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issue 95, April 2016



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As I write this it feels like Spring has finally sprung! The sun is out and there are lots of signs of new life in the garden and our green spaces. To celebrate this special time of year Year 2 pupils have shared with us some seasonal illustrations on the centre pages.

At this time of year when we celebrate new arrivals, James and I are delighted to introduce our very own - gorgeous baby Henry Mac Allen arrived in the early hours of 2 January 2016. Pictures on page 8.

As you can tell by the front page image, there were some cracking costumes created to celebrate World Book Day this year. I have had the pleasure of visiting many of the local schools this term and am pleased to bring you updates throughout the magazine.

The Mayfest fun is in the planning! Do put

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Great events taking place at Sefton Park

World Book Day – Sefton Park went all out to celebrate World Book Day. Children arrived at school dressed as their favourite book character and found parts of the school decorated to resemble aspects of well-loved stories. From superheroes to spies, princesses to pirates, animals to aliens, their infant and junior children rose to the challenge and were treated to a special assembly celebrating children's literature.

Guinness World Record – Sefton Park were delighted to hear that their participation in a Guinness World Record simultaneous quiz challenge was successful! The school made up 192 of the 6388 people who took part in the bumper literature quiz on 22 February at over 62 locations worldwide.

Sefton on target for Ashton Gate – On Thursday 25 February, Sefton Park entered a team into the Year 5/6 Boys Football Tournament at The City Academy. The squad of 10 players, representing years 5 and 6, played fantastic football throughout the competition, earning themselves a place at the area finals day at Ashton Gate in the summer! They were commended for their teamwork and passing by the coaches and referees, and represented the school superbly!

VIP visit makes big impact – Captain of the England Cerebral Palsy Football team, Jack Rutter, recently came and helped take children through a series of demanding circuits and gave them an inspirational talk about dealing with setbacks and overcoming hardship. "He was so positive and encouraging", said one child. "He told us to follow our dreams, never give up and try our best." That fits very nicely with Sefton Park's motto of 'Being and doing our very best'. From Reception to Year 6, all the children took part in the sponsored event, performing star jumps, spotty dogs and leg drives, to raise money for athletes like Jack and to help the school buy new PE equipment.

Window Wonderful – Year 2 children from Sefton Park participated in the community art project, Window Wanderland, by producing a window display for CJ Hole estate agents on Gloucester Road. Entitled 'Silhouettes of Ourselves', the display featured the silhouettes of all Oak class and Eucalyptus class children in the agency's feature window. "We enjoyed creating the display for CJ Hole", said the Year 2 children. "Thank you for letting us show our artworks in your window!"

Deki Tenner Tournament – At time of writing, the winning team of the second Sefton Park Deki Tenner Tournament is soon to be announced. In the first one, two years ago, the school raised a fantastic £2,410. They have consistently re-lent this over the last two years, as well as raising another £1,000 last year. In total the children have now lent an amazing £7,720 to 140 people – directly affecting the lives of over 840 in Africa! A pretty amazing achievement for children aged between 6 and 11 years old! This time the children have been even more committed – and hope they will break their own record. They have been incredibly imaginative with their fundraising ideas. One child cycled 50km, another did a sponsored silence for the day. There have been bacon sandwiches stands at Saturday morning football, one team made desserts in their parents' restaurant to sell that evening (Prego, Westbury Park) and a team of Year 5 girls put on 'Sefton Park's Got Talent' in the Scout Hut. It was a fantastic event. Congratulations Sefton Park for all your hard work and important funds made that will change the lives of so many in Africa.



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Free wild-play sessions coming to a park near you...



Unleash your child into the urban wild this year in your local park! Aimed at pre-school children aged 2-4 years old, Avon Wildlife Trust will be providing an array of wild activities in 2016 including wild art, mini-beast hunts, songs, storytelling and much more!

Thanks to the support of the players of the People's Postcode Lottery, Avon Wildlife Trust has been given funding to provide these regular wild-play sessions for free, to six communities across Bristol. In addition, there will be wild nature days for the whole family in the school holidays.

Awe and wonder at the wildlife to be found in your local urban green space.

Regular wild-play sessions: where and when?

Horfield Common, meeting near the cafe.
Every other Wednesday morning 10.00-11.30am
(starting 13 April 2016)

Join us for an Easter meet and greet!

Find out about Avon Wildlife Trust's exciting new project, My Wild Child. Come along and say hello in the **Easter holidays at 10.30-16.00 on Saturday 9 April at Horfield Common**. Take part in our wildlife-themed activities. Why not bring a picnic and make a day of it?

Any questions? Please email: events@avonwildlifetrust.org.uk or visit avonwildlifetrust.org.uk/mywildchild



Community friendship lunch at BGS

"It's so lonely living on your own, sometimes you don't see anyone all day and now I've come here, made friends and joined a walking group, and I'm so happy."

"My friend said it was like you had unlocked the door to her jail. She felt 20 years younger."

These were the thoughts of some of the guests at Bristol Grammar School's community friendship lunch on 17 February. More than seventy older members of the local community enjoyed lunch and an afternoon of entertainment at BGS. The lunch was one of several community projects BGS staff contributed to as part of their INSET day Outreach Wellbeing afternoon. Other activities included constructing pens for the baboons at Bristol Wild Place, creating a Woodland Wonderland at Windmill Hill City Farm, and a staff samba band playing at Cabot Circus to raise money for the charity Above and Beyond.

After a delicious meal, cooked and served by BGS staff, the lunch guests enjoyed live music, bingo, a free raffle and dancing before ending the afternoon with tea and homemade cake. The visitors, from the Hengrove, Knowle and Filwood areas of the city, were all connected to the LinkAge Bristol group, a charity that works with the over-55s to facilitate inspiring social activities that enrich lives, reduce loneliness and encourage active participation. Other guests came from St Joseph's home in Cotham, run by the Little Sisters of the Poor.

The guests all had a fantastic time, with one of them summing up the afternoon saying "Everything is wonderful...I was made to feel so welcome the moment I walked in, the decorations are beautiful, everyone is so friendly, the food is delicious (especially the pastry) and I'm really glad I came."



The 22 members of BGS staff who helped to organise and run the event also enjoyed the afternoon. Lucy Shepherd, Literary Events Co-ordinator at the School said "It was such a joy-filled, heart-warming and inclusive event: all the guests clearly LOVED it and it was one of the best afternoons I have ever spent at BGS in eighteen years."

Director of CPD at BGS, David Mair, who initiated the outreach Wellbeing afternoon, said "It was an excellent day bringing together all areas of the BGS staff and giving something back to our wider Bristol community. It was thoroughly enjoyed by all."

Many thanks to Sainsbury's, Wilko, Waitrose, Clifton Flowers, Boots and Wiltshire Farm Foods, who so generously supported the lunch with donations of food and raffle prizes.

You can find out more about LinkAge Bristol on their website: www.linkagebristol.org.uk.

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Learning



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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 Cossham 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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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.

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 or pop into KudaCan, 7 Dongola Ave, BS7 9HG. Open 7 days: Mon–Sat 9.30–5 pm & Sun 10–4 pm.



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Community news from your Co-operative Local Forum

In the Bishopston/Horfield area a Co-operative Local Forum has been set up. Our food and funeral stores will be working alongside this allowing us to be at the heart of the community.

We have done a few events, most recently we took part in an event alongside FoodCycle. They used all our surplus waste bananas and got the local children making banana cake.

We are now donating our surplus food to FoodCycle – who run volunteer-powered community events across the UK – all working to reduce food poverty and social isolation by serving tasty, nutritious meals to vulnerable people. It's the first partnership in the country between these two organisations (as far as we know!), and is going beyond the normal charity-supplier relationship with collaborative awareness.

Alongside this we have organised a cake sale, with all the money raised going to another local charity 'Baby Bank Network', a volunteer-run charity organisation which tackles child poverty and promotes re-use, collecting pre-loved baby essentials and giving them to families in need.

Please join us for our forthcoming Walk on Gloucester Road, working with British Red Cross to raise funds to tackle loneliness.

The community walk that is open to all, takes place on Saturday 7 May, 10 am, meeting outside our store at 117/119 Gloucester Road.

Refreshments from all of our branches will be offered along the way. At the end of the walk, participants will be rewarded with lovely warm soup, thanks to Food Cycle. We hope many of you will join us for this local social walk.

We have more future events and meetings planned; it would be great to see new people come along.

Please follow us on Twitter for updates @horfield_h or check out the website www.co-operative.coop/mycommunity/about/co-operative-local-forums/.



Join us on our walk of Gloucester Road on May 7th

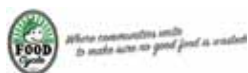


10.00am Start from

The co-operative food

117/119 Gloucester Road

Refreshments from all our branches along the way to Filton ending with a lovely warm soup from



Raising awareness and funds to help tackle loneliness



Pop into the store for further details

or catch us on  @horfield_h

Good things happening in your Community

The New, Improved Bristol Fryer

New local owner Fred, has been pleased to bring his twenty years of experience in the catering business to the Bristol Fryer. He took over the business at 431 Gloucester Road at the end of July 2015, and has been busy making improvements ever since. The chip shop has had a total refurbishment and is looking extremely clean and smart.

It is not only the furnishings that have had a re-vamp, you will no longer find pizza on the menu but all your traditional chip shop favourites. The cooking process has been reviewed to ensure there is no soggy batter! The business is delighted that all of these improvements have been met with great customer feedback.

There is the option to sit in and eat your fish supper, which will be served on proper plates. You can also have a tea or coffee with your meal.

The Bristol Fryer is also pleased to cater to outside events – perhaps you are part of a regular group that meets for lunch – the chip shop would be happy to deliver to your local venue. There are discounts for OAPs so do ask. You can also ring through your orders from home and then come in and collect.

The venue is proud to be a Bristol Rovers supporter; you can enjoy viewing old framed programmes on the walls.

This local chippy is open 7 days a week so why not pop in soon and try it!



