



## New Year - New Website [www.bishopstonmatters.co.uk](http://www.bishopstonmatters.co.uk)



I am pleased to welcome you to the new, improved Bishopston Matters website. Still with all your local news, events, business directory and magazine downloads but now even easier to use!

There are a few additions that I hope you will find helpful; you can easily locate the business or community group you are looking to find more information on quickly by entering the name into the 'Search the site' field.

You will also find a Google map attached to each event listing so it is clear where things are taking place for those that are new to the area or exploring new venues.

With the new site you can also download not only the most recent issue of Bishopston Matters but every month will now be archived. If you think you missed anything from last year, do take a look.

I hope you enjoy exploring the new site

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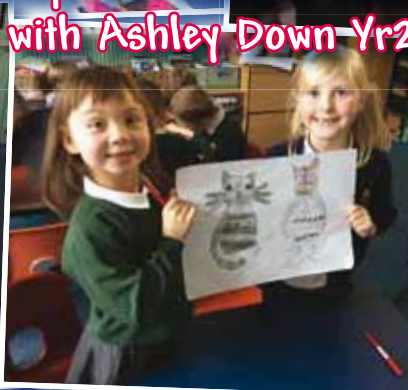
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## Workshop for Window Wanderland with Ashley Down Yr2



It was great to join in the excitement as Ashley Down Year 2 pupils prepared their creative displays for Window Wanderland.

The theme was bringing the 'Owl and the pussy cat went to sea' rhyme to life.

I think you'll agree the results showcased in the school's large old windows were brilliant!

*The Owl and the Pussy-cat went to sea, In a beautiful pea-green boat*



### Great News For KudaClub!

The long-awaited Ofsted inspection took place recently and KudaClub is thrilled with the outcome! The highlights included their level of focus on children's safety, the social interaction opportunities provided by having children from different schools, the quality and vetting procedures of their wonderful play workers and how effectively they reflect on their practice, as well as how they use that to implement improvements to the setting overall.



**They are all so happy with the outcome, to get GOOD for their first inspection sets them well on the path to OUTSTANDING!**

Owner Pegah says "Most of our KudaClubbers have come to us from recommendations, which is a real compliment and very reassuring to have our families so supportive of us".

With so many requests for September registrations already, KudaClub is very excited about the future.

The Breakfast and After-school club is available to children in Reception to Year 6. KudaClub runs a pickup service from Ashley Down (both Brunel Field and Downend Road sites) and Bishop Road.



Get in touch if you would like to receive a Family Information Pack, e-mail: [kudacub@kudacan.co.uk](mailto:kudacub@kudacan.co.uk).

**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 Spring Spray Tan now for just £15!

**New Activity – Sensory Steps** Classes for all ages will be starting from 4th March, offering families a unique sensory experience on Fridays at 11.30 am. This class is offered as a drop in so no need to sign up for a term. Devised by an expert in sensory play, this promises to be great fun!

**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.**

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

## Whole School Open Morning

Wednesday 16 March  
10.00am–12.00 noon

Daily Visits  
available on various dates during term-time.

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



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## Easter Baby Competition at Zzzzone Photography Studios

Monday 14 March

Staff at Zzzzone Photography, based on Zetland Road, are busy gearing up for spring with the launch of their Easter Baby Competition!

Owners Krissie and Jonny look forward to welcoming parents and babies to their local studio on Monday 14 March. The event is open to little ones aged 6 months to 1 year old. Seasonal Easter props will be supplied for the free 10-15 minute photo shoot. The day is set to be great fun, there will be refreshments supplied for the local families taking part.

Krissie told me they can't wait to welcome people to their studio for the event and get some great shots of the gorgeous local babies. Images from the day will be uploaded to their website for people to view, with the option to purchase some pictures if they wish. The winner of the competition will receive a complimentary 12x12 canvas and a free pass to Bristol Zoo!

If you would like to take part, give a quick call to Zzzzone so they can book you in and avoid any hanging around for you and your little ones on the day.

Since taking over the local business two years ago, Krissie and Jonny have expanded into a second premises two doors up at 27 Zetland Road; they are delighted to now have two lovely spaces and larger studio space to offer their clients. The pair both hugely enjoying their work and being part of the Gloucester Road community.



ZZZONE Studios - 23 Zetland Road, BS6 7AH  
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## Easter Baby Competition Monday 14 March

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6 months to 1 year

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## Easter Message

*'We are going to see things that never existed.'*

Recent headlines included the news that scientists have confirmed the existence of 'gravitational waves', something predicted by the well-known scientist Albert Einstein in the early part of the last century. This new discovery is important in helping us to understand how the universe developed, even life itself. For most of us the impact of this news will simply be amazement and wonder about the complexity and beauty of distant space, not least because these events happened millions of years ago.

At the heart of the celebration of Easter is an event which also left its first witnesses standing in amazement and wonder at what had taken place, not in the depths of space but in their midst. As was the custom at that time, a group of women went to care for Jesus' body in the days after his death but his body was missing from the tomb. Their encounter and experiences that day brought them to understand that Jesus was alive again, a message they shared excitedly with their friends. This core belief has passed down the generations and forms the faith of some 2.2 billion Christians around the globe today.

It's no coincidence that Easter falls in the Spring, a time when the cycle of growth restarts, right in our own midst. Whatever your own faith or understanding, I hope that the Easter period will provide you with at least some time to spend in amazement, wonder and appreciation of the life within the environment and community around us.

If you would like to do that within the Christian community, you will be welcome at the many events and services at churches in and around Bishopston over the Easter period.

Happy Easter!

*Rev. Patrick Stonehewer, minister at Bishopston Methodist Church*



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## News from Golden Hill Community Garden



Hi everyone!

Spring is definitely here! Our polytunnel is full of seedlings and the garden is filling up with flowers and frogs - so many frogs!

**We'll be running 2016's first adventure days in the Easter holidays.** These are wildly fun days full of dens, games, silliness and singing. A work out for the imagination and the "best holiday club ever". Exciting theme yet to be confirmed! For ages 5-11, taking place on 29 March, 5 April. £25 including pizza from the frog. Booking essential.

I'm also happy to announce that **the garden will be starting an after school club!** Running every Tuesday in term time it'll be more outdoor fun, fires, games, facepaint, growing things, making things, painting things, singing, digging, exploring, bug hunting, pond dipping, bow and arrows and good times. Booking will be by the term and we'll be running **free taster days April 12, 19 and 26.** We'll be picking up from Bishop Road School or children can be dropped off at 3.45 pm. Booking essential get in touch to bagsy your place!

We were recently delighted to celebrate our 4th year with a Birthday Bonfire! We have an **absolutely amazing bunch of volunteers** here in the garden. Hats off to all the folk who've turned up through the long and soggy winter and



cheerfully got on with what needs doing! At least 20 people popping in EVERY Wednesday! Heroes of the garden I salute you!

**We welcome anyone and everyone to come and get involved! 10-4 Wednesdays - pop in for a chat we'd love to meet you.**

See you in the garden!

**Lucy Mitchell**

*Community Project Worker*

**For more info - 07506 905 394**

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

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## News from Icon Beauty

### Love Yourself, Love Your Skin!

We all want beautifully clear, smooth and younger looking skin. We

probably all feel we can update our skin care routine and improve the overall health of our skin.

At Icon Beauty the focus for spring is for fresher, brighter, healthier looking skin. Icon wants to kick-start your beauty routine to give you a great glow in time for the summer and beyond with their range of advanced skin care and facials.

### Jan Marini: Advanced Skin care & Treatments.

Icon offers a range of Jan Marini facials. These are more advanced anti-ageing and resurfacing treatments, which can benefit any skin type.

Extremely effective when treating Acne, Rosacea, fine lines, wrinkles and pigmentation. Rich in vitamins and using the latest break-through product solutions, these facials offer remarkable and immediate results. Using effective exfoliation and resurfacing methods skin appears smoother, brighter, more firm and refined.

**Jan Marini Offer:**  
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### Spring/Summer Colour collections:

Get ready for the sun...

As always Icon has the latest OPI and Shellac spring/summer collections.

### OPI New Orleans Collection:

Indulge your senses and experience the magic of The Big Easy with these spirited colours, a mixture of beautiful vibrant shades mixed with some stunning crèmes and shimmers. There is a shade to suit everyone!



**CND Shellac Flirtation Collection:** A 14+ day nail colour that provides flawless wear, superior colour and mirror shine, with zero dry-time and no nail damage. Bringing soft, enticing colours this spring and summer, featuring subdued but irresistible shades. This season, sweet, creamy pastels are inspired by modern lace and embroidery for a delicate and refined glamour. The summer nail is slim and oval-glazed with tender shades of coral and lilac, blushed with the spark of deepening allure. Flirtation's summer code allows you to be irresistible.

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## Follow Your Dreams!

### Cathy Cassidy Tells Children

Popular children's author Cathy Cassidy visited Fairfield High School in Bristol the day before the publication in paperback of her two latest books.

Cathy, who has twice won the Queen of Teen title, has written more than 20 books, which have sold more than a million copies.

The latest, Fortune Cookie, is the sixth and final title in the Chocolate Box Girls series. Also published in February, was Looking Glass Girl, a reworking of Alice in Wonderland.

Cathy, who used to work at Shout magazine, and before that was fiction editor at Jackie magazine, is a former art teacher. She tours extensively around the UK, meeting more than 10,000 young readers every year.

She spoke to Year 7 and 8 girls from FHS, students from Elmfield Secondary School, and Year 5 and 6 pupils from Glenfrome and May Park primary schools, and signed copies of her latest books.

Cathy was on the third day of a two-week tour to promote her books; her next title is The Broken Heart Club, which comes out in April.

She told the students how she literally dreams up her stories, and how she develops her characters by drawing sketches and making mood boards.

Asked for her advice to budding writers, she said: "Write lots. Write a little bit every day, maybe a diary

or journal. Don't just write at school. It's like everything - you have to practise.

"Write from the heart, about the things you care about. I always knew I wanted to write. I write because I have stories in my head and I get inspiration from all around me."



Cathy encouraged those with ambitions as authors to share their daydreams by penning entries for her Dreamcatcher blog, which is written by her readers for other readers.

She signed books for students and encouraged them to explore her website, [www.cathycassidy.com](http://www.cathycassidy.com), for more information and inspiration.

Natasha Edmunds, head of English at Fairfield, said: "It was wonderful for the students to meet such a successful author. Cathy's visit encouraged them to continue to enjoy reading and inspired some of them in their own writing."

When I have things to talk about

Could you be

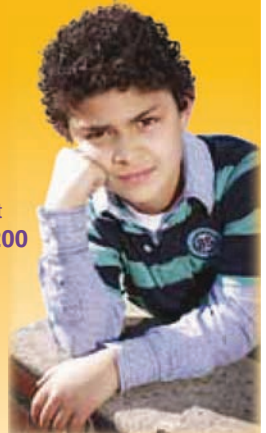
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## Lynne Fernandes Optometrists

### Jump into spring with classic Ray-Bans

As we head towards spring with lighter and hopefully brighter days, we're turning our attention to sunglasses!

At Lynne Fernandes Optometrists we're lucky enough to be able to select our favourite pieces and react quickly to the latest trends to make sure we have something for everyone.

And, on **Saturday 19 March** we're holding a special Ray-Ban Open Day showcasing this timeless classic and the latest designs.

Come and see the new Havana range with its modern twist on Ray-Ban original designs and take advantage of our Open Day exclusive offers!

Our specialist team will be on hand to help you find the perfect frames to suit your style and vision.

#### What makes Ray-Bans so good?

Ray-Bans have been around for a long time.

They were originally designed for the United States military fighter pilots in the 1930s, who reported that glare from the sun was giving them headaches and altitude sickness. Green lenses were introduced to cut out the glare without obscuring vision and the Ray-Ban brand was born.