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News from Glos Rd Central

Glos Rd Central to become Green Corridor –

Spring has finally arrived and we're very excited that Avon Wildlife Trust is helping us to create a wildlife corridor along our part of Gloucester Road. Over 40 traders are looking forward to having planters outside their shops, full of flowers and pollinator-friendly plants. Shops are being asked to create designs and chose the plants they would like to see growing and the Avon Wildlife Trust is giving advice about what is best for our high street and our pollinators. The Neighbourhood Partnership for

Bishopston, Cotham and Redland is funding this project which was inspired following the success of containers of flowers and plants outside a few of our shops last year. 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. This scheme is part of the Avon Wildlife Trust My Wild City Project with the aim to 'green up' Bristol. You can learn more about the project at www.avonwildlifetrust.org.uk.

Mayfest! Glos Rd Central shops are putting plans in place for their Mayfest on 7 May. This popular free community event is part of the Neighbourhood Partnership May Week and is a big day on our social calendar. Traders will be offering a range of activities and special sales outside their shops.



Bishop Road will be closed to traffic from Gloucester Road to Manor Road, making it safe for loads of activities such as facepainting, needlefelting, a tea cup ride and the arrival of Jack in the Green and his band of dancers and musicians at 3.45pm. Playing Out will be taking over the residential end of the road and will offer lots of fun activities. Mr Gotalot will make another appearance to tell us about his next show at the Kelvin Players. Why not take time to wander down Bishop Lane and check out the new 212 Eco house which will be opening the doors for everyone interested in Green Building (including mud and straw walls and a living roof!). For info on the build see www.facebook.com/212strawhouse

Continued on following page ►

Billie-Jean Pop Up Cashmere Event

Glos Rd Central **Mayfest** Saturday 7 May on forecourt of



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BCR NP Festival Week 30 April to 8 May

Bishopston, Cotham and Redland Neighbourhood Partnership Festival week showcases free events run by some of the many community groups across our area. The Festival was started in 2013 and includes

- the annual Bank Holiday Monday May Fair held on Redland Green, organised by the Redland & Cotham Amenities Society,
- the Glos Road Central Mayfest run by the local traders group, which includes a visit from the Bristol Jack in the Green, and
- the Golden Hill Community Garden Spring Fair.

Other events are already being added to the programme. If anyone is involved in running a community event in this Festival week or would like to organise a new one, please get in touch with us info@bcnp.org.uk. There is a small pot of seed funding to help with running free events.

The Neighbourhood Partnership supports community activities and involvement through grant funding and other resources. The NP provides opportunities for the local resident and business community to shape service provision by the council and police in our area, through meetings and online engagement, and is currently drawing up the NP plan for action for the 2016/17 year.

Further details about the Festival week are available on the website www.bcnp.org.uk and on our Facebook Page BCR Neighbourhood Partnership.

Bishopston, Cotham and Redland Neighbourhood Partnership Neighbourhood forums

All forums are now combined across the wards of Bishopston, Cotham and Redland. We'll be organising other meetings and attending events as opportunities emerge to enhance the reach of the partnership. The forums will move round the wards across the course of the year.

Combined Forum: Tuesday 24 May 2016 Horfield Friends Meeting House, 300 Gloucester Rd, BS7 8PD.

Combined Forum: Saturday 17 September 2016 Saint Michaels Church, 160A Gloucester Rd, BS7 8NT.

Combined Forum: Thursday 8 December 2016 Colston's Primary School, COTHAM GROVE SITE, 16-18 Cotham Grove, BS6 6AL.

If you have any agenda suggestions please contact info@bcnp.org.uk.

Glos Rd Central Cont...



► continued from p51.

We will be launching our pavement planting scheme with Avon Wildlife Trust and also hosting various community choirs. The Bishop Road Community choir have already confirmed they will be singing at 2.30pm. This year we will be part of the Bristol

Food Connection week of Bristol-wide events. We have many food outlets at Glos Rd Central who will be taking part and offering sumptuous samples including Pizzarova, Cake, Joe's Bakery, Metro



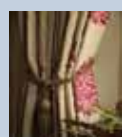
Cafe and Cafe Dream. Fairtrade will have a stall along with the Italian Sausage Company and Nico's Kitchen who source nearly all their produce on Gloucester Road. As usual Dave Giles Butchers will be serving up a delicious BBQ and Pawson's will be open for business as usual with local fruit and veg. The Golden Lion will be celebrating a whole year under new management on 7 May, and to celebrate, will be setting up a stage and sound system on the closed part of Bishop Rd for Mayfest. Any musicians, bands, choirs or dancers who'd like to perform on the day should contact Rhys at the pub. We've invited One Show and Coast presenter Miranda Krestovnikoff to come along to formerly launch our pavement planters for the My Wild City project.



New free Colouring Group

at Boston Tea Party – Last month saw the launch of a fantastic Bristol colouring book by local well known artist Jenny Urquhart. Jenny did a book signing outside Room 212 last month as part of World Book Day. Colouring books and groups are very popular these days and local resident Valerie Hall runs a regular drop in colouring group at Boston Tea Party every Wednesday 3–5pm. Everyone is welcome and Boston Tea Party give out free cake! To keep everyone busy during the Easter holidays Room 212 is having a free Colouring Day on Tuesday 5 April, 10am–3pm. The session will be run by Val Hall (Val is an artist at Room 212 who talked about the popularity of adult colouring on the Mary Portas show about UK trends last year and regularly features on Bristol Radio). Val will be setting up outside Room 212 with all her lovely colouring pens and materials. Room 212 has a fantastic range of colouring books including Jenny Urquhart's bestselling book. The Colouring Day is open to all ages and abilities. Come along at any time to colour, share ideas and pick up tips from Val. See www.room212.co.uk for details.

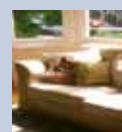
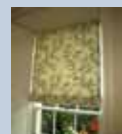
For more information, see www.glosrdcentral.co.uk. If you are interested in taking part in Mayfest, contact Sarah at Room 212 (newtwist@mail.com).



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Spring 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: £5 OFF All Jan Marini Facials.



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.

Icon Beauty 269 Gloucester Rd, Bristol, BS7 8NY

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Editor's Recommendation

This month, feeling the urge for some post-baby pampering, I booked in for a facial with Icon. It was about time my poor tired skin received some attention!

I was welcomed by therapist Becky, who kindly took me to one of the salon's comfortable waiting areas and offered me a drink.

It was great to see the salon so busy – extending into the adjoining building was clearly a great move.

The tiredness dropped away as Becky settled me into the beauty room where I was going to receive the treatment, softly lit with candles and the electric blanket on – joy!

At each stage of the treatment Becky quietly talked about the Dermalogical products she was applying and why she had selected them for my skin. It was interesting to have my face mapped, and to understand what my skin needed to have applied, in order to be happy once more! Much of the skin on my face was dehydrated, it was a revelation to learn dehydrated skin needs entirely different products to dry skin. Becky explained dehydrated skin needs water-based products and dry skin oil based ones, which makes perfect sense!

All the Dermalogical products felt wonderfully nourishing and soothing when applied. I particularly liked the Multivitamin Power Recovery Masque and Pure light SPF50 moisturiser (so important to get protection from the sun).

Thank you Becky for making me feel human again. I look forward to making good use of the lovely Dermalogica starter pack I came away with.

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News from Fairfield High

It has been a busy three terms for Fairfield High School (FHS) this academic year with the next looking like it definitely won't slow down!

The school was extremely pleased with the record numbers of families choosing FHS as their top-choice Bristol secondary for 2016; those putting down the school as their first preference for their children has almost doubled in two years to 146.

In total, the successful academy has received more than 200 on-time applications and it expects all Year 7 places to be filled for the second year running.

Principal Catriona Mangham said: "On National Offer Day, we are pleased to announce that more and more families are recognising the many strengths of Fairfield High School and ensuring they secure a place for their child by naming us as their first preference. We expect a record number of students to join us this year and we look forward to welcoming them all to the Fairfield family."

Fairfield High School is judged by Ofsted to be good with outstanding features. GCSE results exceed many government targets and the school is among the top 15 per cent in the country for adding value for students.

For World Book Day, FHS encouraged its students to take part in a number of activities to celebrate this famous day. An impressive £463.66 was raised through non-uniform for Book Aid International; students who dressed as book characters were awarded house points and a book; and the classroom door competition created a buzz throughout the school. All tutor groups were invited to turn their classroom doors into a book cover, which resulted in many fabulous, creative entries!

As part of BBC iLearn Day, 30 members of the BBC visited FHS to lead many interesting workshops, including animation, music, sound effects, film production and media make up. The students had a

fascinating experience exploring the world of media with these experts.

The young people at FHS were also treated to a dance workshop by Steady Steadman from street dance group Flawless who reached the finals of Britain's Got Talent. They had the privilege of learning new moves and techniques in an hour long session which was bursting with energy and enthusiasm!

FHS looks forward to sharing more news in the next edition.



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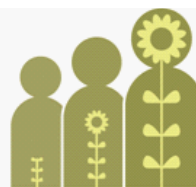
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Growing Support

Growing Support helps people living with dementia to enjoy the garden and stay connected with their local community. We run gardening clubs with activities specially designed to increase opportunities for

people with dementia to go outdoors, have more light exercise and be socially active.

Studies show that regular gardening as part of a sociable group can help people with dementia feel a renewed sense of purpose and belonging, reduce agitation, and improve sleep and appetite. Yet as people grow older, particularly if they have dementia, they are less likely to be active or meet new people.

Growing Support runs thriving and sociable gardening groups in care homes and community gardens across Bristol, supported by local volunteers. Volunteers provide support for the more difficult tasks so that everyone can take part, they create a cheerful social atmosphere, chatting with the gardeners and encouraging reminiscence.

Perhaps the best way to describe what Growing Support does is through the experience of one of our gardeners. Doreen was very upset when she arrived at the gardening club – care staff commented that she was 'inconsolable'. A volunteer walked around the garden with her and they chatted until she became calmer. The group leader then supported her to plant flowers. After an hour Doreen was much calmer and interacting with the rest of the group, laughing when they laughed, and contributing to group activity. We were amazed at the change in her!

It is this kind of positive impact on mood and behaviour that Growing Support wants to share with more people living with dementia in Bristol.

New volunteers are always very welcome. Full training is provided along with regular social events. If you would like to find out more, please visit our website <http://growingsupport.co.uk> or contact Sam at volunteers@growingsupport.co.uk.



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Exciting events at St Bon's

Hedgehog Hotels – When I recently visited St Bon's, three helpful pupils from class 3T took me to visit the Hedgehog hotel they had made as part of a workshop with Avon Wildlife Trust. The children explained they had constructed it with sticks, pine cones, straw and a slate roof to help with the rain. As well as hedgehogs the hotel will support a variety of insects and bees. The school is pleased to be involved with Avon Wildlife's 'My Neighbourhood Project' – if anybody that lives on or close by Egerton Road would like to join in the project, please contact BS7hedgehogs@outlook.com.

Door of Mercy – To celebrate Year of Mercy, the school's Liturgical Art group has created a Door of Mercy. Some of the pupils who had enjoyed creating the design explained the artwork expressed the meaning of mercy through four main ideas – Giving and love, Praying and forgiveness, Compassion and offering a helping hand. I think they have produced some beautiful designs that capture their ideas effectively.

Jaguar Maths – The Jaguar car company has developed formula one simulation software, which encourages children to apply all sorts of maths and science in the pursuit of constructing their very own formula one car!



Many pupils are enjoying taking part in an after school club where they work in teams to develop the best possible cars to compete. The races run over the same tracks as real life formula one; the pupils are given the grids and from this they work out the angles of the corners, distances and how to modify their car's speed, suspension, and so on, to achieve the best performance. Both the kids and the teachers running

the group get very excited and competitive when building up to a big race! Feedback has been brilliant, so far 40 children have enthusiastically engaged with this exciting maths-based activity.

Charlie and the Chocolate Factory – With 93 children aged between 7 and 11 years old in St Bon's Drama club, this year it had to be a show that could accommodate a lot of characters! The massive cast was split into two casts in order to give as many stars as possible the chance to shine.

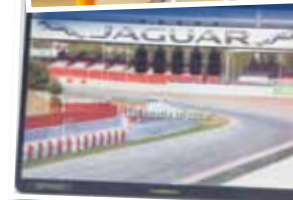
The young actors are a very talented bunch; they had a lot of songs to learn and dances to perfect. Show organiser Mrs McGrath told me, "I am so proud of them and have really enjoyed watching them blossom on this journey to get the show ready".

The school would like to thank the amazing parents and musical director Geoff who gave up many hours to rehearse with the children as well as make props, paint scenery and sort costumes.

Reading Recovery Programme – Children who are part of the Reading Recovery programme recently read aloud to special people in the school community – Head Teacher Mrs Charles, Richard the caretaker, Father Tom and Mrs Benians from the office. The children did very well in this activity.

World Book Day – This year, instead of dressing up for World Book Day, pupils were asked to get creative and make a story box. Children transformed shoe boxes into scenes from their favourite book. All of these fantastic creations were then put on display for children to visit and view.

Science Videos – Following on from the success of the Science films that were created across the year groups last year (which David Attenborough no less filmed an introduction for at their preview), St Bon's were keen to keep the momentum of answering big science questions. Science leader, Mr Davies told me how they had come up with the idea of the pupils producing a one-minute science film. The two winning entries would take home an iPad, kindly donated by the PTFA. To take part the pupils had to make a short film responding to a Science enquiry of their choice. Sixty-four pupils took part across all year groups and the whole school got to vote on the films they thought were the best. The KS1 & Foundation winner was Katie Grove with her film



'Saving our Planet' and from KS2, Lea Marklof with 'Sugar'. I asked Mr Davies what made these two films stand out, he replied, "The science, simplicity and clarity of their delivery".

Great work all round St Bon's, thanks for letting me visit and share your learning.

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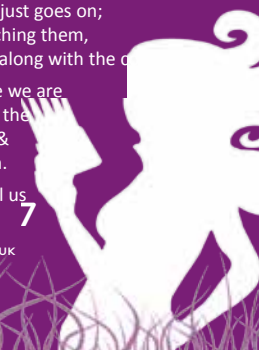
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World Book Day at Brunel Field



When I visited Brunel Field recently, I joined class 5SK as they were close to completing their collaborative book – *The Highway Chameleon*. When I spoke with the pupils, who were working in groups to complete their pages, they told me they had collectively read the narrative poem *The Highwayman* by Alfred Noyes and then Julia Donaldson's *Highwayman Rat*.

They shared with me some of their fantastic illustrations and said they were enjoying writing their own interpretation of the classic tale, and that making the verses rhyme was both difficult and fun. Each group was producing a section of the story, the pages would then be joined together and bound as one book. Mr Stacy-Marks and Miss Kelly told me how impressed they were with the creativity of the class.

Next I visited Year 1 Fish Class, who were busy learning about the poem *How to Catch a Star* by Oliver Jeffers. The young pupils we were working on producing an instruction manual to describe *How to Catch a Star*. You couldn't fail to be amazed by all the different ideas the topic was generating.

The class's fancy dress to celebrate World Book Day was extremely impressive as I think you will agree by the group shot above.

Thank you for sharing Brunel Field, I look forward to visiting again soon.

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Lynne Fernandes Optometrists Act early to help protect your child's eyesight

You may have read about an increase in myopia (short-sightedness) in children in the UK, in the papers recently. These reports follow the publication of a research study jointly funded by the College of Optometrists and Ulster University.

The study found that:

- Nearly one in five teenagers in the UK is now myopic (short-sighted.)
- Children with one parent with myopia are at least three times more likely to be myopic than those without a myopic parent.
- This increases to over seven times more likely when both parents are myopic.
- Myopia is most likely to occur between the ages of six and 13 years.

The study is the largest longitudinal research undertaken in the UK to examine changes in children's vision over time. The findings, using data gathered from more than 1,000 children over six years, provides vital information on how children's eyes grow and change in the 21st century.

But what does this mean for you?

Myopia can't be cured, but the condition can be slowed down. We would encourage you to:-

- Get your child's eyes tested by an optometrist. This is particularly important if either parent is myopic as the condition can be inherited.
- Act now. Research suggests that early intervention can help slow down myopia.
- Whatever your child's age, book a free sight test. This is paid for by the NHS.
- Your child may benefit from our Myopia Control Clinic. This specialist private service, based on the latest myopia control research, is only available at Lynne Fernandes Optometrists.
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News from the Friends of Ashley Down Green

Play Area and Stoney Lane Access

A series of events has been held recently in response to the consultation for the proposed play area on the green and the new access to/from Stoney Lane. Bristol City Council distributed letters to 600 households in the area around the green and officers ran a drop-in session on a very wet and windy Saturday afternoon. Friends were emailed and invited to meet, discuss and agree a joint response to the council's proposals (subsequently circulated to all in the Friends group for further comment). We aimed to submit a balanced response, which recognised where local concerns had been addressed and also identified adaptations that are needed to ensure the play area provides challenging play equipment for a wide range of ages. This includes a request for equipment which proactively supports good quality physical and imaginative play as well as social interaction so that children can enjoy playing with their friends when they visit the site.

The consultation closed on 26 February, and along with the response from FADG, council officers report an 'excellent overall response' with 'many and varied responses'. Thank you to all who took the time to comment via email or the on-line survey.

We understand that the next stage is to review and analyse all comments before making the final decision on the play area and access point. The final design will be circulated via the council's website and also to stakeholders via email. The

council intend to begin works in May and we have asked that advanced notification of any building works is given to those whose homes adjoin the green.

The Green

Aside from the play area, we have been busy with other projects and are beginning to see some reward for this. Snowdrops, planted last May, emerged, in spite of the endless rain, and we await the blooming of the first daffodils – a sure sign that spring has arrived. The blackthorn, or sloe, bushes are the first in the hedgerow to flower – any time now – and these will be followed by the hawthorns in May. Visit The Green and pause in your walk and you will hear birdsong, loud and clear and much welcome above the noise of city traffic.

Grass cutting arrangements and pruning have been discussed with the Parks Department – a couple of areas rich in red clover will be allowed to flower to provide nectar for bees and other insects and we are aiming to open up some 'pathways' among the trees and shrubs to provide a natural environment for children to explore. We are in the process of identifying strips where wildflower seeds can be sown to bloom this summer.

Hopefully, before the bushes and trees are in full bloom, we will also manage a hedgerow litter pick to remove the bottles, cans and plastic bags which have accumulated.

Once we have a clear time scale from the council with regard to play area works we aim to plan some summer events on The Green and will inform our Friends of this via email.

If you would like to find out more, join our Friends group and/or help with activities on The Green, please email us at: ashleydowngreen@gmail.com or follow us on Twitter @FriendsADG.

Friends of Ashley Down Green

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The Fourth Trimester

Throughout my pregnancy I visited Osteomyologist, Dawn Clode for soothing lower back massage. When baby Henry was six-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 six 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.

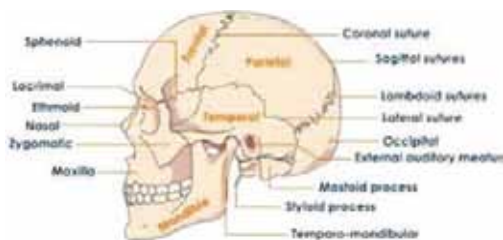
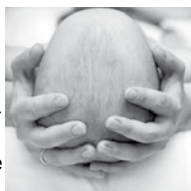
Once baby arrives there are all kind of strains put onto the lower back with the lugging of baby car

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!

While 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 Sacral Therapy to the babies of parents who are existing clients.