Ray-Bans' popularity is still huge – a testament to its quality, durability and product development – putting science and beauty at the forefront of its vision.

Today, Ray-Ban Light Ray sunglass and prescription eyewear collection is made with a hypoallergenic, durable, flexible and incredibly lightweight titanium alloy, so they're extremely comfortable. And, they come with three interchangeable lenses so you can personalise your look.

There are even smaller Ray-Bans for kids and we've reduced the price, but don't tell them!

#### March madness

As well as our Open Day exclusive offers, throughout March, if you buy a pair of Ray-Bans with Crizal anti-reflection lenses or any frames with Crizal lenses, you'll get 25% off a second pair.\*

Don't miss this great offer. Visit us on Saturday 19 March or pop in anytime throughout March and we'll help you find the perfect glasses for you. Or, call us today to book an appointment – 0117 9426843.

We look forward to seeing you soon!

*Gerard Fernandes*

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**Not sure about the Mayoral elections?  
Don't know who's standing or  
what they stand for?**



Chair Judith with MP candidates at last year's general election hustings.

Bristol Older People's Forum wants everyone to have the chance to find out about the Mayoral elections happening in May – that's why we're having a special meeting

on Thursday 17 March 2016 at Broadmead Baptist Church, Union Street starting at 10.30 am.

Like all our meetings, it's free and open to all, and you can meet the candidates\* and make up your own mind. Have your questions ready!... come and join us in the main hall on the first floor (lift available).

\*Confirmed attendees (to date) are: Dr Kay Barnard (Liberal Democrat), Laurence Duncan (Independent), Tony Dyer (Green), Charles Lucas (Conservative), Marvin Rees (Labour) and George Ferguson (Independent).



## The Bishopston Society

### Local MP to speak at The Bishopston Society Open Meeting in April.

Thangam Debbonaire, our local MP for Bristol West, will be the main speaker at The Bishopston Society's Open Meeting on Friday 15 April at 7.30 pm. The venue is the Bristol Pavilion at the Gloucestershire Cricket Ground, off Nevil Road. There is ample parking on site.

Thangam will be talking about her experience as a new Bristol constituency MP and as the recently promoted shadow minister for Culture, Media and Sport. There will be time during the meeting to ask questions about any topics, local or otherwise, that members of the audience might want to raise with her.

There will be a charge of £2 for those who are not members of The Bishopston Society, but this will be reimbursed for those who take out membership (£7) to TBS on the evening. Light refreshments will be provided at the end of the meeting.

Further details are on the Society's web site at [www.bishopstonsociety.org.uk](http://www.bishopstonsociety.org.uk)



Local undertaker Dee Ryding

## Divine Ceremony

This month it's a story. It begins in September 2015 as I answer the call from two sisters who want to talk about their Mum. We'll call her Jane – not her real name, but everything else is very real. Jane is 59, a successful psychologist, poet, volunteer, feminist, mother of 2 grown-up daughters and Nanny to two small children. Life had changed irrevocably some 4 months before when Jane suffered a stroke, leaving her incapacitated.

In a split second Jane required full time care and moved into a nursing home. The stroke had cruelly removed Jane from her life, and everything that shaped her and defined her as a person. Her daughters were aware that Jane was coming to the end of her life and wanted to talk about the funeral. Specifically, they wanted to bring their Mum home to the house she loved, after she died. I understood their motivation for wanting to bring Jane home and developed a great bond with both these women and their Mum.

Practical decisions were made; cremation vs burial – Jane wanted to be cremated. What coffin? How we would take her home – could we manage the stairs in her Montpelier cottage?

The girls were keen to hold the ceremony close to home – and they wanted a ceremony that allowed her friends to be involved, a ceremony that would explore all aspects of Jane's life – highlighting those years before the stroke, freeing her from her illness. At that point it looked as if all this would be put into place within days.

They were all tired. If anyone has watched a loved one slowly deteriorate in Care, you will understand how debilitating it is to be the support. Hours, days, months spent sitting at someone's bedside is exhausting. There was no denying that Jane was in the final stages of her life, and yet she lived on through autumn, the leaves changed and fell, and Jane was still with us. Christmas decorations began to fill the shops.

I visited Jane and sat with her. She had not

talked lucidly for some time, but I held her hand and her daughters sat on the other side of the bed. I told her how fabulous her daughters were – what a wonderful job she had done as a Mum. I talked of her grand-children and stroked her hair.

I tentatively asked the girls if they thought she knew why I was there. At that moment Jane's hand gripped mine and she locked eyes on me and said very clearly "Please help me die?". The three of us were stunned, then her daughter leant in and gently said, "We are all here for you Mum, it's OK for you to go now, go in peace"

Jane died, peacefully, a few days later. I phoned the Care Home manager and explained what I wanted to do. Helpfully, she was very supportive; she had done the same for her own Mum. I often find those people who have experience of caring for their loved ones after death are the most supportive – I have never met anyone who has regretted the experience. It's just that many of us are unaware it is even possible.

Washing and dressing Jane was a beautiful experience. I began the process, but the girls really did it themselves. We dressed her in her favourite dress and enshrouded her in calico. She was ready to go home. She looked very peaceful, very serene. Back home, lying on her bed, a smile – it was definitely a smile – appeared on her face and she looked beautiful. Her girls made huge vats of soup, and her friends and neighbours came. They sat with Jane, talked to her, laughed and cried with each other and shared food.

After 2 days, we moved Jane to the mortuary, and 5 days later we held a ceremony in the local church hall. Over 100 people came to pay their respects.

Music, poetry, laughter, tears, memories and tributes filled the hall. We decorated her cardboard coffin with sparkles and last thoughts, and we prepared to leave for the Crematorium. As we left the hall, everyone was singing and clapping, and we took Jane on her final journey.

I am telling this story as a mark of the huge respect I have for Jane, and the two women she brought into the world, who were brave enough to think about the funeral before it happened. They knew they wanted to mark their Mum's life and death with great dignity and respect, and this they did.

If you want further information on Home Funerals, do get in touch, I am here to help in any way I can.

Visit: [www.divineceremony.org](http://www.divineceremony.org), find us on Facebook or call 07989 402 476.



### Bristol St Andrews Bowling Club

We Welcome New Members



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Come along to our:

**Family Fun Day**

Sunday 10<sup>th</sup> April, from 11am

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The sport for all ages, excellent green, top class facilities, good membership rate.

We have Men's bowling and mixed competitive and friendly, against other clubs and our own competitions.



We are looking to extend our existing Men's section, rebrand our Women's section and recruit Junior bowlers to allow progression, from novice to national level bowls.

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### Beginners Coaching

New For the 2016 Outdoor Season!

The club membership holds two players with English Bowls Coaches Society, Level 1 qualifications and a number of beginner's courses are being introduced for new bowlers to the game.







## Sleep Therapy

Christabel Majendie BSc, MSc, MBSPsS

### Can't sleep?

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 and group sessions at the Family Practice, Gloucester Rd. For more information contact me on 07881 651091 or [christabelmajendie@hotmail.com](mailto:christabelmajendie@hotmail.com) or visit [www.christabelmajendie.co.uk](http://www.christabelmajendie.co.uk).

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## BYO Baby – a unique adult choir for parents, carers or parents to be!

**Bring Your Own Baby** is holding free taster sessions for anyone who fancies singing uplifting songs and meeting new friends, all while the babies hang out and enjoy sweet harmonies. Guaranteed no nursery rhymes!

**Tuesday 22 March 3.45–5 pm and Thursday 24 March 11.00–12.15 pm and 12.15–1.30 pm at Wildgoose Space, 228 Mina Road, St Werburghs, BS2 9YP.**

Just come along and no previous experience is required.

### BYO Baby Choir is performing!

Come and see Bring Your Own Baby perform an uplifting collection of songs including songs by Fleet Foxes, Groove Armada and David Bowie.

**On Sunday 20 March, 3 pm at the Greenbank pub, 57 Bellevue Road, Easton, BS5 6DP. FREE and great fun for all the family!**

**Contact Julia on: 07984 532 535**

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# BristolChildren'sClinic

**Every Thursday afternoon Bristol Children's Practice takes place at the Family Practice on Gloucester Road, these sessions are run by the most experienced Paediatric Osteopaths in Bristol.**

At one-month old, I took young Henry along for a session. I was welcomed by practitioners Juliana Hounsfield and Martyn Morgan who have over 50 years of combined experience between them.

Martyn started the session by taking notes on any concerns I had relating to Henry's health, behaviour and details of the labour. He explained this was to aid them to draw up a list of targets to address with treatment. I told them I felt on the whole Henry was a content baby but during birth his head had been to the side a little rather than tucked in, he always lies down with his head to the right and frequently got hiccups.

Next Henry was gently laid down onto the couch for examination and treatment. Cranial Osteopathy for babies and children is a gentle and non-invasive technique whereby the practitioner aids the body's natural self-correcting mechanism to relieve trauma that may have occurred during birth. It was clear both Martyn and Juliana understood how precious our babies and children are, they talked through everything they were doing and reassured me throughout.



Henry relaxing during his treatment

## Joseph's Story

*Joseph arrived very quickly at the end, meaning he had mucus to clear from his lungs, and was therefore sick to expel the mucus. This was supposed to last 2 weeks but a month on and he was being sick after every feed and when he was moved. He was a very happy baby but would suddenly seem to be in pain and be crying out. We tried chamomile and gripe water, but wanted to give cranial massage a go as we thought it would help. The first session they said his head and diaphragm were tight. He did seem relieved after, and slept incredibly well the rest of the day. However, he had a disturbed night and was sick again, which concerned me. Practitioner Gill was on the end of the phone, which was great. After the second appointment he was vastly better. Directly after he passed wind and pooped like a trooper when I was changing his nappy! Clear evidence something was better, and he burped as I picked him up. He again slept brilliantly, and also well during the night. From then until now he has burped easier and is back to being a happy baby. It's lovely to have my baby back!*

Happy mum, Vickie Hirst

When carefully examining Henry they told me they found some stiffness in his neck muscles and a slightly tight diaphragm (that would be consistent with hiccups). They then set about treating him. Cranial osteopathy is very gentle. Specific gentle pressure is applied wherever necessary (not only on the head) to enable the release of physical stresses. At the end of the session they were pleased with the progress but felt he would benefit from one more session. I returned a week later with the feedback that hiccups were still occurring but had reduced and that I was pleased he was now starting to lie and turn his head both ways. On re-examination they found the diaphragm still to be a little tighter than they would like and treated Henry for this, I look forward to seeing if the hiccups will become less frequent again.

Common problems that the team frequently deal with include reflux, agitated babies, problems with breastfeeding (with many referrals coming from breastfeeding specialists). As children get older reasons for a visit include – headaches, growing pains, sports injuries, etc. On average, 2 to 4 treatments are sufficient. This varies according to the severity of the actual problem and the age of the child.

Juliana told me many parents who have attended the clinic with one child often go along with the second as a preventive measure. While in the waiting room I spoke with Vickie Hirst, who had just finished a session with her second baby, Joseph, she had no hesitation booking into the Children's Clinic after experiencing positive results with her first child. Read Joseph's success story, left.

**If you would like some further information or to book into Bristol Children's Clinic please contact them on 0117 944 6968, I can thoroughly recommend their services. [www.thefamilypractice.tv](http://www.thefamilypractice.tv).**



## Local History Matters

### Murder at Horfield Barracks

BHA local history research – text by John Hyde ©

In April 1868, four companies of the 2nd Battalion, the Buffs Regiment, moved into their new headquarters at Horfield Barracks. (The Barracks were situated just beyond the Common on the main road to Filton and Gloucester.) Soon after, newspapers across the country were reporting an act of extreme violence.