Visit 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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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 or visit www.christabelmajendie.co.uk.



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Bristol Children's Clinic

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.

Every new parent needs a Postnatal Angel

Having a baby is the most wonderful experience of most people's lives but it doesn't come without its challenges. I am currently experiencing first-hand the task of balancing work, household jobs, sleep (or lack of) and most importantly caring for and enjoying baby Henry.

No matter how many people tell you how much your life is going to change, nothing can fully prepare you. I am lucky that producing Bishopston Matters allows me to work from home, it is however a time-intensive job and I certainly need some help to enable me to produce the monthly production now our gorgeous boy has arrived.

Thank heaven for Postnatal Angels! – the creation of Mitch and Alison, who have both spent over ten years working as NCT childbirth and parenting educators. Alison also works as a birth doula and Mitch as a pregnancy/postnatal yoga teacher. Both hugely experienced and passionate about improving services for pregnant women and new families, making them extremely well qualified to run Postnatal Angel.

The pair understand there are enormous highs and lows for new parents, and that most of us could benefit from some extra emotional or practical help to smooth the way in the early weeks and months with a new babe (or babes). These ladies will come to your home and take on any job that will make your life easier, this can be caring for the baby whilst you take some time for yourself or they are very happy to run the Hoover round, prepare a meal, get the shopping or take the dog out! Alison covers the South of Bristol and Mitch the North, where she lives, in Bishopston.

Welcoming somebody into your home and allowing them to care for the most precious thing in your world, at a time when you are often feeling tired and emotional, can be quite a big thing for new mums. I would like to re-assure you the worth of making that call. When I opened the door to Mitch she entered our home radiating warmth and calm, I immediately felt reassured by her presence. She also came laden with gifts of nutritious, delicious broccoli, butter bean and spinach soup and some scrummy angel balls, made with dates, nuts, cacao and vanilla – yum! Mitch explained they had been working with a nutritionist to develop some healthy meals and snacks that re-energise new mums, especially helpful if you are nursing.

The Postnatal Angels spend a minimum of two hours with you, and as Mitch reminded me when she arrived, "Treat me as your servant for the afternoon, I am happy to be put to any jobs that you wish". I did initially feel bad about setting Mitch to housework but her willingness to run the Hoover around was greatly welcomed by me, it had been bothering me for a few days and she reassured me she enjoyed getting jobs done and feeling like she has helped. Whilst Henry was still asleep she also had time to chop a mountain of veg for our tea that evening, another great help; it felt good that husband James (who has cooked all the meals since Henry's arrival) would have a bit of a break too. When the little chap woke, I was confident to leave him in Mitch's more than capable hands to be looked after whilst I set about making work calls and returning e-mails. I found myself saying, "you are an angel!". As this is what it really felt like to have this support. Whilst Mitch rocked dear Henry, I found a few minutes to ask her advice on a few baby related topics that were on my mind and felt thoroughly reassured at the end of our conversation.

Henry and I look forward to Mitch's next visit. If you are looking for an additional pair of hands to help you find some extra hours in a day, do not struggle on; I can thoroughly recommend contacting the Postnatal Angels. If any anybody is looking for a gift for a young family, why not show somebody you really care with some Postnatal Angel gift vouchers?

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Mitch & Henry

"Mitch brought a lovely calm to our home, her kind, caring nature, obvious experience with babies and willingness to carry out household chores, meant she was a true angel to have around."

Impressive Footwork?

Annual FoSAP ceilidh raises funds for Syria

The Friends of St Andrews Park (FoSAP) manage to combine their valuable work in and around our lovely local park with organising enjoyable social and cultural events that help to build an even more cohesive community.

Their annual ceilidhs have become legendary as an opportunity to meet old friends and to make new ones and, as important, a chance to show off impressive footwork that can so easily dissolve into confusion and laughter! And this year's ceilidh, held on 27 February, was no exception!

St Bart's Church Hall was almost filled to maximum capacity of 100 (including the band), which allows just enough room for some enthusiastic performances by the excited crowd. As usual, instructions and encouragement were patiently provided by the caller Vicky who even managed to achieve near perfect coordination of the crowd throughout the notoriously complex steps of 'Strip the Willow'.

The Molecatchers, who have performed with Vicky at every FoSAP ceilidh, played with their usual verve and instrumental skill and whipped the crowd into a near ecstatic frenzy in the final minutes of another enjoyable community event.



If you haven't attended a FoSAP ceilidh before don't miss out next time. Watch out for advance notice on the FoSAP website and on Facebook early in 2017.

As important, through the generosity and enthusiasm of those attending, £700 was raised for charity, over £400 of which will be donated to The Red Cross Syria appeal with the balance going to support FoSAP's work in the park.

A huge thanks to all who attended.

Paul Bullivant
For FoSAP

www.friendsofstandrewpark.ning.com

Refurbishment of the toilet block in St Andrew's Park

One of the real assets of our park is the toilets! Not just the lovely paddling pool or the beautiful trees or the glorious flower circles, but the humble toilets! With public WCs disappearing and the park becoming ever more popular, we need them more than ever now. Unfortunately, though they are in need of refurbishment and also they could do with additional women's cubicles for when there are lots of users in the summer.

But help is at hand from our local Neighbourhood Partnership! There is a fund available to parks groups within the Bishopston, Cotham and Redland wards known as S106 moneys, which developers must pay into when putting up new buildings in any of the three wards. The money is shared with other parks in the NP but they have kindly agreed to our request to allocate £6,000 for the refurbishment of our toilets. There will be two new women's toilets and new baby-changing facilities in the disabled toilet, as well as redecoration internally of both men's and women's existing toilets. The specification has been written and work is expected to start sometime in April.

We are also hopeful for a successful bid of £2,000 from the NP Small Grants Fund for new fingerposts in the field with the floral circles, pointing to the toilets for the benefit of new visitors to the park. We are grateful to all concerned in the NP for hearing our please!

John Mayne
Chair of FoSAP

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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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Saturday: 9.00am – 12.30pm

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.

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www.animalhealthcentre.org
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Nicky & Lulu

Spring News from Roxford's Pet Shop
Open 7 days a week • Free local delivery

Does your feline friend need to lose weight? If the answer is yes, Roxford's recommend you use 'Perfect Weight' cat food from Hills Science Plan. Owner Sarah explained to me, the excellent feed cleverly re-balances the cat's metabolism and really works. Ask in store for more details and take advantage of the current £5 off offer.

Stop Muddy Paws are a great a range of mats, boot liners, runners and car seat covers to help you win the battle with dirty paws! Sarah told me this range of products is fantastic due to their absorbency and how effectively they wash at just 30 degrees.

New one dose wormer – Roxford's are 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 are 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 destructable but durable.



Comfy duvets!



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LIVING ROOM: The area around Brunel Fields School

Do you feel that you have room to live? Are your streets places to play and interact? Do you feel a sense of community with your neighbours and fellow space sharers? How safe is your journey to and from school? Could more green spaces be created to promote diverse wildlife? How can we work together to promote children's health by encouraging safe walking cycling and scooting to school and activities? How can we share space and resources that are increasingly limited in a densely populated space? How can we make our area part of a vision of a child-friendly city?

These questions and more were the catalyst of the LIVING ROOM project. We are bringing a working party of local stakeholders together to help support playful streets, safe streets and encourage planting/wildlife in an area that has been developed without a plan. It's simply not going to work to leave this stuff to chance. Children cannot plan this for themselves. We need to act now to create opportunities for the next generation to be fit healthy and grow up not thinking that cars rule the world.

LIVING ROOM project is working with the super Sustainable Bishopston team, and supported by the Bishopston, Cotham and Redland Neighbourhood Partnership. Our aims are: to work with stakeholders of Living Room to improve the social and physical surroundings of the area and to create

a public space that will improve the liveability of the neighbourhood and the wellbeing of its users.

We will:

- set up a working group with representatives of residents, parents, children, students, BS7 Gym users and sports facilities users, Gloucestershire County Cricket Club, City of Bristol College, Brunel Fields School, Bristol City Council and Local Councillors.
- Hold events and engage with users and residents of the Living Room area.
- Introduce some physical, sustainable changes to the area.

At time of writing we have set up a working group and are about to have our first meeting kindly hosted by Gloucester Road Boston Tea Party as part of Sustainable Bishopston's AGM. We look forward to reporting back in future issues of BM. Everybody is invited to get involved with the project; we welcome questions, suggestions of ideas and skills you can contribute. Speed checkers are welcome, as are snappers and tweeters, survey experts and also people who are green-fingered and want to get involved with some planting.

Further information to follow. Please contact info@sustainablebishopston.org.uk or [Sally arthursallyboat@gmail.com](mailto:Sally.arthursallyboat@gmail.com)




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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 are 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 were excited about the new range and look forward to their forthcoming training day with Wella.

The perfect gift – treat someone special

Vouchers for Hair Mechanics or their Wella products make the perfect gift for those special ladies in your life – pop into the salon today and pick some up.

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.

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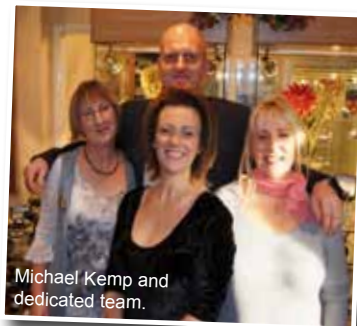
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Kemps Jewellers still going strong!

It was great to catch up with Michael Kemp in his family jewellers in neighbouring Westbury-on-Trym. Kemp's has been trading for an amazing 134 years!

It is always lovely to visit an independent business that is thriving; a string of customers came into Kemp's whilst I chatted with Michael – a couple looking for an anniversary present, a young bride to be, confirming the words to be engraved on her wedding rings and somebody collecting their repaired jewellery.

I asked Michael why he thought this family business continued to be so popular? He told me he felt their diversity of product was a big attraction. They chose not to stock brands but instead source their jewellery from a wide variety of suppliers to include small independents, as well as buying second-hand jewellery from the public. This enables their customers access to unique items that you would not find in the chain stores or online.

I viewed some beautiful period pieces including an Edwardian brooch with vibrant diamonds, with a total of 1.00cts, a 15ct bracelet set with Amethyst and green Garnet and classic Onyx black brooch set with diamonds.

As well as these traditional second-hand pieces, they have a wealth of classic modern items, something to suit all ages and tastes.

He went on to say that their items are extremely competitively priced. There is something for every budget, from silver earrings at £10 to £15 to diamond jewellery of several thousand pounds.

Michael told me if people have inherited collections of jewellery that are not necessarily to their personal taste, the jewellers will often take the items in exchange for another special item in their store.

It is clear the knowledgeable team of staff enjoy their work and are passionate about the jewellery and watches within the store. They are extremely approachable, on hand to assist customers with their every need.

Kemps, 9 Carlton Way, Westbury-on-Trym, Bristol, BS9 3DF. Tel: 0117 950 5090.

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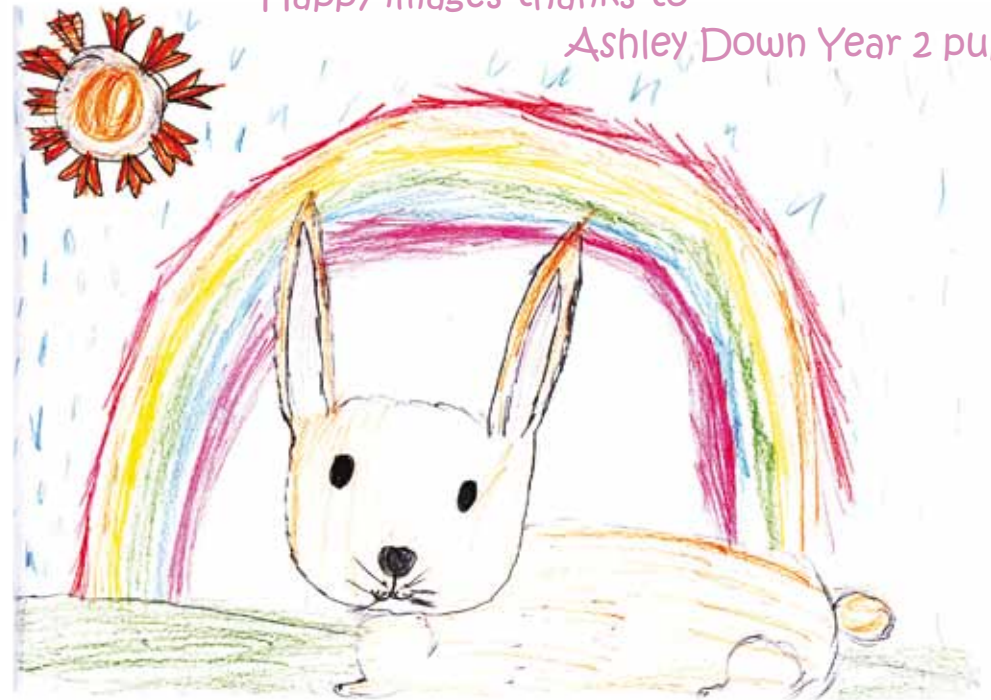


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SPRING IS LOVE LY



Happy images thanks to
Ashley Down Year 2 pupils



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 it 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.

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

www.hut6388.org



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Window Wanderland 2016!

Window Wanderland is fun, simple, easy to join in with and a great way to see your neighbourhood in a new light! Created in Bristol in 2015 by Lucy Reeves Khan as a way to bring hope and joy to the darkest of winter months, the idea has caught on and seven other areas have made their own Wanderlands this Winter.

The second Bishopston event saw 250 homes, schools and local businesses adorned in light-up art displays for the enjoyment of their neighbours, over 2,500 of whom wandered the 88 participating streets to see the impressive creations of their fellow locals.

People really enjoyed participating, with one resident saying: "I'm 73 and my husband died last September. Knitting all the flowers for my window display kept me focused and gave me a definite goal, which helped. I'm now thinking what to do next year!"

It was lovely to see whole streets taking part; on Thornleigh Avenue, Keith Walker's Bristol's Got Talent stage attracted performances from a variety of local talent – kicking off with The Gasmen singing acapella and closing Sunday evening with Alonestar (Jethro Sheeran) doing a rap. All acts can be viewed on the Facebook page, Dale Dalek. Near the stage, Pizzarova helped to ward off the chill by providing pizza slices for Wanderlanders. All donations are going to Children's Hospice South West, with a whopping £800 being raised over the two nights thanks to our generous residents (donations still gratefully received in the box on the wall outside 48 Thornleigh Road, where Dale the Dalek lives).

There were lots of displays on Springfield Avenue, which closed for a street party on the Saturday night with refreshments being provided for donations, raising over £200 for Aid Box Convoy. A member of the community commented that "we all had great fun walking around and it's lovely to see

so many people walking about their community and working together".

The community came together with traders on Gloucester Road offering their windows for schools, groups and local artists to decorate. It was fantastic to see collaborations between local schools and traders all the way down Gloucester Road, culminating in a series of gorgeous displays producing what the Head at Ashley Down Primary called "a glowing projection" showcasing their efforts. A highlight was the display created by the North Bristol Drop In group with Ashley Down After School club for the windows at Gloucestershire County Cricket Ground. Roz Hutchings, Head of Community Engagement at the County Ground said:

"I was amazed how many people made it out to the Window Wanderland despite the weather. It was brilliant to welcome so many people to the Bristol County Ground to look at the artwork created by North Bristol Drop In and Ashley Down After School Club. A great spin off has been that the team who support the adults with learning disabilities at the Drop In are now going to come to our Chat, Play, Unite event we hold at the ground every other month, designed to help reduce social isolation. What a great legacy from the Window Wanderland whose ethos is to bring the community together."

The team of volunteers who organised the Bishopston Wanderland was thrilled with the success of this year's event and are always looking for people who would like to get involved. If you feel that you would like to become part of the team, please contact Dom Blackmore at wwbishopston@gmail.com for more information.

Next year's Bishopston Window Wanderland is already pencilled in for 4–5 February 2017 – Save the Date!

Bespoke Wallpaper & Competitive canvas prints at niche

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.

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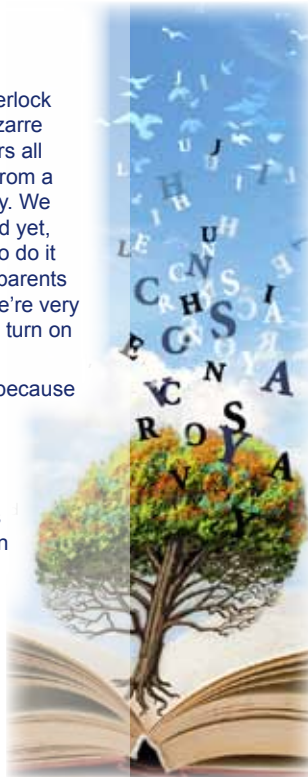
Don't forget to mention Bishopston Matters when replying to ads!

TURNING THE LEAF

As I walked my son to school last week I came across the BFG, Matilda and Sherlock Holmes all taking the same path and entering the school gates. This wasn't a bizarre literary hallucination – it was World Book Day – and the children, like many others all over the country, had been encouraged to dress up as their favourite character from a book. Children love stories and enter into the imaginary world readily and happily. We are, quite rightly, encouraged to find time to read with our children every day. And yet, for various reasons, many adults rarely find time to read for pleasure. We want to do it but we are tired. We are busy. A teacher at school made it seem so boring. Our parents never read and never had books in the house. It's too hard and we don't think we're very good readers. And what has a story got to do with real life anyway? It's easier to turn on the TV, browse the web, play some more Candy Crush...

'Turning the Leaf' is a course that has been devised by Julie Nicholson and me because we believe that reading is as important for adults as it is for children and that it does, quite simply, make life better. It's a community reading group for people who never get round to reading. Over six weeks, the course will introduce you to a range of literature chosen because it will make you laugh, make you cry or at least make you think. There'll be no homework and no pressure, just precious time and space to explore words, ideas and stories. After all, why should children have all the fun? I'm dusting off my Jane Eyre bonnet as I write...

Helen Currie is an English teacher who has lived in the area for almost twenty years. Julie Nicholson is a local writer whose book 'A Song for Jenny' was recently adapted for TV by the BBC. She has experience teaching and leading community Drama projects. 'Turning the Leaf' starts on Thursday 12 May and will be held in the Helliwell Room, next to Horfield Parish Church Hall on Wellington Hill. The cost is £60. For enquiries and to book a place please email turningtheleafcourses@gmail.com or call 0117 942 7060.



Divine Ceremony

March got off to a flying start with the Bristol Museum Death Fair. This was a fantastic event and one I was so proud to be involved with. Over 2,500 people came through the doors that Saturday, which is amazing for an event about death, and the event was a showcase of some the most progressive Funeralcare professionals around.

There was a Death Cafe run by Bristol's own Emma Edwards, a shroud demonstration by Divine Ceremony and Only With Love: an Oxford based Home Funeral Guide. Yuli Somme from Bellacouche came with her breathtakingly beautiful felt cocoons, and there were stalls with artist-crafted memorials and urns. The Natural Death Centre and also Final Fling, were on hand for advice. The atmosphere was fantastic, and it was a truly international event – one lady even flew in from Zurich. By the end of the day I was exhausted; totally talked out, but I felt euphoric, this event was a first for Divine Ceremony. I met so many people keen to find out more about what we do. The Museum curated a truly inspiring event and exhibition, and I take my hat off to the whole team for all their hard work.