The affair hinged on a letter for the Adjutant with an extra tuppence to be paid on it. It had been brought by Sergeant Maskell, the official letter carrier, who was promptly told to take it back as there should not have been any additional charge. Whether Maskell had paid the tuppence himself and had not been reimbursed is uncertain, but after leaving the Adjutant he went to the canteen and despite having been teetotal for several years, became very drunk (a soldier who knew him well said Maskell could be 'very violent' when drunk and because of this had taken the teetotal pledge some years previously). He returned to his married quarters, argued with his wife and smashed crockery and furniture. A neighbour then raised the alarm by shouting from her window that Maskell was 'on the landing with a gun' and attempts by a colleague to reason with him resulted in threats to 'blow his brains out'. He next appeared outside armed with a rifle and bayonet firing at people indiscriminately. This culminated in him killing a man, Private Robert Synon, on the steps leading up to the Sergeants' Mess. He was eventually overpowered and charged with murder the next day.

A decision taken by the Army a few years before may well have been a contributory factor to this bizarre and tragic event. Until 1866, two years before the murder, the British Army used Enfield muzzle-loading rifles, meaning they were loaded via the end of the barrel, the cartridge being forced down with a ramrod. This was quite a laborious

process and resulted in a slow rate of fire at three rounds per minute, whereas the new breech-loading Snider-Enfield rifle, used from 1866 onwards, gave a much faster rate of fire at ten rounds per minute. This meant that it took Maskell, armed with the new rifle, only six seconds to reload between shots. One soldier, when asked at Synon's inquest whether he had taken any steps to stop Maskell, replied that he was forty yards from him and 'with his breech-loader Maskell could load in a twinkling' – he did not consider it safe to go near him. He was right, it was

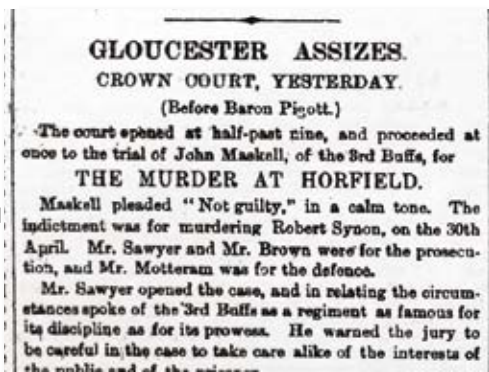
not safe for him to try to cover forty yards in six seconds, but if Maskell had been using the old muzzle-loader he (and others) would have had twenty seconds to do so, which may have been enough time to disarm him. In addition, was it common practice for personnel to keep their weapons, complete with ammunition, in their quarters? At the inquest it was said that 'he had no business to have [his rifle] with him' but

there was nothing about Maskell being in breach of regulations.

At his trial at Gloucester Assize, Maskell was found guilty of manslaughter, which saved him from execution, and sentenced to ten years' imprisonment. Upon his release, he returned to his birthplace, Epsom in Surrey, and rejoined his family. He died in 1917 aged seventy-eight. Robert Synon had been buried at Horfield Parish Church with full military honours.

Quotes are from the Magistrates hearing at Lawford's Gate, Bristol, and the trial at Gloucester Assize and Private Synon's inquest at the Wellington Hotel, Horfield.

Image 1: "Nepalese Snider" by Antique Military Rifles – originally posted to Flickr as Nepalese Snider. Licensed under CC BY-SA 2.0 via Commons – [https://commons.wikimedia.org/wiki/File:Nepalese\\_Snider.jpg#/media/File:Nepalese\\_Snider.jpg](https://commons.wikimedia.org/wiki/File:Nepalese_Snider.jpg#/media/File:Nepalese_Snider.jpg)



Newspaper headline from the Bristol Times and Mirror dated Thursday 13th August 1868.

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## News from 63rd Scouts



Mike Evans, Ros Kennedy and Paul Tinkler with happy scouting members at the opening of the new hut.

The all new Hut 6388!

### The young people in the 63rd Bristol Scout group are enjoying their new home, following the completion of the new hut in St Bartholomew's Road, Ashley Down.

It is great to have a spacious well-equipped kitchen. It has made the catering at two recent Cub Scout sleepover events so much easier. The main hall has much more space and, with storage cupboards for all units, makes for a much smoother evening. There are also other small rooms that can be used for smaller group work. The storage upstairs is working well and we are gradually getting things sorted. It is very much like moving into a new home. We are all looking forward to being able to get outside, the grassed area is growing well and we look forward in the spring to being able to complete the landscaping of the whole area.

We are also delighted that other members of the community are getting a real benefit from the amazing space. Sefton Park School are regular users in the afternoon. In the morning we have keep fit and Pilates groups. A dance group is starting up on a Tuesday afternoon and we hope to be hosting Sparks breakfast club. We are also seeing weekend use for lots of local children holding birthday parties.

We will still be holding community events to raise funds to pay off some interest-free loans, but more importantly to get people together. These will continue even after the building is fully paid for.

**Our next big event will be a May Fair on Saturday 21 May. We plan to run from 2-9 pm with stalls, activities, BBQ and a bar.**

The Beaver Scout colony is full at the moment on both evenings, with a good mix of boys and girls. We are celebrating 30 years of Beaver Scouts with special badges and activities. We are currently working on badges for cooking and first aid.

The Cub Scout pack is in exactly the same position. We are celebrating the centenary of Cubs Scouting and are looking forward to a camp in July and a birthday party in December.

Both Scout troops are also doing well. We have just completed first aid badges with some input from medical students at Bristol University.

The hut is also home to Phoenix Explorer Scout Unit and various Rainbow, Brownie, Guide and Ranger Groups.

### Can you get involved?

Having now got an amazing building, we need to grow the adult team in the group. We want to provide the best possible programme and opportunities. We are looking for anyone who has time to give who would like to help provide activities for young people in this area. We need people to work in background on administration, fundraising/ social events, sharing a skill or hobby. However, our biggest need is to get more people involved in planning and delivering the weekly meetings. No previous involvement with Scouting or Guiding needed. This does not have to be every week; we have several people at the moment that fit in with their work and family commitments. Full support and all necessary training will be provided free of charge. A DBS enquiry will need to be completed.

**If you want to find out more, phone Mike Evans on 07722 632468 or e-mail at [mikeevans3@virginmedia.com](mailto:mikeevans3@virginmedia.com).**

**This will not commit you to anything. There is a role that will fit around you if you want to get involved.**

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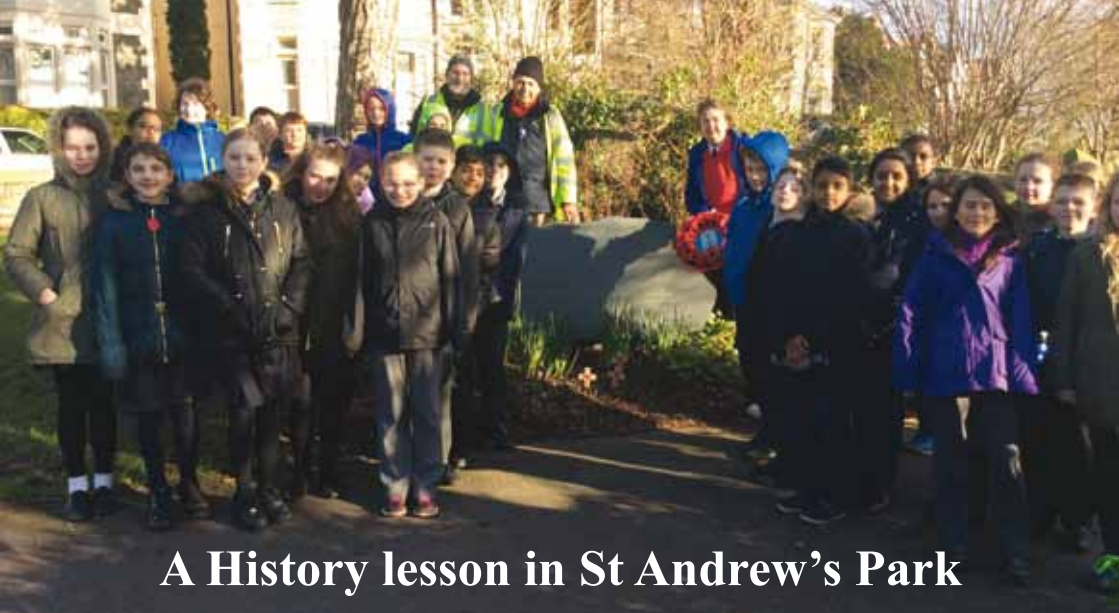
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## A History lesson in St Andrew's Park

**Pupils from Sefton Park Primary School recently enjoyed an interactive History lesson in St Andrew's Park with local historian David Cemlyn.**

David told me, "When children study World War 2 it can feel a bit unreal – something that happened in history that they cannot easily relate to. By making the field trip, I hope we brought local history to life for them."

From what I witnessed the pupils were engaged and took great interest, as they listened to how events unfolded on the evening of 30 April 1941, when a Wellington T2905 plane crashed into St Andrew's Park. They heard how residents bravely ran from their houses to help. They successfully rescued crew members – Sgt Lawrence Hugh Houghton, Sgt John Stuart Jones and Sgt Richard Wish.

Sadly, three out of the six people on board died – Pilot Officer Kenneth Guy Evans, Sgt Charles John Clarke and Sgt Thomas Leonard Lever.

We all stood at the memorial stone and remembered both those that died and the courageous local people that worked hard to save those from the burning plane.

Local resident and friend of St Andrew's Park Jenny Morris beautifully described the importance of the Memorial Stone and how people gather there each Remembrance Day to pay their respect. 2016 marks 75 years since the plane crashed into our local park and there will be an event to mark this; watch this space and the Friends of St Andrew's Park Facebook Page for more information.

As part of the trip, the group visited St Bartholomew's Church, where they were shown the remembrance book, detailing all the local people who were killed in active service in World War 2. Some of those that died were not much older than the pupils, which was certainly food for thought.

From the Park they also viewed the house on Melita Road that had been bombed.

It was both interesting and moving to recall the events that took place during the war on our doorstep. Feedback from the children, teachers and parents indicates that the children appreciated their time learning about local events during the war, even though it was sad to think of the deaths that took place so close to their school.

**Visit [www.friendsofstandrewspark.com/useful](http://www.friendsofstandrewspark.com/useful) links for further history on the Wellington Bomber.**



*Sefton Park pupils spreading out with tape to show just how large the Wellington Bomber was that crashed into the park.*

## Bespoke Wallpaper & Competitive canvas prints at

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**Bespoke wallpaper printing** Niche are always busy working hard on interesting projects for their clients. This month a Bristol family have entrusted the completion of their intricate family tree that covers a huge period of history. Creative Director Rupert Morley told me what a fascinating and challenging project this was, with the team being set the task of scanning the original three-metre-long paper tree, then adding in a series of families to bring the tree up to date and complete the picture. The fabulous design is being transformed into lengths of wallpaper that will be printed and distributed to many of the family members. Niche's large latex printers enables them to take on these large-scale projects (see preview of project below).

A local interior designer has also recently commissioned large-scale floral and forest scenes to be printed onto wallpaper for a client who adores floral designs.

I was impressed with the stunning, illustrated world map by artist Phil West that is displayed on a downstairs wall at Niche – do take a look! The design is printed on HP PVC wallpaper and is available for order.

**Affordable canvas prints** As well as wallpaper, the latex printer offers excellent quality photo canvas prints. Niche is now delighted to offer two printing ranges – their original, archival, fine art prints to museum grade, ideal for the numerous artists who use Niche to produce their collections for sale. Sitting beautifully alongside this, is the more straight-forward latex printing, producing designs onto a pre-coated canvas, with a reduced price that reflects this. Rupert told me how impressed the team has been with the quality and excellent finish on these canvases.

Get in touch with the friendly, knowledgeable team to discuss your project – no matter how large or small.