In complete contrast to such a busy event, I also held my first family-led Funeral Workshop. I have been running funeral workshops for a while, but never for a whole family. In this case there were 12 people, aged from 20 to 75 and they were connected by the family bond. At the start of the session, I asked them all whether they wanted to be buried or cremated. The results of the first poll were 8 for Cremation, 2 for Burial and 2 abstains. I took the poll twice more – in the middle of the workshop and again at the end. By the end, the results were swung completely the other way – 10 for Natural Burial and 1 for Cremation and 1 remained undecided.

I gave a talk on Advanced Decisions (formally known as the Living Will), and the workshop encompassed all the decisions that have to be made after a death. We discussed all the options; Burial, Natural Burial or Cremation. Whether to use a coffin or a shroud.



Local undertaker
Dee Ryding



Shroud demo by Divine Ceremony at Death Fair

The role of music and poetry, and importantly, where to hold the ceremony. We explored the idea of a direct cremation; where the ceremony is held after the cremation, without the body of the deceased present.

As we broke for lunch, everyone called out a piece of music they wanted played at their funeral. One family member began to put all this into a list. The music was played as we ate soup and a sandwich together. The atmosphere was joyful – lots of laughter and an exchange of stories, family folklore and their differing opinions.

I can't deny that there were some tears along the way, and this is understandable. It is a hard subject to broach. When you are young or have small children it is inconceivable that anything would ever happen to you – the small panics, the what-ifs are feelings we usually push to the furthest parts of our minds. It is perhaps easier to imagine we are all immortal and some people found this harder than others. However, as the day drew to a close, someone brought out a bottle of champagne – and they made a toast to the family and their lives – however long they may be.

I left them all watching the rugby, laughing and joshing about who supported who. The air in the room was lighter. I like to think that's because they had shared something together that day. When darker times arrive for this family they will be prepared. The memory of the day they all were brave enough to sit around the table, and discuss this most inevitable of events, will inform how they grieve and how they honour each other – but at that moment they put all that to one side, and they got on with cheering on their favourite team. Bravo!...England won by the way...Just saying.g.

Visit: www.divineceremony.org, find us on Facebook or call 07989 402 476.



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Bishop Road School get Gardening!

A fabulous team of parents have been starting to develop

raised allotment beds on a section of the Bishop Road Playing Field. There is one for each of the seven years at the school. Classes will start to take turns maintaining the beds in the summer term.

There will also be an orchard of fruit trees on the hill at the back of the field and wildflowers planted on the boundary to add a splash of colour and to encourage wildlife. If you have visited the field recently you may have noticed some green markings which show where the wildflower seed will be sown.

The raised beds were built at the end of February 2016 by a team of parents, and at the start of March, the lovely people from the 'Good Gym' started shifting 10 tonnes of compost donated by Hills Group into the new raised beds by the Dirac building on the school field. What an amazing effort! The next job will be to erect the shed, benches, compost bins and water butt, and the planting of soft fruit trees in the area.

The school's PTFA are also supporting the re-development of the nature garden. Running along the side of Cambridge Road next to the reception classes, the garden will offer an additional space for teachers and children to enjoy the outside during the summer months. The site has now been cleared and tidied all ready for new sensory planting amongst the trees. The colourful raised beds are ready for use for Gardening Clubs and outdoor learning for Key Stage 1 classes. The fences have been arranged so that the area can accommodate a whole class, new recycled plastic benches have been delivered and a willow arch and log circle area will soon be constructed.

A crowdfunding campaign is set to start soon, to help raise additional funding to support the garden/outdoor development projects at the school. The campaign will include the development of a video about the school and a web link for potential donations or pledges from parents and supporters. The PTFA hope many of you will give your support once the campaign is launched, to help them raise money for the school field allotment site and nature garden area. Funds are required to purchase equipment, plants, seeds and tools. Please do support them if you can.

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News from Golden Hill Community Garden

Hi everyone

As the weather warms up with green shoots and new seedlings springing up everywhere as well as new fun opportunities for you and your young folk to get involved in the garden. Our most exciting announcement is that we're starting **a new Afterschool club – Golden Club! For Year 1 – Year 6 on Tuesdays! We'll be running three free tasters on 12, 19 and 26 April, 3:30–5:45pm!** Get in touch for more details about this exciting new club that will be full of **den building, fire lighting, games, gardening,**

making, bug hunting, pond dipping and playing! It's mostly outdoors though we've got indoor space just in case the weather gets really bad. Get in touch if you think that's something that your child might enjoy! Kids love our holiday adventure days, and now they can come every week!

AND our ever-popular **Golden Buds Toddler Group** is changing! There couldn't be a better or more lovely time to come along with your 18 month – 4-year-olds to the garden. Our sessions are now **9:30–11am** and the **new session 11:30am–1pm** – all the same lovely **outdoor fun, digging, crafts, singing, stories, harvesting, playing** – but now with added picnics! Get in touch to book your place or to come for a free taster session.

And coming up next month we're starting a **new ceramics project** AND it'll be our big **Spring Fair on 7 May, 1–4pm**. It's a great time to get involved and everyone is welcome. We're open every Wednesday 10–4.

See you in the garden!

Lucy Mitchell Community Project Worker

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



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Art Matters

This month it was good to learn more about local 23-year-old artist Daniel McGirr, who is pleased to be preparing for his first sole exhibition.

What did you enjoy most about growing up in Bishopston?

It was great as a child, I used to love going up and down Gloucester Road and I was always intrigued by all the different shops. I would spend a lot of my time in Area 51 (the comic shop) just looking at all the cool comics and models that they displayed in the window.

I remember that there always used to be a sense of community as on days out my parents would always stop and talk to local people that they knew around the area. I really appreciate the fact that I was raised in such a friendly area and I still spend a lot of my time there catching up with old friends and going to the local shops.

Did you always know that you wanted to be an artist?

As far as I can remember I have always loved drawing and creating. I would say that it was only when I graduated from secondary school that I really decided that being an artist was something I

definitely wanted to do. Studying drawing and applied arts at University of the West of England really helped me progress and develop my work and love for art. From there I haven't stopped producing artwork.

Can you tell me a bit about your work?

My work is usually built up from individually hand drawn lines. I like to create large scale pieces of work that encompass a lot of detail by using a variety of different medias such as ink, acrylic and gesso. My subject matter is never a constant and is usually defined by what I am inspired by at the time and just develops from there. A lot of people ask me how I have not gone mad from drawing lines continually and how I have the patience to finish each of my pieces.

What plans do you have for the future moving forward with your work?

The plan for my work is to keep pushing the limitations of how large and detailed I can make each of my pieces and encompass new and exciting subject matters within my work. I have sold work in the UK and US and I have my first solo exhibition at Justnanco gallery Clifton, BS8 1NF, from 27 May to 3 July. From this I really hope to bring my work to a larger audience and gain some feedback from the general public.

If people wish to view or buy your work where can they go/look?

For anyone that maybe interested in my work I hope they will enjoy my exhibition at Justnanco gallery, or via their website www.justnanco.co.uk. You can follow my work via my Facebook page: Daniel McGirr or Instagram: @Daniel_mcgirr.



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New minister for Horfield Baptist Church

The Reverend Sarah Phillpot has joined Horfield Baptist Church as its new pastor.

Her arrival marks the end of a nearly three-year period during which the church has been without a minister.

Sarah was unanimously selected by the church members and moves from a position as Associate Pastor at New Life Baptist Church in Woking, Surrey. She brings to the church gifts as a pastor, preacher, teacher and belief in the renewing power of the Christian message for individuals and communities.

Sarah said: *"Our life is a journey which is often undertaken in isolation and can lead to brokenness, loneliness and sorrow. I believe that God loves us and forgives us and a life lived with him and in community with others gives us hope, purpose, friendship and loving company on the journey and leads to healing for the brokenness and isolation that blights many lives."*

Horfield Baptist Church with its twin towers has been a Gloucester Road landmark for over 100 years.

The church continues to be a focus for its neighbourhood's Christian and community life including:

- **Sunday Worship at 10.30am**
- **Messy Church meetings**
- **Fresh Ground church community café open weekdays 10am to 2pm**
- **Hosting or running groups and services – including the popular Chatterbox parent and toddler group.**

For more information about Sarah and the church visit www.horfieldbaptist.net

Rebecca Ramsden

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News from the Friends of Horfield Common

Pride in Parks 5-star award

FOHC and Ardagh Bowling & Sports Club volunteers travelled to the Royal Horticultural Society South West Spring Seminar held at Exeter University on Thursday 25 February and were delighted to come back to Horfield Common with the Pride in Parks 5-star award (the highest level possible to achieve) in recognition of the wonderful park that Horfield Common is! The award recognises the work that has taken place on Horfield Common – involving hundreds of local volunteers – over the last 10 years and recognises the amazing contribution that volunteers have made to ensure that our beautiful park is welcoming, accessible and enjoyable for everyone who uses it. Judges came to visit in July 2015 and were shown around by FOHC and ABSC volunteers who have been working together to transform the Ardagh gardens. Judges viewed the tree planting plan, improvements to the pond area and enjoyed a drink in the sunshine at the café on the common. It was very enjoyable for volunteers to show the judges around, and their comments and enthusiasm for the work that FOHC and ABSC have been doing were incredibly motivating. The fruit and nut hedgerow planted on 19 March was borne out of the

conversation with one of our RHS judges – and we'll be inviting him back to see it over the next couple of years as it matures.

Our visit to Exeter was a fantastic day out; it was wonderful to meet lots of other 'Friends of' groups from around the region, and brilliant to be recognised by the RHS for this award – the first time that FOHC have entered.

Thank you very much to everyone who has contributed to this award – it is a lovely recognition of people's time, energy and commitment – but it does mean that we have a lot to live up to for next year! We are working on that now!

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 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 have launched 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.

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.

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.

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Rotary Youth Speaks Competition Success for RGS

Following their success in the Local Heats of the Rotary 'Youth Speaks' competition, our Intermediate Public Speaking Team proceeded to the District Heats on 6 February. The competition was held in Maisemore, Gloucester.

The team were: Chairperson – Ellie Drake, Speaker – Siena Jackson-Wolfe, and Proposer of the Vote of Thanks – Kai Damani.

The team's choice of topic: 'Should 16 year olds be given the vote?' developed detailed and thought-provoking ideas into a strong argument, and their thorough preparation, excellent delivery and highly-supportive teamwork led the team to a nail-biting victory over very stiff competition. The students will now go on to the Regional Final in Wolverhampton in April. Congratulations!

"This is the second year in succession that a Redland Green team has won the local and district finals to reach the Regional Final. Your pupils performed magnificently on Saturday in a very high quality competition. Their confidence and the quality of their speaking were exceptional and indeed had to be to outshine the other teams."

Tony Richards, on behalf of the Clifton and Bristol Rotary Clubs.



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Interested in becoming a Local School Governor?

The Ashley Down Schools Federation is looking for enthusiastic individuals interested in local education provision to apply for the role of school governor.

The Federation covers two schools on separate sites in the Ashley Down/Bishopston area - Ashley Down Primary School and Brunel Field Primary School - and has one governing body covering both schools. The schools are staffed by people who are passionate about providing a great education for all the children attending the schools, and both schools are currently rated 'outstanding' by Ofsted.

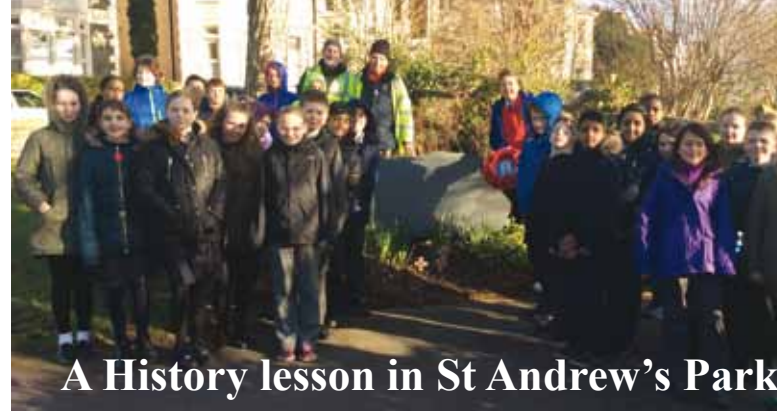
The governing body works with the senior leadership team to set the Federation's strategic direction and ensure the budget is properly managed. It is responsible for holding the Executive Headteacher to account for the school's performance, and has a crucial role in making sure every child gets the best possible education.

We are currently looking to fill two vacancies. Potential applicants do not need to come from any particular professional background or "walk of life". However, they should be prepared to devote at least 4-5 four hours each school term to the role and should be dedicated to ensuring excellent education provision for local children.

Whilst the Federation particularly welcome applications from people who may have specialist skills that they can bring to the role, for example, Early Years education, finance, IT, and human resources, this is not essential. There are many training courses available both to introduce new governors to the role and to develop specialisms.

If you are interested in finding out more please contact our Clerk, Jo Gray, jo.gray@bristol-schools.uk Tel 0117 377 2637. Jo will send you further information and an application form and can arrange a discussion with one of our governors if you would like more information on the role before you apply.

**To find out more about the Federation go to
www.ashleydownschool.org.uk**



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 (see box above).

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 links for further history on the Wellington Bomber.

Remembrance Event

To commemorate and remember those killed, and the locals who rushed into the burning aircraft to try to rescue the crew in St Andrews Park.

Everybody is invited to join in the 75th anniversary of the crash event on Saturday 30th April at 11 am.

Gather at the memorial in the Park for a short moment of silence and reflection. You are welcome to lay flowers, crosses or just reflect on the fateful night. Also to remember the family killed 8th April 1941 when their house at 7 Melita Road was bombed.

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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 or email info@secretgardenweb.co.uk

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Horfield Common Community Interest Company



George Ferguson is talked through plans for the Ardagh by FOHC chair Sam Thomson with Cllr 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, 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. 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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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/

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/ I am also on Twitter – @LloydArtist and Instagram – LloydLewisArtist



Duke of Edinburgh Award Success for local Scouts

We are the Whitehawk DofE unit with Cabot Bristol Scouts. We meet at the 1st Bishopston Scout lodge on Kings Drive.

Last month (Feb 26th) HM Lord Lieutenant of Bristol Mrs Mary Prior MBE came to the hut to present 15 Explorer Scouts their Bronze award and one a Gold award.

There were three separate Bronze teams who received their award that evening;

Team 1: Harry Campion, Meggie Fraser, Isaac Wales, Joseph St John and Barney Solly;

Team 2: Harry Woodward, Sam McGrath, Imogen Astbury-Head, Izzie Walsh and Hannah Thomas; and

Team 3: Matthew Ellis, Declan Kelly, Eric Leggett, Annie Simmons and Georgia Ward.

The one gold award went to Amy McGrath who will be going to Buckingham Palace in the Autumn to receive her award from the Duke himself.

The evening was a very happy event with a celebration curry meal in order to raise some much needed funds for the unit. Altogether £620 was raised to buy tents for future expeditions.

The leaders – Kate McGrath, Tim McGrath and John Lux – are so very proud of all the young people; they have worked very hard to finish all the requirements and deserve to feel proud of their achievements. We hope for many more successful awards in the coming years. We have two more Gold teams at the moment and one Bronze team. It is an excellent scheme that pushes young people to learn new skills and be part of the community.



Bronze team with their awards, HM Lord Lieutenant Mary Prior & Chris Gavriel



Amy McGrath with her gold award and Mary Prior

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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

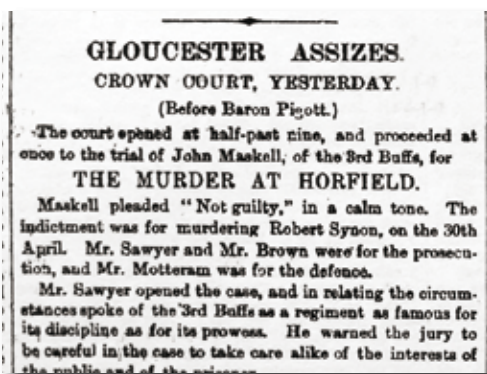
not safe for him to try to cover forty yards in six seconds, but if Maskell had been using the old muzzle-loader he (and others) would have had twenty seconds to do so, which may have been enough time to disarm him. In addition, was it common practice for personnel to keep their weapons, complete with 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



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

Improve shopper parking on the Gloucester Road

The Gloucester Road traders are asking for the support of local people to sign a petition that calls upon Bristol City Council to introduce additional shopper parking on the high street.

One example given in the petition blurb is the introduction of "tidal parking" where the 7:30am-9:30am and 4:30pm-6:30pm clear way is relaxed to allow short stay parking on the outbound side in the morning and inbound side in the evening. This would give welcome additional shopper parking, without adversely affecting the traffic flow.

The Gloucester Road is one of Bristol's best loved shopping streets, but traders report that their footfall is reduced before 9:30am and after 4:30pm due to the showcase bus route restrictions.

These help ensure that buses can get quickly into the centre of Bristol in the morning and out of Bristol quickly in the evening. There is however, no pressure or congestion leaving the city in the morning or entering the city in the evening.

Introducing "tidal parking restrictions" would significantly improve morning and evening parking, and hence improve trade for the shops.

Other possibilities are to look at parking on parallel roads, such as North Road.

Since the launch of the petition an acknowledgment has been added that the Gloucester Road is also one of the busiest cycling routes in the city and any changes need to promote and improve the safety of all road users.

You can sign the petition via the following link -

http://epetitions.bristol.gov.uk/epetition_core/view/GloucesterRoadParking

Response to petition from Sustainable Bishopston

Reducing the bus/cycle lanes on Gloucester Road during rush-hour will have a big negative impact on cyclists. Gloucester Road is one of Bristol's busiest cycle routes and already has more than its fair share of collisions and injuries. Drivers pulling out or opening car doors without looking properly are a major risk for cyclists.

Many, many cyclists use Gloucester Road in both directions during rush hours - there's lots of employment around Aztec West, BAE, Roll Royce, Abbey Wood, etc so lots of cyclists are heading out of town then the rush hour is inbound and vice versa.

Even more dangerous, the proposal will mean that the parking spaces are on the opposite side of the road to the rush-hour traffic so drivers will be crossing oncoming traffic in order to use them.

For residents this will mean more traffic queues and delays as buses, cyclists, etc compete with cars for space and are delayed by shoppers parking - more air pollution for us. For bus users the loss of bus lanes will make things worse.

Most (not all) of the independent shops open after the morning rush hour is over and close before the evening rush hour gets going. This proposal will help the supermarkets not the independents.



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News from our Bishopston & Redland Councillors

The Ardagh – Good news! The council has given the go-ahead in principle to the idea of the community asset transfer process. This enables the steering group to take the next steps and to build up a business case to demonstrate in more detail 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.

Bishopston – An Inclusive Community

Let's build a truly inclusive community and celebrate the richness diversity brings. A group of parents are getting together to help children and young people with learning difficulties take part fully in local community activities such as after-school activities. Many current services are focused on the more deprived areas of the city which is good, but means that there is sometimes less infrastructure around for those in the Bishopston/Cotham/Redland areas. We are also interested in developing links with local employers to enable children with learning difficulties to take part in work experience. If you are a parent or carer of a child with learning difficulties, or interested in supporting our work please get in touch with daniella.radice@bristol.gov.uk.

Changes to Ward Boundaries – 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

Cricket Club Floodlights – The installation of the floodlights took place during March. As 30 m high structures their appearance has provoked a strong response, both positive and negative. GCCC were required to install floodlights by the International Cricket Council if they wanted to continue having international matches. Daniella was involved in campaigning to reduce the impacts of their original stadium development plans for many years.

Once the club had permission to expand and install more permanent seating, we anticipated an application for permanent floodlights as part of the process of ground development. During the application for the floodlights Daniella and Tim helped residents liaise with the club, asked for protection for neighbours from the lights, and supported Howzat! in asking for a deferral on the initial application so further design work could be done.