### Mother's Day & Easter Gifts!

Why not have a much loved family photo or child's picture printed onto canvas to make a thoughtful gift? It will last a lot longer than flowers or a chocolate egg!

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## Martial Arts to Creative Arts!

Local teacher Lloyd Lewis (pictured right) lives with his wife and two children in Horfield. I had the pleasure of catching up with him as he prepared for an exhibition on Gloucester Road this spring. It was most interesting to learn about his talents in both martial and the creative arts! Find out more below.

### What do you enjoy about the local area?

*I love Gloucester Road, the independent shops and the quirky cafes are right up my street! Family favourite Cafe Rhubarb even display my work.*

### You enjoyed amazing success in kick boxing, how did you get involved with the martial art and what were the highlights of your career?

*I had 57 fights and I won 49 of them. I was lucky enough to fight in lots of amazing places. I won two world titles on at light middle weight and the other at middle weight. I also fought and beat Alex Reid, the former husband of Katie Price. I stopped him in the second round. That was one highlight I am pretty proud of.*

### Are you still involved with the martial art?

*I am indeed. I have a kickboxing club on Tuesday and Thursday nights in Patchway Community College leisure centre. We are there from 6–7 pm for adults and the kids' session runs on Tuesdays at 5–6 pm.*

### When did you first decide to pick up the paint brush? Have you always had an interest in art?

*I have always drawn. I have actually always enjoyed drawing faces. It wasn't until my wife discovered my talent and encouraged me to pursue it that I started painting. I first started painting in blues and purples. I really enjoyed that. I shared my work on Facebook and people were very positive. So with the help of my wife I set up a Facebook page and a website. [www.facebook.com/LloydLewisArtist/](http://www.facebook.com/LloydLewisArtist/)*

### What inspires you to draw/paint?

*I love to paint and draw, I always have. It is just so calming and I feel like I have really accomplished something if I manage to create something that people find interesting.*

### Are the pupils you teach impressed with both your sporting and artistic talents?

*I hope so. I think it is important that the pupils that I teach know that you should always go for things that you enjoy. I make it clear to them that I am always learning new things. Hopefully, they can see that learning is*

*something that never ends.*

### You took part in the North Bristol Art Trail for the first time in 2015, how was this experience?

*That was a really amazing experience. I was delighted to chat with people about my artwork. I was overwhelmed by how positive everyone was regarding my pictures. It was a great experience. Hopefully, I can get to be a part of it again this year.*

### Do you have any exhibitions coming up in 2016?

*I am currently exhibiting my work at Horfield Baptist Church on Gloucester Road until Easter. It is free entry, I do hope many people will enjoy viewing my artwork as they have a coffee in the church's Fresh Ground Cafe (open 10–2 Mon to Fri during term times). Then I have the BS9 art trail in May. I do have a few others coming up later in the year and I am hoping to start a series of portraits of homeless people in Bristol. I will be working with a local homeless*

*charity to help raise awareness of this issue. I am aiming to exhibit these pictures in the BS9 art trail.*

### If people would like to find out more about your work, where should they look?

*I have a Facebook page – [www.facebook.com/LloydLewisArtist/](http://www.facebook.com/LloydLewisArtist/) I am also on Twitter – @LloydArtist and Instagram – LloydLewisArtist*





# Gardens for Wet Weather!

Over recent years we have come up with resourceful ideas that does not compromise design, to build gardens that can tolerate the difficult weather. The past months have been so wet, often flooding gardens or making them quite boggy. Having a wet and squelchy garden isn't much fun, so trying to improve drainage or covering wet areas can make a garden more appealing.

In one Bristol garden, we have built a pond that helped the garden's drainage. A large part of the garden was taken up with a lawn, that got quite wet in bad weather. To make the garden more usable, we built the pond at the lowest level, allowing excess rain to flow downwards into the pond. The new water feature was dug into the lawn and flower bed. On one side the pond had turf from the lawn around it, creating a soft rolling edge. The other edge had rustic stones and pebbles, with plants among them to create a natural looking pond. The style of the pond made it attractive to wildlife, as it was easy for creatures to get in and there were lots of nooks and crannies to hide in.

Ponds are great for quickly transforming a garden. Another way to re-vamp a garden is to change some of the levels. This can be done so that a garden is usable with future bad weather. Instead of having a flat garden where rain water can build up and make an area soggy, a garden with different heights and features can allow water to drain away.

In another large, local garden, we have built a series of terraces. One is a lawn with a raised bed running alongside it. This then leads to a set of steps going onto a patio, that has fine gravel instead of jointing gaps, which stops any build-up of rain water. Around



the patio are some planted rolling banks, which direct rain water into a couple of French drains. Under some existing trees we built a little woodland garden, with scented plants and bulbs. This area is covered with bark mulch, which is great for absorbing water and giving a surface that can be walked on.

Recently, we visited a garden that had a problem when there was heavy rain. The garden sloped towards the house and water quickly built up and covered the drain, making the ground around it soggy. To solve this problem, we built a large deck over the area, so a table and chairs could go on it. Instead of having the usual style of deck boards we constructed the deck using larch timber. The larch has really attractive natural colours, that will also age well. To make the deck more interesting, we have used a variety of different width boards. The deck also had a pergola over it with trellis panels on the sides. The result is a clean intimate space where the client can socialise with friends and family.

For any more information and advice check out [www.secretgardenweb.co.uk](http://www.secretgardenweb.co.uk) or email [info@secretgardenweb.co.uk](mailto:info@secretgardenweb.co.uk)

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**39 Horley Road, St Werburghs, Bristol**



## CHOOSING GRANITE WORKTOPS

Replacing your kitchen or bathroom worktops can seem like a very daunting task to many homeowners planning their home improvement projects. You've spent hours researching into the different types of worktop materials and the various benefits and drawbacks for each, and, after much scrutiny, you have picked granite worktops. Now comes the selection process; choosing the right colour and slab of granite stone that suits your needs and kitchen or bathroom designs. At Marble Supreme, we're here to help you with every step of the process, right from sourcing the perfect stone for your project, to crafting and fitting beautifully finished, bespoke granite worktops. Here are a number of factors you should consider when choosing your ideal granite worktops.

### Visit our well stocked, local showroom

Firstly, Don't just choose something online. Pop in see us at our Bristol showroom. These are your granite worktops and will have a very important part to play in your family home or commercial space for years to come! It is also important that you see the different colours and patterns of each granite slab with your very own eyes and not just through a picture you have seen online. The true essence of each slab's unique colour and pattern can only be seen when up close and personal with it. We'd be happy to talk through our vast selection of beautiful granite stone, including our exclusively sourced and popular Brazilian granite.

Secondly, keep your kitchen, bathroom or commercial spaces in mind when choosing your

ideal granite worktops. Whilst a certain slab of granite might catch your eye at the showroom, it may not be the best fit with your kitchen or bathroom colour schemes and designs. Make sure to bring any plans or photos of your kitchen or bathroom spaces with you for reference.

### Knowledgeable, friendly staff

Finally, try to have fun in the process, and by all means ask us any questions you have concerning your new worktops – we'd be more than happy to offer our advice and suggestions on the best colours and patterns to suit your kitchen or bathroom spaces. Choosing your ideal granite worktops should be an exciting prospect!

### 5 star google reviews!

We are delighted to report (at time of writing) 19 out of 20 customers have awarded us 5 stars out of 5 on google (the other review giving us 4). The comments praise our customer service from first visiting our showroom to installation of worktops, excellent product range and competitiveness on price.

**For a no-obligation quotation, or to discuss your requirements with a member of the team, please contact us:**

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Marble Supreme Ltd. Unit 8 Bridge Road, Kingswood, Bristol, BS15 4FW

Opening times: Monday – Friday: 8.00am – 5.00pm, Saturday: 9.00am – 12.30pm



## New Year News from **Roxford's Pet Shop**

Open 7 days a week • Free local delivery

**New one dose wormer** – Roxford's is pleased to now stock Johnson's 'One dose wormer' for round and tape worms. The team think this is great product that is to veterinary strength.

**Bargain Duvets for cats & dogs!** Why not treat your pet to a comfy new duvet with removable covers, in all different designs? Priced at just £5, £8 and £12 for small, medium or large.

**New toys for small furry friends** – Roxford's is pleased to cater for all our pets, even the little ones! They now have a large range of 'Boredom Breaker' toys including – raffia woven rollers, wooden gnaw garlands, fruit spinners and corn snacks. Designed to be destructible but durable.

### Fabulous new Leads, Collars & Harnesses!

Adding to their already extensive collection, the pet shop is now stocking a wide range of 'Go Safely' products. These collars, leads and harnesses come in different sizes in the colour ranges of – bright green, blue, pink, red and black, all with florescent, reflective stitching running through them. Within the range is an effective shock-absorbing lead, along with leads that come with a clip handle to enable you to easily attach your pooch to your chair, etc.

**Be Safe – Be Seen!** In addition to the new reflective leads, you can pick up flashing halos – in orange or yellow – that can be adapted to fit any size dog. There are also some smart flashing collars. Both of these products come with a USB cable to re-charge the lights.



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Facebook: BS7 Jolly paws

## The Welfare Needs of our Pets

As vets are admitted to the Royal College of Veterinary Surgeons (RCVS) in order to be able to practise as veterinary surgeons, they make a solemn promise in a declaration which includes the following words,

*'my constant endeavour will be to ensure the welfare of the animals committed to my care'.*

**Animal welfare is at the very core of our profession.**

The Animal Welfare Acts 2006 describe five areas of the welfare needs of pet animals to ensure that pets experience both physical and mental wellbeing throughout their lives.

1. **Environment** - the need for a suitable environment.
2. **Diet** - the need for a suitable diet.
3. **Behaviour** - the need to be able to express normal behaviour.
4. **Companionship** - the need to live with, or apart from, other animals.
5. **Health** - the need to be protected from pain, suffering, injury and disease.

The legal responsibility for meeting the pet's five welfare needs lies with their owners but the veterinary profession is here to help. Veterinary surgeons and veterinary nurses have the training and compassion to guide owners on how the needs can be met.

As a profession we are uniquely placed, we can start helping would-be owners before they even acquire a pet by giving help and advice. This can be regarding suitable breeds, feeding requirements, exercise needs and potential costs of ownership.

Once a suitable pet has been found it is registered at a veterinary practice so a relationship can develop with the whole practice team. This is important so that all of the services of the practice can be benefitted from and tailored advice can be given throughout the animal's life.

Recently the PDSA has published its fifth annual PAW, 'PDSA Animal Wellbeing' report which gives us an insight into the current state of play. While many advances have been made since the first report, there is still a long way to go to ensure all pets have everything they need. This year the report found that knowledge of the Animal Welfare Acts is at an all time low among pet owners. With over 50% of UK households now owning a pet, dog numbers are estimated at 9.3 million, 11.1 million cats and

1.2 million rabbits there is potentially a large number of pets not receiving the care that they legally require and deserve.

As veterinary surgeons we have a duty to our patients to promote the Animal Welfare Acts and particularly the five needs so that all owners are aware and are able to provide for their pets in return for all they give to enrich our lives. We are privileged to be able to help care for our patients and that promise I made over 30 years ago is as relevant now as it was then.

If you have any questions or concerns about your pet please do contact one of our team for advice and we will be very happy to help.

**Nicky Bromhall MRCVS**  
Animal Health Centre



Nicky & Lulu



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— Kerry & James, Ashley Down residents.

## Window-Wanderland-2016!

Wow! What another fantastic creative happening across over 200 homes on our local streets! Congratulations to the WW organisers and all you fabulous people that took part. On some roads the fun spilled out into street parties, I experienced the celebrations on Springfield Avenue. Thornleigh Road once again drew huge crowds, many enjoyed the live acts that took to the stage in the garden of Dale the Dalek, who was once again collecting donations for Childrens Hospice South West. Monty dog and I embraced the sense of excitement and positive energy this event exuded in bucket loads, as we travelled from street to street chatting with fellow wanderers. I hope you enjoy a taster of the evening on the following pages.







# Window Wanderland 2016!





## HORUS WELLBEING

**Donna Taylor - Counsellor**

*Dip Couns MBACP (registered)*



### BRIDGING THE PATH TO BALANCED LIVING

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*adolescent and adult mental health.*

*I also work for a domestic violence charity supporting children, young people and parents/ carers to recover from their experiences and learn positive strategies for managing associated feeling and emotions.*

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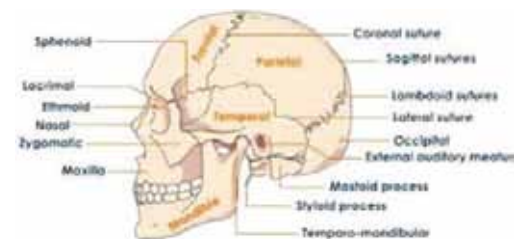
## The Fourth Trimester

**Throughout my pregnancy I visited Osteomyologist, Dawn Clode for soothing lower back massage. Now baby Henry is six6- weeks-old it was time for us to return.**

In the later weeks of pregnancy softening of the joints of the pelvis occur to enable the baby to be born. Dawn explained it is really important that around 6 weeks after giving birth, mums gets their pelvis realigned to make sure they have core stability. I was pleased to get onto the couch and have this done, it felt good to be getting my strength back.

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.

Once baby arrives there are all kind of strains put onto the lower back with the lugging of baby car



seats, carrying an ever-growing little one (often

not distributing the weight evenly) and even positioning yourself awkwardly at times when breast feeding. I will be visiting Dawn on a monthly basis for the time being to keep me on the straight and narrow – literally!

Whilst we were there, young Henry enjoyed some cranial to unwind the birth reflexes. This can be a great help to resolve problems with latching, croup, reflux sickness as well as 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 Cranial Sacral Therapy 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**

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## Yogafurie opens new state-of-the-art studio in Ashley Down – now you can sweat out all that Easter indulgence!

A new, state-of-the-art hot yoga studio has opened in Ashley Down by family-run business Yogafurie – perfect for those who want to challenge themselves to something new in 2016.

Some local hot yoga enthusiasts may already know of Yogafurie as the team had been based just off Gloucester Road for four years.

However, due to sustained growth in demand for class places, Yogafurie founder Ed Wood has created an incredible, purpose-built facility to accommodate existing and new members.

The main hot yoga studio has the most advanced heating system currently available, as well as a studio for normal yoga and pilates. Ed has also ensured that luxurious changing rooms and showers are part of the new site.

The health benefits of hot yoga are numerous and have famously seen the likes of tennis superstar Andy Murray take it up as well as various celebrities.

People who practice hot yoga can help themselves detox, lose excess weight and they often also report increased immunity as well as an overall 'feel good' factor.

Ed, who started Yogafurie in 2011, said: "We are thrilled to open only half a mile away from where we first began near the Gloucester Road as so many of our hot yoga fans come from the Bishopston area."

"The studio really is something to behold and we can't wait to show it to all those who attended sessions previously as well as those who want to try something totally fresh."

"Our new timetable means that we have something for everyone and are doubly excited to be open from 11th January as it provides somewhere to come and banish winter blues in a brand-new environment."

**Yogafurie is based at 201 Ashley Down Road, next to the Co-op and Bristol City College. New members can enjoy one month's unlimited practice for £30. Class timetables and costs are listed at [www.yogafurie.com](http://www.yogafurie.com).**



Yogafurie founder  
Ed Wood



Yogafurie members enjoying the heat

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## Unwanted Foreign & Old Coins Appeal

The back of drawers, in sofas we all have little corners we have not looked in for ages. Please have a look and put your old coins to good use, it will enable RP Fighting Blindness to continue giving help and support where it is needed.

The Used Stamp Appeal continues, Gina and Ron would like to say a big thank you to all who have sent stamps previously, if you have not, but would like to send us your used stamps please do (If you can trim outside the perforations we get more money for them) also unwanted collections are welcome.

Do you belong to a group or club that have speakers? Would they like someone to come along and give a talk? The talk is designed to be Interesting, Informative, & Humorous, (we do not charge for the talk) so please feel free to contact us. Ron & Gina Pritchard 22, Huckford Road, Winterbourne, Bristol, BS36 1EA

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**Eligible customers can get £50 off the price of a bike with the 'Wheels to Work' scheme at Bike Back in Horfield.**

Life Cycle's Bike Back project at Horfield prison has linked up with travelwest's 'Wheels to Work' scheme to offer those eligible £50 off the cost of a bike and with bikes starting from just £50, there really is something for everyone.

Wheels to work aims to help those who are unemployed, recently employed, in training or earning less than the living wage by providing them with transport to travel to work, training or interviews.

Helping young people to overcome one of the biggest barriers to accessing employment and training can be transformative and getting a low cost bike can really help in securing a position.

If you are over 16 and think you may be eligible, you can go along to one of Life Cycle's bike sales at Horfield Prison every Thursday from 10am until 3pm, open late until 7pm on the 1st Thursday of each month. Or see their website for other city wide sales.

Bike sales are open to everyone but proof of eligibility will be needed for the Wheels to Work discount.

www.lifecycleuk.org.uk/bike-recycling

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Have you noticed some people in the local community are looking fitter and healthier than ever?



The reason may be put down to their participation in the Exercise Referral Scheme at the nearby Horfield Leisure Centre. It is a scheme run in partnership with Bristol City Council and the NHS to offer reduced price supervised physical activity sessions for those people with health conditions.

Local resident and recent participant Stephen says "I have been so impressed with the scheme and its effect on my health that I have now become a member of the leisure centre in order to continue my progress. Before beginning the programme my muscles were very weak but now my muscle performance and coordinated movement has improved significantly. It is my hope that others with the same needs will take the same opportunity."

Whether you would like to shift a few pounds, improve your mobility or stamina or if you have a longer lasting condition, such as high blood pressure, diabetes or a joint problem you are eligible to join. It could not be simpler. All you need to do is download a referral form from the website below then see your GP and they can refer you on to the programme. Your body will thank you for it!

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### Tree Planting Event. Saturday 19 March, 10 am – 3 pm – ALL WELCOME!

Rescheduled from January as a result of the terrible weather, this community planting session will enable us to complete the Horfield Common tree plan, which will mean that by the end of March 2016, we will have planted more than 3,000 new trees on Horfield Common. Come and join us to plant the new 'fruit and nut' hedgerow around the Ardagh – ALL WELCOME! Please wear gloves, sturdy shoes and warm clothes, and bring spades/shovels if you have them. We will be planting 2,400 new tree 'whips' so need as many local volunteers as possible to come and pitch in. The Café will be open for a pre-season test run on the day, and warm soup and bread will be provided for volunteers to keep their energy levels up! Please come and join us – we estimate that with 40 volunteers, we can do this in the day. Bring friends, co-workers, family and neighbours – suitable for all ages – we look forward to seeing you there!

### Café on the Common

The Café on the Common will reopen for 2016 on Friday 24 March. It will be open 10–4 everyday over the bank holiday weekend, and 10–4 Fri–Sun from then. Sara is working hard behind the scenes to get things ready for our second season and can't wait to get started. We'll have a full programme of community events throughout the summer and will confirm the dates for our Summer Picnic and other activities at the café in next month's BM.

### Horfield Common Wildlife and Biodiversity

#### Grand Opening of the new pond-dipping platform on Horfield Common

Come and join us on 24 April 2016 at 10 am to celebrate the formal opening of the new pond dipping platform on Horfield Common. Funded through Bishopston, Cotham and Redland Neighbourhood Partnership and installed by Steve England, working with FOHC volunteers and volunteers from Colliers International in Autumn 2015, we are delighted that this new facility will enable increased wildlife education activities, along

## News from the Friends of Horfield Common

with better access to the pond area, which was previously overgrown and largely inaccessible. On 24th, we will be welcoming Steve to run pond dipping sessions for all ages, 10 am – 2 pm, to introduce local residents to some of the inhabitants of the pond and explain what we can expect to see as the seasons change through 2016 and onwards. We will also be welcoming volunteers from the Hawk and Owl Trust who will be bringing along some of their current residents along to help us celebrate. The event is free, but donations to FOHC and to the Hawk and Owl Trust will be welcome.

### Horfield Common Junior Wildlife Club, Saturdays Monthly 10 am – 1 pm

We are delighted to be launching Horfield Common 'Raptors' – our junior wildlife club for young people. The response to events delivered for us by Steve England last year was overwhelming and there was a clear demand for more. We are thrilled that Steve has agreed to work with us to run this club on an ongoing basis, and have a programme of activities now available to book through our website at [www.friendsofhorfieldcommon.com](http://www.friendsofhorfieldcommon.com).

Sessions include a nature detectives' 'lab', habitat creation, wood carving and lots of other practical and hands-on activities; the programme also includes activities for a range of age groups. Places are limited, and there is a small charge to ensure the club is sustainable. We think that the sessions offer very good value and we hope that this self-funding model will mean we will be able to run this as an ongoing project. Please do get in touch if you would like any further information, or have a look at the website for all the details. Do sign up if you are interested – we are expecting the places to go quickly.

### Wildlife Events/Activities for Adults

In response to the brilliant reception that last year's Bat Walk, Wild Food Walk and other wildlife-focussed activities received, we have now confirmed that Steve will run a series of sessions for us through the summer. These include walks, talks and practical workshops; there is a small charge to enable us to run them sustainably. If these are successful, and there is demand for more – we will look to increase the programme in 2017. Please visit the website for full details and to book; do come along and support these activities if you would like to see more wildlife-focussed walks/talks/events on the common in future years.

### Walking and Running Routes Project

As a result of the terrible weather over the last few weeks, installation of the final signage and new

noticeboards in each of the children's play areas on the common has been delayed. However, we are expecting that the project will be completed by the end of March 2016 at the latest, so the walking and running routes will be marked out and available for all to use from then on. We'll be posting maps/info on the website permanently, and these will be available along with printed maps and route leaflets from the café when it reopens in March. We'll keep you posted, and look forward to seeing lots of local residents out and about trying them out over the summer.

### Let's Walk Horfield Common

Once the walking/running routes project is completed, we are considering starting a walking group – on Wednesdays at 10 am, leaving from the Ardagh and initially taking a leisurely stroll around the common (1k, 5k or 500m routes) while enjoying some company and a chat. If there is interest, this could extend further – exploring the quiet streets through to Henleaze Road, or walking via other local green spaces up to Stoke Park Estate, for example. Do let us know if you would be interested in coming along to this and/or volunteering to help run an informal walking group. If there is enough interest – we'll get things organised to start it up.

### Committee Members

If you would like to get involved and support our ongoing work, we would welcome your involvement. Following the departure of several committee members to other parts of the country over the last year, we are now actively recruiting volunteers who would like to get involved to help us with Events, Administration, Fundraising/Bid-Writing and organising practical work parties on the common. Upcoming meeting dates for 2016 are: Wednesday 13 April; Tuesday 14 June; Monday 12 September; Wednesday 16 November – all starting at 7 pm.

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

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### HORFIELD COMMON WILDLIFE EVENTS & ACTIVITIES 2016



### Junior Wildlife Club

#### Saturdays, Monthly

27 Feb	Woodcrafts
19 March	Habitat Creation
30 April	Nature Detectives
14 May	Wood Carving
4 June	Pond Dipping

All sessions: 10am - 1pm,  
meet at the Ardagh.