The final council planning committee last April investigated all design options, including whether having a greater number of shorter lights,

retractable lights, or fewer bigger ones would have been preferable. It took the view that if the club was to host international cricket in future, the current design was the best option – while acknowledging that there would of course be a visual impact.

The measures to improve junctions and road safety around the ground are due to be completed by September.

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 plus needed to recused the hut on Williamson road used by so many children in the area.

Martin nominated local climate campaigner Holly Templer, who initiated and organised and funded from her own savings two very successful climate marches in the city in 2014 and 2015 that thousands took part in.

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

Residents parking news – Things are moving, albeit slowly; however, the Highways department is in the process of preparing the formal Traffic Order for the Redland and Cotham North RPS review outcome's proposed changes, which would create two extensions to adjacent parking zones. The statutory advertisement of the order should begin during April and will run for just over three weeks. Broadly speaking this will lead to the addition of two small areas to the north of the existing Cotham and Redland zones, along with some tweaking of parking arrangements and categories in response to feedback, and provision for Kersteman Road allotment holders. We are now looking at works actually taking place during the summer.

Meanwhile, in St Andrew's, Ashley Councillors Gus Hoyt and Rob Telford organised two open space community meetings to look at parking problems in the area. Many thanks to all who took the time to attend and have their say.

Bristol North Baths redevelopment

progress – Whilst things have looked quiet on this site, there has been a lot of work on going behind the scenes – as you may know the council's priority since taking responsibility for the site in late

November 2015 has been to ensure that the new building (library, apartments and public toilets), together with the car park area, is completed in the shortest possible time whilst at the same time seeking to secure full occupancy of the former Bristol North Baths building.

All of the previous contractors on the site have now been contacted, some have been seen personally and others via telephone. Three of the main contractors are being re-engaged as their expertise will be needed to make sure the construction meets the design. The council's agent for the project will encourage the main contractor (when appointed) to use these specific sub-contractors but leave the remaining work packages to be agreed. It is vital that all works meet standards and can be guaranteed, of course.

We've been told that completion of the new build elements can be achieved within 8 weeks of commencement (at a date, alas, yet to be confirmed) but internal works to the old baths building are likely to take considerably longer.

Highways issues – You may have noticed that at long last the potholed bottom end of North Road has been resurfaced. It's taken a while, but we got there in the end. Works should be starting soon on the junction there with Cromwell Rd, which will help make the crossing safer for cars and pedestrians alike, while reserving a space for disabled parking near the shops, plus unloading.

Martin has been busy consulting with residents on proposals to slow traffic on Sommerville Road where there have been lots of complaints about speeding traffic. A recommended project design is being reviewed and there is provision in next year's budget for a scheme to be delivered.

In Effingham Road works outside the park gates have been planned for ages, to make it safer for people crossing to the park. These have been delayed due to unexpected drainage issues, so Fi and Martin are working with officers to try to get some extra funding released to tackle this. We're hoping a sustainable drainage solution can be designed to prevent runoff into the road.

Parks – Consultation has now finished on proposed new bylaws. Contrary to what you may have heard in more excitable parts of the media, the Council has no intention of banning blackberry picking or daisy chains! There is, however, a rather more sensible proposal seeking to prevent people from digging up or damaging plants. It's worth pointing out that all of the proposed bylaws are for use when all else has failed, and you can no doubt imagine that parks officers have better things to do

with their time than over-enforcing bylaws when it's clearly not needed.

Questions to Mayor – Finally – we had a visit from the Mayor recently and had the opportunity to badger him on a number of different subjects. One of the issues we brought to his attention was the junction at the bottom of Zetland Road, especially the notorious section of bus lane outside the Jasmine takeaway, which forces drivers to cross a tiny stretch of cycle path. Let's hope that some action is taken as there are a mix of problems where Elton Rd meets Gloucester Rd and there was meant to be funding to resolve safety issues, which got spent elsewhere despite our objections!

Get in touch

Bishopston Ward

Cllr Daniella Radice - Green Party

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Daniella.radice@bristol.gov.uk

Cllr Tim Malnick - Green Party

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Redland Ward

Cllr Fi Hance - Green Party

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

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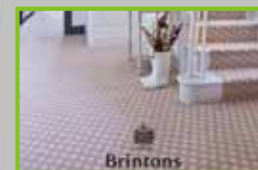
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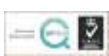
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However, if you don't fancy getting the garden tools out just yet, you can always talk to the Pro-Tidy team! We will work with you to create a programme of work for the coming weeks, do those chores which you prefer not to and work with you during the year.

Mowing the lawn and cutting the edges, keeping hedges trimmed and tidy, garden tidying are just some of the services we provide to homes in and around Bristol.

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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.

19th April

St Margaret's School - Veronica Bowerman.

17th May

A walk along Gloucester Road - John Penny

bishopstonhistorysociety.wordpress.com



Bristol St Andrews Bowling Club

We Welcome New Members



Derby Road, Bishopston, BS7 9AQ

Come along to our:

Family FunDay

Sunday 10th April, from 11am

Please turn up and have a chat with our members, and try your hand at bowling. Bar & Food facilities will be on offer.

Coaching, equipment and bowls will be all available. Please bring flat shoes or trainers.



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.



Got a speech to make?



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.

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- 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.

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.

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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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.



Events at Kings LTC Bishopston BS7 8JG

Saturday April 16th 11:00 - 15:00 Open Day
/ Great British Tennis Weekend Free, fun tennis activities for adults and kids including bouncy castle, giant games, fun competitions and prizes!

Friday 1st April 14:00-15:30

Free Mini Tennis for kids and parents / carers - come and give tennis a go for free! Rackets and balls supplied!

Saturday 9th April 11:00-12:30

Free mini tennis for kids and parents / carers - come and give tennis a go for free! Rackets and balls supplied!

Spaces are limited for all events - Book your space now at www.kingstennis.co.uk/events

Spring Fair, 10.30 to 1pm
on Saturday 16th of April at
Bishopston Methodist Church.
There will be cakes refreshments,
toys gifts and books plus more.

Light Lunches are being served
at Bishopston Methodist Church
from 12 noon to 1.30. Come
and enjoy soup, salad or jacket
potatoes in a relaxed atmosphere
and good company.



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

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 & buy more to fill those gaps!

£3 Visitors, £1 AOG members, Teas etc included.

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

Wheels to Work West

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

Bristol Cabot Choir Concert for Peace 9 April 2016, 7.45 pm, Clifton Cathedral

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Community Matters cont...



©Joanna Beard Photography

Monkey Trousers Theatre nominated in The Regional Awards!

Almost a year on from their début performance, family favourites Monkey Trousers Theatre is celebrating a double nomination in The Regional Awards, ahead of their fifth spectacular Mr Gotalot show, The Great British Cheese Off!

Hoping to win either the Creative Industry award or the New Business award (or both!), Charlotte Whitten and Fran Lewis are thrilled with the chance to be recognised for all their hard work. Public voting is open until the end of April, and fans of celebrity puppet shopkeeper Mr Gotalot, perky shop boy Sidney, and even the horrible landlady Ms Barnet, can vote by clicking the links above and selecting Monkey Trousers Theatre. Alternatively, you can go to the website theregionalawards.com and follow the links for the Bristol awards page. The winners will be announced in July!

And if you can't wait that long for more Monkey Trousers Theatre shenanigans, rehearsals are now under way for Mr Gotalot's Gotalot Shop: The Great British Cheese Off! Yes, that sneaky Ms Barnet has entered a prestigious cheese competition, with what she hopes is the winning cheese – but will judge Hairy Mary Berry agree and award her the prize? Will Mr Gotalot end up helping his awful landlady? And is Sidney still in the North Pole?? Find out all this and more, on Sunday 8 May and Sunday 15 May, at 10.30am, 1pm and 3.30pm, in the Kelvin Players Studio theatre, Bishopston, Bristol. To book tickets and for more information please visit the Monkey Trousers Theatre website. Booking well in advance is advised as the Mr Gotalot shows are very popular – with children and adults alike – and do sell out!

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!

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 or Saliha Ahmed, Engagement Worker, call: 0117 914 1129 (Tuesday – Friday).

Tuesday 12 April – Rosemary Green Memorial Walk Meet at Horfield Leisure Centre 10:00 Bus, 24. Walk through Eastville Park to visit the site of the old Workhouse & Memorial. Leaders: Joan, assisted by Ruth.

Tuesday 26 April – Spring in Badock's Wood Meet at Horfield Leisure Centre 10:00. We will walk from the Leisure Centre to Badock's Wood to see spring flowers including, hopefully, bluebells & ransoms. Leaders: Stuart, Jane.

Tuesday 10 May – Discover E. Bristol Fishponds area Meet at Horfield Leisure Centre 10:00, Bus 17A. Discover two Nature Reserves, playing fields and play areas, all tucked away amongst industrial estates and houses. Can be muddy in places. Leaders: All.

Bristol Walk Fest 1 to 31 May – over 150 different walks to enjoy. For more details of walks in your area go to www.bristolwalkingfestival.co.uk or contact Stuart Riddle, Project Co-ordinator on 0117 3521663.

Tuesday 24 May – Portbury Wharf Nature Reserve Meet at Bus Station 10:00, Bus X3. Get some sea air and who knows what we might see at this Nature Reserve. Leaders: Joan and Jane.



Thank you from the Moggerly. The Bishopston based, cat rescue centre would like to thank to the Gammon family from neighbouring Henleaze, for remembering them in a will. Dennis Gammon, who sadly passed recently was an animal lover who kindly left the Moggerly £500. The centre relies entirely on donations and is extremely grateful for to the family for thinking of them.

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.

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 or ken.dolbear@rsvp-west.org.uk or 0117 942 3085.

Active Choices. 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.

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! www.bristol.gov.uk/activechoices.

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 or on the door. 18 and under free. For further information, visit 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.



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

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