For more information, and to book :  
[www.friendsofhorfieldcommon.com](http://www.friendsofhorfieldcommon.com)

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# News from Glos Rd Central

## New Traders join Glos Rd Central

Glos Rd Central has had another busy month. We have welcomed a few new businesses this year, including such as Roll Quick bicycle shop, Pizzanova with lovely fresh pizzas and La De Da furniture and little treasures which has moved from higher up Gloucester Road to their new home at on the corner of Bristol Tools.

**Window Wanderland** dispelled the February gloom once again by drawing locals and visitors out onto the streets and some of the shops took part by creating interesting, cheerful window displays. It was great to see once again how incredibly creative our community is and so many people joining in.

**A visit from the Mayor** – At the beginning of February, Bristol Mayor, George Ferguson, took a tour of Bishopston and stopped off to meet Glos Rd Central traders. He was pleased to learn about our thriving independent shops and the popularity of events we put on out on the pavements. We told him how well supported we are by our customers. George took a look at the British-made, ethically sourced children's clothing on sale at Moodles and enjoyed a browse of local art at Room 212. He was pleased to see how many bike shops we have on our section and that we still have brilliant family-run butchers and fruit and veg shops. George is an architect by trade, and was instrumental in Bristol's role as Green Capital for Europe. He was therefore keen to have a look at the eco house being built behind Room 212. (The 212 Eco house will be open for everyone to have a look around at the **Glos Rd Central Mayfest on 7th May**).

The Mayor took time to learn about the Neighbourhood Partnership grants, which have helped fund events and projects in our area, namely Window Wanderland, Glos Rd Central Mayfest and an ongoing project with the Avon Wildlife Trust to create a wildlife corridor along our part of Gloucester Road. George said he'll try to come along to our Mayfest on 7th May 7th – either as our re-elected major (elections are 5th May 5th) or just to join in the fun as a member of the community!

## Glos Rd Central to become Green Corridor

The Neighbourhood Partnership for Bishopston, Cotham and Redland has agreed to fund a project coordinated by Glos Rd Central and Avon Wildlife Trust to encourage pollinating insects to use our high street as a 'green corridor'. Following the success of containers of flowers and shrubs installed last year, Glos Rd Central agreed to be part

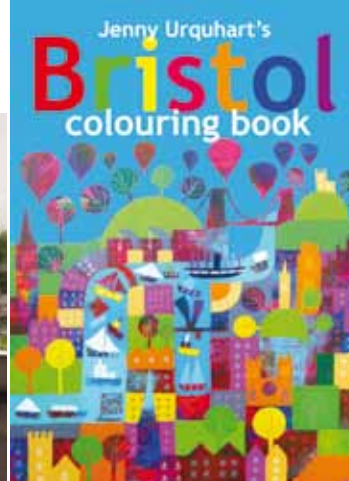


of the Avon Wildlife Trust 'My Wild City Campaign'. Traders are working with the A W Trust to create more planters and discuss the best plants to grow and maintain on our busy pavements. The plan is to beautify our high street and encourage pollinating insects, such as butterflies and bees. The Avon Wildlife Trust will be at our Mayfest asking the public to make model pollinators for a meadow display later in the year.

## New free Colouring Group at Boston Tea Party

You may be aware of the popularity of adult colouring books. Local resident Valerie Hall has already been interviewed by the BBC, ITV and Mary Portas about her successful colouring groups. She just has started a free colouring group at the Boston Tea Party at Glos Rd Central. **The group meets every Wednesday 3–5 pm and all ages are welcome to drop in.** Val is also an artist at Room 212 so she suggested the gallery stocks colouring books and prints by Bristol artist Kelly Blake. This in turn inspired well known artist Jenny Urquhart to create a colouring book using outlines from her most popular pictures of Bristol. The pictures are suitable for all ages to colour, create extra hot air balloons or stick things in. The book even includes her lovely Glos Rd Central picture so you can fill in all the shop names and add things to the window displays. Jenny has also produced outline versions of her cards so you can personalise them in or send them to friends to colour. All these colouring books and cards are all available at Room 212. For extra info on the Colouring Group pop in to Boston Tea Party.

**World Book Day Thursday 3 March** – Room 212 will be focusing on the new colouring books, with Jenny Urquhart available for book signings and Val Hall on hand to talk about her colouring books and Groups. They will also be celebrating other fantastic publications by local authors and illustrators, such



as Oliver Rigby's Bristol Giants book and Rosie Webb's Colour and Counting Book.

More details of the colouring group, Mayfest and other happenings are on the Glos Rd Central website [www.glosrdcentral.co.uk](http://www.glosrdcentral.co.uk) or like the Facebook page.

## Reader Competition!

Bishopston Matters is thrilled to have three copies of Jenny Urquhart's new colouring book to give away, the local artist will even colour in the small picture at the front of the book and sign for the winners!

To enter, simply answer the following question –

**Where is the new colouring group meeting on Glos Rd Central?**

E-mail your answer to [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk), including your address. Entries close 31/03/16. Good luck!

**Lucky Winner** – Pictured below is the Winner of the last Glos Rd Central competition Pam, who was delighted to win Windows 10 thanks to Xpress Computers. As well as computer repairs the local business also unlock mobile phones and screens of smart phones, tablets and laptops.

**For more information see [www.glosrdcentral.co.uk](http://www.glosrdcentral.co.uk) (and follow facebook and twitter).**



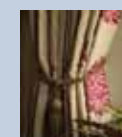
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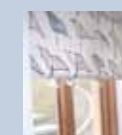
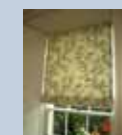
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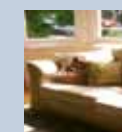
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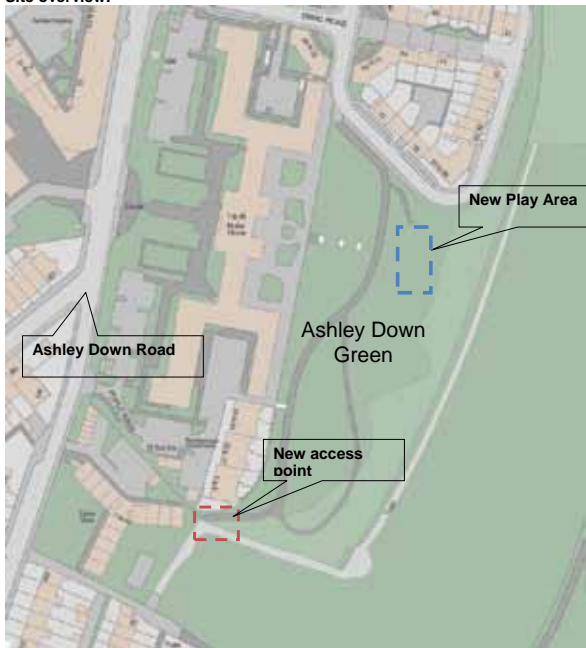
**Come to the shop and be inspired for the Spring!**

### Contact:

**shop:** 210 Gloucester Road, BS7 8NU  
**open:** Wed-Fri 1pm-5.30pm, 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)







### Recent consultation on – Improved Access and a New Play Area for Ashley Down Green

At the start of this year, consultation letters with plans (as above) were distributed to residents surrounding Ashley Down Green. The letters informed residents that Bristol City Council was moving forward with the planned improvements to opening up access to and installing a new play area on Ashley Down Green (Muller House Open Space). This was the last phase of engagement before any works are programmed. Also enclosed were two design options for the proposed playground.

As well as inviting people to write with their feedback, a drop-in event was held near the space on 7 February. Some hardy souls ventured along in the wind and rain to talk to Gary Brentnall and Matt

### Plans consulted on were as follows –

The planned improvements to opening up access to Ashley Down Green will take the form of:

#### Stoney Lane:

- Installing a chicane style entrance at the South West corner (where the current metal fencing is located).
- Moving the allotment gates closer to the new chicane.
- Placing a new locked gate at the Stoney Lane end of the improved access to restrict vehicle movement.
- Install an accessible pedestrian entrance way next to new locked gates.
- Improve accessibility of the whole lane, e.g. tidying up the vegetation along the length of the lane.

#### Ashley Down Green – Open Space:

- A new play area is to be installed (subject to funding).

Jones from Bristol City Council to give feedback on the proposed designs and the new access into Stoney Lane.

The comments from people were mainly positive, although those who were negative voiced some quite strong objections. Main concerns are on the impact for local residents (i.e. those overlooking the area) around noise, parking and visual disturbance. There is also a concern that many of the plan's details are still not that clear. The issue of increased litter was also raised, along with concerns as to what funds are paying for the re-siting of the allotment gates and new chicane opening into Stoney Lane. Most people were positive about the concept of the play area and keen to see works underway.

At time of writing, an open meeting led by the Friends of Ashley Down Green (FOAG) was due to take place; following this, they were submitting their formal response to the council.

It is lovely to see that the spring bulbs that the FOAG planted last year are now starting to show; snowdrops have already appeared and there are signs of some of the 200 daffodils they planted in October getting ready to bloom. The group is currently working with council officers to identify some further areas in which to plant wildflowers.

Keep up to date with the community groups activity by following them on Twitter @FriendsADG.

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## Changes in how Neighbourhood Forums will be delivered, for the benefit of the community

The Bishopston Cotham and Redland Neighbourhood Partnership has up to now hosted three individual forums each quarter, one for each of the wards. The plan going forward is for the Neighbourhood Partnership to focus more on outreach to community groups and individuals rather than asking residents to attend their meetings.

They will still have forums where people can speak to their councillors, local police team and council officers. These will continue to have relevant themes. Instead of three separate ward forums each quarter, they will have one combined forum. The forum location will move around the three wards on rotation.

The time that is freed up as a result will be used to support existing community events and also where there is demand, to hold specific meetings about relevant topics. This should enable the Neighbourhood Partnership to be more flexible and reach the wider community.

The team will try this for a year at which point the Neighbourhood Partnership will review its success. The first combined forum will be in May after the elections; dates and locations will be confirmed shortly – watch this space!

**For further information, visit –**  
**[www.bcrnp.org.uk](http://www.bcrnp.org.uk)**  
**or their Facebook page –**  
**BCR Neighbourhood Partnership**

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## Welcoming new Minister Patrick Stonehewer

It was great to meet with new Methodist Minister for Bishopston, Horfield and Shirehampton – Patrick Stonehewer (pictured right), recently.

We enjoyed soup and a toast at Fresh Ground Cafe, within Horfield Baptist Church (who are delighted to be welcoming their own new minister, Revd Sarah Philpot, in February 2016 – watch this space for more information).

Patrick moved from Reading to Bishopston this Autumn and is very much enjoying discovering the delights of our neighbourhood. It was interesting to learn that this is his first appointment as minister, previously working in the John Lewis Partnership for 27 years! He has been a lay preacher for many years and now seemed the right time in his life to return to university and qualify – which he did over 3 years, part-time whilst working – and has never looked back.

Patrick moved with his wife Sandy and youngest daughter, who is attending Bristol Free school. Their eldest daughter is her 2nd year of a fine art degree in Oxford-Brookes and their middle daughter is studying for A levels at college in Reading. The family are also foster carers so there is a good deal to keep them all busy. Patrick told me they had been made to feel extremely welcome. He finds Gloucester Road a diverse, enjoyable place to be.

I asked about the kind of work he had experienced in the area since arriving. He told me that Horfield church had felt compelled to get involved in supporting the refugee crisis. As well as writing to our local MP and parliament, a fundraising concert raised enough money for three shelter boxes, packed with essential living items for 10 people, to be placed where the need is greatest.

The local Methodist church in Bishopston runs some initiatives that all members of the community are welcome to join. **New Friends Group:** 2nd and 4th Wednesday each month, 2.30 – 3.45 pm. **Coffee Morning:** every Saturday 10.30 – 12 noon and **Sunday worship:** every Sunday at 10.30 am.

Patrick would be interested to hear from the local community if there are any projects or initiatives people would like to see the church respond to in order to fulfil a need in the area. He is keen for his 5 year appointment in the area to make a difference to the ongoing life of local people.

**e-mail:** [bristolbmc@blueyonder.co.uk](mailto:bristolbmc@blueyonder.co.uk) / **call:** 0117 924 8407 / [bristolbmc.pwp.blueyonder.co.uk](http://bristolbmc.pwp.blueyonder.co.uk)



## Horfield Common Community Interest Company



George Ferguson is talked through plans for the Ardagh by FOHC chair Sam Thomson with Clr Tim Malnick

**Horfield Common CIC was formed in late 2015 to enable Friends of Horfield Common (FOHC), Ardagh Bowls and Sports Club (ABSC) and Ardagh Toddler Group to work together to take forward Project Ardagh.**

Following registration with Companies House and the CIC regulator, we submitted our formal application to Bristol City Council for a Community Asset Transfer for the Ardagh site in December 2015. We were thrilled to receive confirmation that our application had been approved at Stage 1 of the CAT policy process by BCC, and we are now working hard to develop our business plan, financial models and other necessary policies to submit an application for approval before the end of April 2016.

It was great to have the opportunity to present our draft proposals and emerging vision for a sustainable future for the site to Mayor George Ferguson and Asst Mayor and local councillor, Daniella Radice as part of an official visit to the area on 5 February. We were pleased to invite Lawn Tennis Association representatives to talk directly with Mayor Ferguson and Asst Mayor Radice about how they may be able to support our ambitions to bring the site back into full use as a flagship community sports facility.

We have secured the support of Locality, through the Community Ownership and Management of Assets scheme and have now been able to employ a project co-ordinator to work part-time to help us progress our activities and to support the local volunteers who are now Directors of Horfield Common CIC (HC-CIC).

From 6 April, the Café on the Common will formally transfer across to become part of HC-CIC, although in practical terms, it will remain business as usual with Sara and her team at the helm throughout the summer. We're looking forward to a wonderful

programme of community events and activities at the café throughout Summer 2016.

We now have a new website [www.theardagh.com](http://www.theardagh.com), which, while still in development at the moment, will become a central, easy to find and use portal for all activities taking place at the Ardagh. The FOHC are delighted that we have been able to develop this project to the stage where it is now moving forward as an incorporated, and standalone project. We will of course continue to work closely together – Fiona, Sam and Tim are Directors of HC-CIC as well as committee members of FOHC, but the Friends are now looking forwards to refocusing their full attention back on to the common itself, while HC-CIC takes forward the formal application for the Community Asset Transfer.

It is a brilliant outcome for FOHC to see the result of the hard work – supported by hundreds of local residents, groups and volunteers now moving on into a bright future! We will continue to share news and updates about Project Ardagh, but if you'd like to join the mailing list for the project to be first to hear any news – please join at [www.theardagh.com](http://www.theardagh.com). From next month, follow Project Ardagh news and updates from project co-ordinator, Rob who will be contributing to BM to keep everyone up to date with what's happening



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<b>Tuesday</b> 1:15pm - 2:45pm <i>ONLY held on 1st Tuesday of every month</i>	Baby Clinic	Health Visitors baby weighing clinic. Also friendly advice and support on breastfeeding.
<b>Wednesday</b> 9:15am - 11:15am	Stay & Play	A stay and play session for families living in the local community.
<b>Wednesday</b> 1:00pm - 2:45pm	Play & Stay	A stay and play session for families living in the local community.
<b>Thursday</b> 9:45am - 11:15am	Toddle Up	For children under 2, too old for Baby Club and too young for Stay & Play.
<b>Thursday</b> 1:30pm - 3:00pm	Knowing Me, Knowing You	For women who speak English as an additional language to get together and improve their English skills whilst playing with their children.
<b>Friday</b> 10:00am - 11:15am	Baby Club	For Parents/Carers and babies 0-12 months old. Sensory play experiences and practical advice available.
<b>Friday</b> 1:00pm - 2:30pm		Support group for parents who may be feeling a bit overwhelmed. A quiet group for you and your baby.

### Other Services Available:

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Domestic Abuse Support  
Home Visits (on request)  
Benefits & Housing Advice  
Parenting Support  
Stop Smoking Support  
Adult Learning Courses  
Baby Massage (referral basis)



For further information contact Filton Avenue Nursery School and Children's Centre, Blakeney Road, Bristol BS7 0DL - [filtonavenuen@bristol-schools.uk](mailto:filtonavenuen@bristol-schools.uk) - [www.filtonavenue.org](http://www.filtonavenue.org) - 0117 377 2680



# News from our Bishopston & Redland Councillors

## Changes announced to our ward forums

The members of the Neighbourhood Partnership have been considering how our work can connect with as many local people as possible. We know that many people can't easily make evening meetings and we want to free up some council officer time to enable them to visit community and school groups. So, as an experiment for the forthcoming year, we will be having only one pre-planned community meeting per quarter between the wards Cotham, Redland and Bishopston. This means we will have more capacity to run local meetings based on key issues and hot topics, and to attend community group meetings to advise on how the Partnership may be able to help whatever you are trying to do.

## Walking and Cycling in Bishopston

Our forum meeting brought together people interested in sustainable travel in the area. As well as having some interesting debates we heard from the city council's parking team, a new project called Living Room Ashley Down, and Playing Out. Some of the ideas emerging included reducing the number of cars by having more car clubs, implementing a shared electric bike scheme, and increasing things such as 'street pockets' and shared bike hangars – to illustrate how the street scene can change for the better as our transport habits change.

## Parking Scheme Extension areas

Proposals have been drawn up and consulted with residents to extend the RPS. The Cotham North proposed extension is the area around Durdham Park. The Redland North RPS extension is Manor Park to St Oswalds Rd. Permit holders in both will have dual use of Redland Road between their areas. Officers are now preparing the Traffic Order for these changes. The statutory advertisement

of the Order should begin during April and will run for just over three weeks. Once any objections are considered, and a decision is made on how to move forward, it should be possible to arrange the physical works during the summer.

## The Ardagh

Good news! The council have given the go-ahead to the first stage of the community asset transfer process. This enables the steering group to take the next steps and to build up a business case to show how the centre can be run for the community. It is great to see such a long-neglected building finally getting the attention it deserves.

## Introduction of Parks Bylaws Delayed

Bylaws due to come into force across Bristol's parks have unfortunately been delayed as it transpires that some areas belonging to the Council and the Harbour had been omitted from the original plans. While we are pleased that these new regulations will make it easier to control some of the problems that have been experienced by park users, we will be working to try and ensure they are properly communicated and that resources will be available to enforce them.

## Changes to Ward Boundaries – reminder

A reminder that changes to ward boundaries and polling stations in the area will take effect for the forthcoming mayoral and council elections in May. Redland, Bishopston and Ashley wards have all been altered significantly, and for many people your polling station will also have changed. Take a look at the council's website to see if you are affected.

## 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.

### 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.

### 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.

### Wetherspoon application

We can confirm that the planning application from Wetherspoon for 349 Gloucester Road has now been withdrawn.

### Bristol North Baths

The council took back control of the site last year. They have appointed agents to manage the completion of the project and we have been

Images on this page are of the proposed Brunel House development that are included in the design and access statement to BCC.



asking for regular updates on progress with this.

Initial priority has been gathering data and information from the administrators. Alder King, acting for the council are due to have met or are imminently due to meet all of the principal contractors, flats selling agent, architects, engineers, BCC Development Control and Building Regs and warranty providers for the new build.

The priority remains to deliver the new build elements (including the car park) at the earliest opportunity so that flat owners and the relocated library can occupy their spaces.

In addition, meetings have been held with all of the prospective tenants for the Bristol North Baths. It has not been possible to progress these discussions until a measured set of 'as built' drawings is available. This has just been confirmed so arrangements are being made for follow up discussions with Bishopston Medical Practice (who previously said they were pulling out of the scheme) and Keith James physiotherapy.

In terms of the two main elements, the new build can be completed more rapidly than the conversion works as they are more advanced and have the prospect of immediate occupation.

### Bishopston Medical Practice – Nevil Road

As many residents will be aware, our local medical practice who were due to move into the Bristol North Baths site are proposing to move, merging the Logan Road site with the Nevil Road site. In order to accommodate them they have applied for temporary permission to install three Portakabins on the site, one two-storey and one single-storey. Daniella has objected to their application on the grounds that as a temporary solution it should only be for two years not five, as applied for.

Regular readers of Bishopston Matters will recall that a couple of years ago an application was made to convert the site into five flats that was eventually

*Continued on page 58*







Scout leader Mike Evans

## Council report continued

*Continued from page 57*

granted. At the time many residents objected because they felt that parking pressures were worse in the evenings and that the surgery did not cause many problems to them, and I supported them in that. I also

feel that it is important to have a surgery within the Bishopston ward and within walking distance of most residents. I am also keen that our local pharmacy on Ashley Down Road is supported as a good local facility through the presence of the surgery.

### Award of Lord Mayor's Medals

Fi and Martin have both been successful in seeking recognition for volunteer action in the community. Each year the Lord Mayor awards medals to those in the community who have given time, effort and sometimes from their own pocket to support action in the community.

Fi nominated local scout hut fundraiser Mike Evans whose hard work was key in raising the £400k+ needed to rescue the hut on Williamson road used by so many children in the area.

Martin nominated local climate campaigner Holly Templer, who initiated, organised and funded from her own savings, two very successful climate marches in the city in 2014 and 2015, that thousands took part in. While politicians and officials were in Paris promoting Bristol as a low carbon city, with ambitions to be a leader in how to tackle climate change, Holly inspired a team of helpers and co-ordinated a successful march and rally in the city centre to show thousands of people in the city really do care about action on climate change.

The medals will be presented at a ceremony at the Lord Mayor's Mansion House in March.

### Women Making a Difference

Do you know a woman running a brilliant business from home? The Post is sponsoring women in business awards and has a new category for women running their own businesses. Look on their website to find out more.

### On-street cycle storage

Windmill Hill residents have been celebrating the opening of their on-street communal bike hangar. We would be keen to hear from a street that would like one in Bishopston or Redland.

### Mayor's Visit

George Ferguson paid one of his scheduled visits to our area this month. He was shown some of the many sites we are trying to tackle: the tagging-ridden old public toilets at the bottom of Cromwell Road and the Redland Road/Zetland Road junction safety improvement scheme, which has not yet been implemented after funds were diverted to another scheme in the city. He also met with representatives of both the Gloucester Road business improvement district and Gloucester Road central. His final stop was Horfield common, where he was incredibly impressed with the plans for the Aardagh.

### Redland Green

We are happy to support a proposal by the Redland Green Community association to install a power and water supply in the park near the play area. This should help remove the diesel fumes by ice cream vans and allow facilities for events like the ever popular May Fair on the Green. A similar supply is always in use in St Andrew's Park.

We are glad to see that the extra signage and wooden posts on the Green have had an impact on rogue parking that was damaging the Green.

### Ashley Down Green

A consultation has taken place on the layout of the new children's play area and construction is expected to start in the spring. (see more on pg 52).

### Get in touch

#### Bishopston Ward

**Cllr Daniella Radice - Green Party**

Tel: 07769131097 / Tel: 0117 353 2034

[Daniella.radice@bristol.gov.uk](mailto:Daniella.radice@bristol.gov.uk)

**Cllr Tim Malnick - Green Party**

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

#### Redland Ward

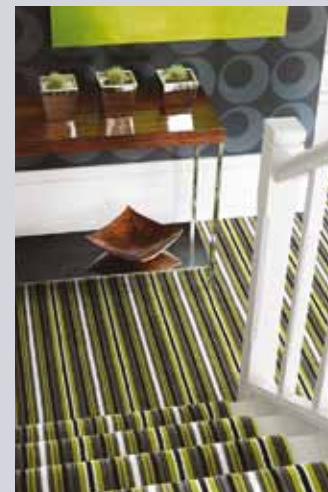
**Cllr Fi Hance - Green Party**

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

**Cllr Martin Fodor - Green Party**

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

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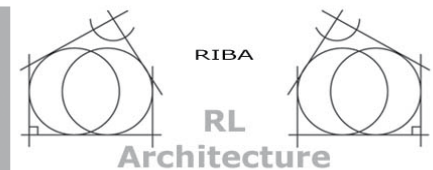
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"Excellent, efficient service with many thanks for you and your teams good work." **David Wilkinson, Westbury Pk**  
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## Community Noticeboard

For free listings contact  
kerry@bishopstonmatters.co.uk

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

Call 07881 924059

## Bishopston, Horfield and Ashley Down Local History Society

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

**15th March**

The Poor in Victorian Bristol - Peter Malpass.

**19th April**

St Margaret's School - Veronica Bowerman.

bishopstonhistorysociety.wordpress.com

**The choir at Horfield Parish Church,**  
consisting of adults and children, sings at 10.00 am.  
Mass on Sundays, and once a month, also presents an  
evening service with more elaborate music - either a fully  
choral evensong or a service of readings and music.  
New singers are always welcome, and at present, more  
sopranos and altos are particularly required.  
For further information, please contact the  
Director of Music on 0117 3300792.

**Mums, Aunts, Grannies, Cousins and Friends:**  
New Harmony Ladies Choir invite you to a  
free **OPEN WORKSHOP**

Wednesday 16 March 2016 - 7.30 - 9.30 pm in the  
Church Hall of Horfield United Reformed Church  
(on the corner of Downend Road with Muller Road)  
with refreshments. We sing a wide variety of music  
from classical to show songs.  
Come and give us a try!  
Any queries: Tel: 07548907359

## Antique & Vintage Fair

Sunday 3rd April 10am-3.30pm

Ashton Court Mansion, Long Ashton  
Bristol BS41 9JN

40 quality stalls - all in doors  
Antiques & Collectables

Vintage & Reclaimed

Café with afternoon cream teas

£2.00 entry (under 16s free)

Car Park access: Kennel Lodge entrance  
off Portishhead Rd A369

## BRISTOL ST. ANDREWS



## BOWLING CLUB

## Quiz Night

Saturday 12 March 8 pm

All events at St Andrews Bowling  
Club, Derby Road, Bishopston,  
BS7 9AQ

## 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.

## 'Children's Nearly New Sale'

Selling Good Quality Children's Clothes, Toys  
and Nursery Equipment

Saturday 12<sup>th</sup> March - 10-11.30am

Horfield Parish Church Hall, Wellington Hill, BS7 8ST

Yummy Tea and Cakes Served!

All enquiries and to book a table contact -  
0783 460 8780 or sprogs@yahoo.com



## 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), Beaulay Road, BS3 1QG.



Meetings take place at  
YHA conference room,  
14 Narrow Quay.  
BS1 4QA

## MARCH MEETING Mon 14, 7.30pm YHA

A worm's eye view of creating space for nature on an  
allotment: Richard Fishbourne, bugs & beasts expert.

## APRIL MEETING Mon 25th, 7.30pm YHA

Natural beekeeping by Jonathan Powell, Somerset  
based natural beekeeper.

## MAY MEETING Mon 23rd, 7.30pm YHA

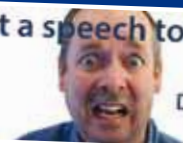
Diluted: using water in the garden & its effect on  
plants, politics & landscape by Darren Lerigo, garden  
designer

Plant sale bring along any surplus seedlings/plants &  
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**£3 Visitors, £1 AOG members, Teas etc included.**

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

## Got a speech to make?



Don't panic  
we can help

## Do you need to do public speaking?

Maybe it's for your work, or you have a social  
occasion coming up.  
Bristol Speakers Club gives you a relaxed  
environment to practise public speaking.

## Learn how to:

- Construct a speech and present it.
- Learn from other experienced speakers.
- Conquer your public speaking anxiety.

Most of all, practice in a stress-free environment  
where members give helpful feedback. It doesn't  
matter if you make mistakes here (we all do).

It's a well structured evening that's fun and  
relaxed with a nice mix of people.

**We meet every fortnight on Monday evenings  
at 7.30pm at the BAWA on Southmead Road.**

**For more information contact Colin Virtue on  
07824 591334**

The first meeting for non members is free but to  
join as a member for the season running from  
September to may its £30.





# Community Matters cont...



**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 – [healthwalks@bristol.gov.uk](mailto:healthwalks@bristol.gov.uk) or Saliha Ahmed, Engagement Worker, call: 0117 914 1129 (Tuesday – Friday).

**Tuesday 1 March – Frenchay Common** Meet at Horfield Leisure Centre 9:55, Bus 18. Enjoy a grand tour of this lovely Common area. Can be muddy. Leaders Stuart, Joan, 'C'.

**Tuesday 15 March – Narrowways to St Werburghs** City Farm Meet at Horfield Leisure Centre 10:00, Bus 24. Walking down Boiling Wells Lane, visiting Narrowways Nature Reserve before continuing to the City Farm. Leaders Sheila, Joan, John.

**Tuesday 29 March – Coombe Dingle to Blaise Castle** Meet at Horfield Leisure Centre 10:00, Bus 18. A lovely woodland walk beside Hazel Brook. Leaders 'C', Jane, Stuart.

**The Bristol and District branch of Parkinson's UK** meets 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!

**Bristol St Andrews Skittles Pairs 2016.** The first skittles match at Bristol St Andrews Bowling Club took place at the end of January, the first for many

years. It was well supported with 22 pairs taking part, from members of the bowling club, other bowling clubs, our main club Sponsor The Co-operative Funeralcare, Gloucester Road and support from the local Bishopston Community, following a leaflet drop.

A raffle was held half way, by the Club Vice Chairman, Peter Jones then a thank you of support to the club volunteers and support from all was acknowledged from Club Chairman, John Pearce.

The Winners and Runners-up on the evening were as follows taking away a prize pot of £84 split between: 1st: Mike Lavis & Anita Lavis – 51 Pins, 2nd: Pam Ludwell & Richard Ludwell – 46 Pins and joint 3rd: Colin Horsey & David Wintle / Ron Maker & Trevor Wheeler – 45 Pins.

**Charade Drama** have chosen for their Spring production a Play by Michael Palin entitled The Weekend. Performances will take place at Westbury on Trym Methodist Church Hall (next to the Car Park by the Westbury Medical Centre) on Thursday 14 April, Friday 15 April and Saturday 16 April starting at 7.30 pm. Tickets are available at £7 Adults; £6 Senior Citizens/Concessions and £5 Juniors (under 16).

Tickets can be reserved by calling the Charade Box Office on 0117 9508488 or purchased on the door, subject to availability.

Play Synopsis – Faced with a family gathering, world-weary Stephen Febble does his best to be difficult. When his daughter, her dreary husband Alan, their precocious child and – not least – Pippa the dog come to stay for the weekend it's enough to make Stephen reach for the whisky, and for sarcasm. The climax arrives on Saturday night when his patient wife Virginia has laid on a dinner party and the podiatrist comes too. In this stage play, The Weekend, Michael Palin takes a look at family values; it is not only very funny but also has its darker side.

**Volunteer to bring joy to the lives of older people.** Volunteers (aged 50+) are sought by respected charities, Alive! and RSVP, to lead activity sessions for older people in care homes involving music, poetry, reminiscence and armchair exercise. Make a real difference to the lives of older people and have a great time doing it. Comprehensive training and ongoing support will prepare you for one of the best voluntary roles in town. Feel good, meet new people, develop your skills and use your outgoing personality to light up lives in Bristol care homes. For further information: [contact.jan.snook@rsvp-west.org.uk](mailto:contact.jan.snook@rsvp-west.org.uk) or [ken.dolbear@rsvp-west.org.uk](mailto:ken.dolbear@rsvp-west.org.uk) or 0117 942 3085.



## Bristol Bach Choir, Liberty Brass Ensemble

perform Rutter Gloria Poulenc Mass in G on Saturday 5 March 2016, 7.30 pm at Bristol Cathedral.

From the majestic pomp and glory of Rutter's exuberant Gloria to the intimate and profoundly personal expression of Poulenc's sublime setting of the Mass, this is music that expresses the full range of human emotions. Finzi's Lo, the Full Final Sacrifice is among the finest of all 20th century sacred choral compositions – a real gem that never fails to captivate the audience.

Liberty Brass Ensemble, a group of exceptionally talented young professional musicians based in the South West, who delighted audiences at the choir's Christmas concerts, returns to perform alongside Bristol Bach Choir in the magnificent surroundings of Bristol Cathedral. In all, an evening to enthral, entertain and challenge. Tickets: £22, 17, 14, 10; students and under 25s, £5. [bristolbach.org.uk/tickets.htm](http://bristolbach.org.uk/tickets.htm) or 0117 214 0721.

**Thank you from Horfield Baptist** who have send the following message – Many thanks to all of you who responded to our call for used postage stamps. These will generate funds for use by Baptist Missionaries throughout the world. Please keep saving them as this is not just something that happens at Christmas. You can drop them into the church at 279 Gloucester Road, BS7 8NY. You can find more details on the church's website at [www.horfieldbaptist.net](http://www.horfieldbaptist.net).

**Redland Wind Band Spring Concert 2016** Takes place on Saturday 23 April, 7.30 pm at Red Maids School, Westbury Road, BS9 3AW.

This year Redland Wind Band returns by popular demand to Red Maids School for its spring concert. The programme will include works by Gershwin, Copeland, Cole Porter and Tchaikovsky's Capriccio Italien, as well as other pieces from the stage, screen and the wind band repertoire.

The band was formed 20 years ago and plays under the baton of Steve Ellis. This local ensemble of about 45 musicians performs regularly throughout

the region and over the last few years has played concert tours in Belgium, Hungary and Austria.

Tickets £9: email [redlandwindband@gmail.com](mailto:redlandwindband@gmail.com) or on the door. 18 and under free. For further information, visit [www.redlandwindband.co.uk](http://www.redlandwindband.co.uk).

**Get in touch!** If you would like to have your community event or local group promoted for free! Please email [kerry@bishopstonmatters.co.uk](mailto:kerry@bishopstonmatters.co.uk).

## Dear Readers

*I am writing in the hope you may be able to help my cause. The house I live in locally is a women's refuge safe house. It is temporary accommodation for women fleeing domestic abuse. Since moving here nearly 5 months ago with my 16 month old son, I have loved living in such a diverse and interesting area of Bristol. However, the accommodation is only meant to be short term 'emergency' accommodation. I have met women living here for over a year and having no hope of moving on because they are stuck in the system. There is a real sense of no hope and frustration for everyone here that it is increasingly difficult to move on to independent living.*

*Instead of accepting the 'no hope' culture, I decided to take action and see if I could help make this change. The longer women and families have to stay... The longer women in dangerous relationships have to wait for a room. It can take months to get into a safe house, it can take years to get out, which I don't think is good enough.*

*Currently Bristol City Council do not put us in the highest priority banding for social housing. I have set up a petition on their website to change this and give highest priority for everyone fleeing domestic abuse.*

[http://epetitions.bristol.gov.uk/epetition\\_core/view/domesticabusepriority](http://epetitions.bristol.gov.uk/epetition_core/view/domesticabusepriority)

*It needs 3500 signatures to guarantee council debate so I am trying to get my story out there to generate as many signatures as possible. I would really appreciate people logging on and signing the petition. Share it on social media and help me protect future women and children trying to flee domestic abuse.*

**If anyone would like to contact me for more information or to support the petition please do. Email: [mehalaosborne@gmail.com](mailto:mehalaosborne@gmail.com)**

*Many thanks and Happy New Year!*

*Mehala Osborne*

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